





OPERATOR'S MANUAL

Usage and care of your CES device

If you would like more information about our products and research on CES, visit our website at <u>www.mindalive.com</u>. If you require additional assistance, please call us toll free 1-800-661-MIND (6463). Outside Canada and the U.S., please call 001-780-465-6463.

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The Oasis Pro is protected under patents:

CA 2,707,351 US 8,612,007 US 8,265,761

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WARNINGS

Do not use if you have a pacemaker. The electrical signals may cause the pacer to malfunction, leading to serious injury or death.

Do not use while driving or operating hazardous machinery.

Do not place ear clips or electrodes over skin lesions, new scars, cuts, eruptions, or sunburn.

All persons who:

- a) suffer from any mental disorder or psychiatric illness,
- are currently using any drugs (prescription or recreational) or under the influence of alcohol.
- c) have serious head injuries, epilepsy, brain tumors, or strokes,

should not use the Oasis Pro unless under the supervision of a qualified health care provider.

Setting the intensity too high may result in a mild irritation or blistering of the skin. Set the intensity to a lower level so that the stimulus is only mildly noticeable. Double-blind studies show that CES works at sub-threshold (below feeling) level.

The Oasis Pro delivers electrical current through the body and should be used with care.

NOTICE TO HEALTHCARE PROVIDERS

It is the responsibility of the health care provider to complete a proper intake addressing these concerns mentioned above. Mind Alive Inc., its employees, suppliers, and distributors are exempt from any liability of damages resulting from a condition that may occur from prescribing this device.

THE OASIS PRO IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. HOWEVER, RESEARCH SUGGESTS THAT THE OASIS PRO IS EFFECTIVE FOR RELAXATION AND RELIEVING DISCOMFORT.

INTRODUCTION

The Oasis Pro uses the most innovative technology to ensure a safe and effective Cranio-Electro Stimulation (CES) experience. We are confident you will find that using the Oasis Pro will improve your quality of life and increase relaxation.

The Oasis Pro may be used while you are sitting, lying down, or engaged in quiet, non-hazardous activity (e.g. light housework, reading, listening to the radio, watching TV, or on a relaxing walk).

To obtain maximum enjoyment and benefits from your Oasis Pro, please read this operator's manual thoroughly.

COMPONENT LIST

- ✓ Oasis Pro Unit
- ✓ CES Ear Clip Stimulus Cable
- ✓ Carry Bag
- ✓ 9-Volt Alkaline Battery
- ✓ Operator's Manual

OPTIONAL ACCESSORIES (SOLD SEPARATELY)

- MET Kit
- MET Probe Kit
- tDCS Kit
- DAVID Session Editor

POWER

The Oasis Pro is powered by a 9-Volt alkaline or rechargeable battery. To install the battery, slide the cover off the battery compartment on the back of the unit. Insert a 9-Volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-Volt battery will provide approximately 25-30 hours of operation.

TURN ON/TURN OFF

Press and hold the power button (**b**) until the power LED turns on. The graph will display the battery level when you first turn on the unit. If no session is selected within two (2) minutes, the Oasis Pro will turn off.

To turn off the Oasis Pro at any time, press and hold the power button ($^{m{U}}$) until the unit shuts off.

ENDING A SESSION

All sessions end with Soft OffTM (a gradual reduction of the CES stimulus). To end a session early, press and release the power button ($\boldsymbol{\Theta}$). The graph will scroll from 8 to 1 to confirm that Soft OffTM is in progress.

PLACEMENT OF ELECTRODES

Remove glasses, earrings, or any other objects near the ears that might interfere with the ear clips. Plug the CES ear clip stimulus cable into the CES output jack ($^{\Lambda}$). To ensure a better electrical connection, wet the earlobe using tap water, saliva, or a tiny amount of conductive gel before attaching the ear clips. Attach the **black** clip to the left ear and the **red** clip to the right ear. Once the session begins, the \geq L \leq and \geq R \leq lights will flicker to indicate the stimulus is being delivered.

BATTERY LEVEL

The battery level is displayed on the graph for a couple of seconds when the Oasis Pro is first turned on. The battery level will display periodically while the session is running.

When the battery level is getting low, the graph will display one or two bars and blink. It is recommended that the battery be replaced before running a session if this warning is displayed. If this warning occurs during a session, the session will end early, and the battery indicator will continue to blink for a short period of time. The battery *must* be replaced before the unit can be used again.

SELECTING A SESSION

The Oasis Pro has four (4) standard session groups (20 minutes \bigcirc , 45 minutes \bigcirc , 3 hours \bigcirc , and Gamma and User Designed \bigcirc). Each group offers eight (8) sessions. The session number is lit up on the numbered bar graph. If no number is lit, then the group has no sessions programmed into it.

