

DAVID Premier

Quick Start Guide



Scan QR code for
full Premier manual
for additional operating information
including precautions.



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Included

- Premier Unit
- MicroSD Card (inserted in the Premier unit)
- Spectrum Eyeset and Cable
- Eyeset Case
- Headphones
- CES Earclip Cable
- USB Power Adapter
- USB 2.0 Micro-B Charging Cable
- Carry Bag



WARNING!

- **Do NOT use AVE if you have a history of epilepsy, photic epilepsy, or any seizure disorder unless under the supervision of a qualified health care provider.**
- **Do NOT use CES if you have a pacemaker. CES delivers electrical current through the body and could interfere with pacemakers.**
- **Refer to the DAVID Premier Operator's Manual online for more information on warnings and precautions.**

For additional accessories and more operating information, please refer to DAVID Premier Operator's Manual at www.mindalive.com/manuals



OR Scan the QR code for quick access to the manual

Our Technology

Audio-Visual Entrainment (AVE)

AVE uses pulses of light and sound at specific frequencies to gently and safely guide the brain into various brainwave patterns to improve brain performance, boost mood, and improve sleep. Other benefits include:

- Healthy dissociation breaking the HPA axis (fight-or-flight response).
- Increased cerebral blood flow.
- Balanced neurotransmitters (specifically serotonin, norepinephrine, endorphins, and melatonin).
- Increased lactate and ATP – energy source for all of our cells.
- Increased non-inflammatory cytokines which nourish the neurotransmitters.
- Increased circulation of cerebral spinal fluid.
- Increased neuronal stamina.
- Activated glia which clean up deposits in brain.

Cranio-Electro Stimulation (CES)

CES is a non-invasive brain stimulation that applies a small pulsed electric current across your head. This small electrical stimulus which is applied laterally across the cranium stimulates endorphin, serotonin, and norepinephrine neurotransmitter production.

50% Cranio-Electro Stimulation (50% CES)

The 50% CES duty-cycle means that the stimulus is on for half of the time at all frequencies. This is a much stronger stimulus than a standard pulse. The effect is most pronounced in delta and sub-delta frequencies.

Microcurrent Electro Therapy (MET)

MET uses electrodes directly along a muscle to break down knots and fatigue in muscle. It is delivered at approximately 500 microamps in the 0.5-3 Hz range which may be most effective for pain.

Charging Your Premier

Connect the USB charging cable to the Premier. Plug into computer to charge. If using an electrical outlet, use the power adapter.



Solid green-
full battery



Solid yellow-
low battery
Flashing yellow-
charging









Solid red-
depleted battery
Flashing red-
error





Button and Icon Descriptions





FRONT PANEL

-  **POWER-Press and hold** to turn on and off. **Press** during session to end the session with Soft-Off. **Press** for previous screen.
-  **SELECT-Press** to select or start a session. **Press and hold** to view functions when  is visible. See manual online for more information adding audio files, changing eyeset color, tones, and more.
-  **VOL** Use up and down arrows to adjust volume of headphones and to scroll through menus.
-  **BRT** Use up and down arrows to adjust brightness of eyeset and to scroll through menus.
-  **INT** Use up and down arrows to adjust intensity of electro stim and to scroll through menus.

LEFT SIDE

-  2.35 mm electro stim jack
-  Two Spectrum eyeset jacks
-  3.5 mm stereo audio input jack
-  3.5 mm stereo headphone jack




RIGHT SIDE

-  USB 2.0 micro-B charging port
-  MicroSD memory card slot





Before You Start

Drink a glass of water at least 15 minutes before your session.










Find a comfortable, quiet place. While session is running, remain reclined with eyes closed.

-  Plug eyeset into eyeset jack.
-  Plug headphone into headphone jack. Ensure L is on your left ear and R is on your right ear.
-  Plug CES earclip cable into electro stim jack. Dampen earlobes with water, saline solution, or electrode gel, and then attach black earclip to left earlobe and red earclip to right earlobe.






Starting a Session

1. Press and hold  to turn on device.
2. Press any  and  to scroll through the menu.
3. Select **Session Library** and Press  to view session types.



4. Press any  and  to scroll through the **session types** (AVE, CES, 50% CES, and MET).
5. Press  to select a session type.
6. Press any  and  to scroll through the **session categories**.
7. Press  to select a session category.
8. Press any  and  to scroll through the sessions.
9. Press  to begin a session.



- To edit **session preferences** (audio file, audio file volume, tone type, heartbeat, eyeset colors, and electro stim mode) **press and hold**  on the session screen and use any up and down arrows to scroll through the options.
- Press  to return to the previous screen.
- **Audio volume, eyeset brightness, and the electro stim intensity** can be adjusted with the up and down arrows during a session.
- The screen will shut off while the session is running. Press  to light the screen.
- The Premier unit will automatically power down at the end of the session:
 - Press  to gradually end the session.
 - Press and hold, or Press  twice to end the session immediately.

Helpful Hints

- When session time is up, the lights and sounds will gradually fade out (Soft-Off).
- AVE Recommended Starter Session: Alpha Relaxer.
- CES Recommended Starter Session: Beta 1 (SMR).

Session Library Types

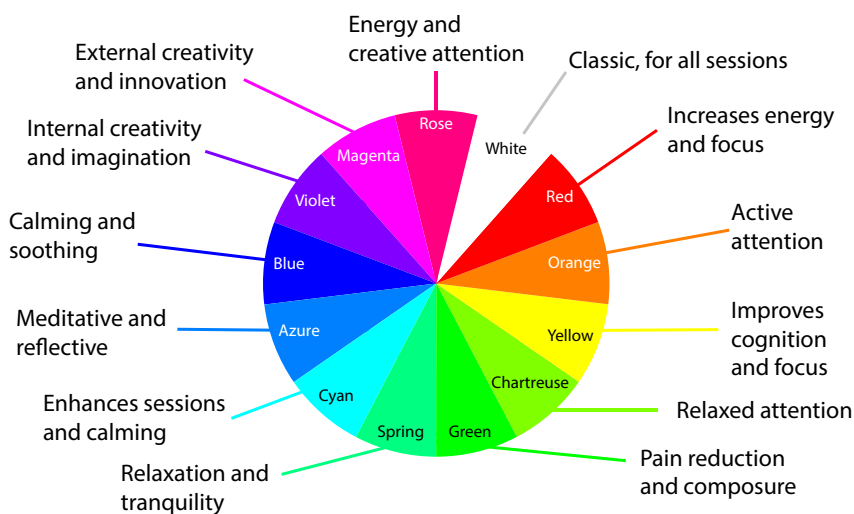
AVE Session Categories

Relaxation	To help you relax and calm down.
Meditation	To help you achieve deep meditation.
HRV	To improve your heart rate variability breathing.
Sleep	To help you improve your sleep.
Body Booster	To relieve physical discomfort such as aches and pains.
Mood Booster	To improve your mood and boost your immune system.
Brain Booster	To help you focus and concentrate, as well as improve your memory.
Performance	To improve performance of all kinds, including sports, academic, and performing arts.
Energize	To wake you up and stimulate you for an energetic morning.
EMDR	To be used for the Eye Movement Desensitization and Restabilization technique