Press and release the power button ($\textcircled{\textbf{U}}$) to switch between groups. The lit group icon will change. Press the INT \triangle or $\overleftarrow{\textbf{V}}$ to highlight a session number. The frequency and mode icons associated with the session light up to indicate what frequency range and CES pulse type will be used.

Press the select button (\checkmark) to start the highlighted session. The session number will flash, and the session will begin after a five (5) second delay.

CONNECTION TEST

No	Okay	Excellent
Connection	Connection	Connection
(blinking)	(solid)	(solid)
8 17 16 15 14 13 12 11	88 87 6 5 4 83 82 81	8

The Oasis Pro will run with either an **Okay** or **Excellent** connection.

If the connection displayed is **Okay** then the intensity may have to be turned up higher before it can be felt or may not be felt at all.

If the ear clips are disconnected, the Oasis Pro will pause the session and wait for the ear clips to be reconnected. No Connection (7 and 8 blinking) will display for a couple of seconds, then the graph may scroll

To get a better connection, wet your earlobes with tap water, saliva, or a tiny amount of conductive gel.

up and down indicating that the unit is returning the voltage to a safe testing level; this may take up to 20 seconds (the ⇒L≤ and ⇒R≤ lights may turn on as well).

ADJUSTING INTENSITY

To increase the intensity of the stimulus, press the INT button. To decrease the intensity, press the INT button. The graph lights 1 to 8 only show an approximate intensity level.

When adjusting intensity, the topmost lit number will blink.

Set the intensity so that it can just barely be felt. **Setting the intensity too high**

The intensity buttons are raised to help you find them easily.

may result in skin irritation. A higher intensity will not give better results. A double-blind study showed that CES works at sub-threshold levels (just below your ability to feel the stimulus).

SAVING PREFERENCES

Use saved preferences with caution. Your preferred intensity setting for each session can be saved. Adjust the intensity, then press and hold the Select button (\checkmark) for one (1) second. The graph will display a short animation. You may continue the session or end it immediately and the Oasis Pro will save your preferred intensity and use it the next time you run that session.

Be aware that you may need a different intensity level each time you use the Oasis Pro, and that different people may use widely different

By default, all sessions have an intensity of zero and must be turned up every time. intensity levels (due to different skin conductivity). A saved intensity preference may be too high or too low the next time you or someone else uses the unit. You may interrupt the Soft On^{TM} process at any time by pressing either INT \triangle or \checkmark .

QUICK START

Get Comfortable

Sessions can run for up to 3 hours. Sessions can be used during light activities such as reading, walking, listening to music, or working at a computer.

Connect Power

Insert a 9-Volt battery. Follow diagram inside the battery compartment.

Connect the Ear Clips

Remove any metal jewelry from your ears. Wet your earlobes with tap water, saliva, or a tiny amount of conductive gel and attach the clips: **black** to left ear, **red** to right ear. Connect the ear clip cable to the CES jack (^{1}V) on the side of the device.

Turn on the Oasis Pro

Push and hold **U** until the power light comes on. The number LEDs will display the battery level before displaying the last session used.

Select a Session Length

Tap **t** to select a session length (the top row of icons): **2**0 minutes, **3**45 minutes, or **3**3 hours.

Select a Session

Tap the INT ▲ or ▼ to highlight a session number. The frequency of the highlighted session is displayed on the icons. Tap ❤ to start the session. The number will blink to confirm the selection.

Adjust the Intensity

Relax and Enjoy

The Oasis Pro will automatically shut off when the session completes.

OASIS PRO SESSIONS

•	20-Minute Sessions For short relief or relaxation.	
	45-Minute Sessions For full relief or relaxation effect.	
3 h	3-Hour Sessions For extended relief or relaxation use.	

1	MET - Reduce physical discomfort through direct stimulation of the affected area.	MET	几
2	Sub-Delta – Reduce physical discomfort and produce endorphins through CES. If the effect is too strong, try using the MET session with ear clips.	s \	几
3	Delta – Promotes a relaxed state of mind. May reduce alertness and promote sleep. May be used as an alternate MET session.	Δ	几
4	Theta – Promotes a relaxed state of mind. May reduce alertness and promote sleep.	θ	┖
5	Alpha - Promotes a relaxed and calm state of mind. May help with meditation or reducing anxiety.	α	L
6	SMR – Promotes a relaxed and passively alert state of mind. Good for relaxing without feeling drowsy.	β1	几
7	Beta - Promotes a relaxed and alert state of mind. May help to focus attention.	β2	几
8	100 Hz - Most popular for reducing anxiety and improving sleep.	100 100 100 100 100 100 100 100 100 100	几

OASIS PRO SESSIONS



Gamma and User Designed Sessions

Emerging research is showing that gamma frequencies may be effective in reducing symptoms of cognitive decline and dementia. They also stimulate anti-inflammatory cytokines. The remaining six sessions have been left blank to store your own custom sessions using the DAVID Session Editor,

1	Gamma (included with 2x firmware) 39-41 Hz Randomized	ß2 + 100 Hz	20 min
2	Gamma (included with 2x firmware) 39-41 Hz Randomized	ß2 + 100 Hz	3 hrs
3			
4			
5			
6			
7			
8			

ICON DESCRIPTIONS

Icon Control



Power

Turn the Oasis Pro on/off Cycle through session groups Initiate manual Soft Off™



Start Session

Start the currently selected session





Cycle through sessions in current group Increase or decrease the intensity of the CES pulses

Icon Connection



CES Output



Audio Input (3.5 mm stereo cord – purchase separately)

Icon **CES Mode**



Short-Pulse CES Session

÷L€

50% Duty Cycle CES Session

Left CES channel is active when lit

≥R€

Right CES channel is active when lit

ICON DESCRIPTIONS

Icon Session Group



20-minute sessions



45-minute sessions

Icon Session Group



3-hour sessions



Gamma and User Designed sessions

Icon Session Frequency Range

···[-]

Microcurrent Electrical Therapy 0.5-3 Hz, short pulses



Sub-Delta 0.5-3 Hz, 50% duty cycle pulses



Delta 2.5-5 Hz



Theta 6-8 Hz



Alpha 9-11 Hz



Beta 1 12-15 Hz



Beta 2 18-22 Hz



100 Hz

WARRANTY AND CARE

The Oasis Pro is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance, and shipping costs incurred in returning the Oasis Pro for service are the responsibility of the customer.

This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other-than-normal use
- improper battery installation
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the Oasis Pro.

WARRANTY AND CARE

RETURNING FOR REPAIRS

Should your Oasis Pro require repairs, you must contact our service department at 1-800-661-MIND (6463) (Canada and U.S. only) or 001-780-465-6463 to obtain a warranty/repair authorization number and important shipping instructions.

When returning your device for repair, be sure to surround the Oasis Pro with at least one (1) inch (or 2.5 cm) of tight packing on all sides in a strong carton. Neither Mind Alive Inc., nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton "FRAGILE, HANDLE WITH CARE." Include a copy of your sales receipt, a brief written description of the problem, and a daytime contact number. All postage, insurance, and shipping costs incurred in returning the Oasis Pro for service are the responsibility of the customer.

FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer. Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents "RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY".

WARRANTY AND CARE

DISCLAIMER OF LIABILITY

Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability, or damages arising out of any injuries resulting from malfunction or defect of the Oasis Pro whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the Oasis Pro, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the Oasis Pro either at the premises of Mind Alive Inc., or the premises of its dealers or distributors, or the purchaser's premises.

The purchaser, employees of the purchaser, clients, or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

CARE AND MAINTENANCE

Use a soft, slightly moistened cloth with water or mild detergent to clean the Oasis Pro. Do not clean with any solvents. Do not subject the Oasis Pro to static electricity. Do not place the Oasis Pro near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the Oasis Pro, turn it off immediately. If liquid does enter the electronics, we advise that the Oasis Pro be checked by authorized personnel before commencing operation.

The CES ear clip stimulus cable can be cleaned and disinfected with an alcohol swab between uses.

TROUBLESHOOTING

What	Try
Graph blinks a single bar, then the Oasis Pro turns off	Replace the battery.
Oasis Pro does not turn on	Replace the battery.
Red lights on the graph (7 and 8) are blinking	Ensure the CES stim cable is securely connected to the Oasis Pro.
	Ensure the ear clips or electrodes are making good contact with skin.
	Re-wet skin (see page 3).
Graph is alternating 1 to 8 and back to 1	Wait while the Oasis Pro resets to a safe connection test level.
	This may take up to 20 seconds.
No CES stimulus can be felt, even at maximum intensity.	Reduce the intensity, put a small amount of water, saliva, saline, or hair/electrode gel on the earlobe and re-attach the ear clip for a better connection.
Stimulus is too strong at the lowest setting.	Dry the ear clips or adjust them slightly to increase your electrical resistance. Make sure the ear clips are not touching any metal earrings.



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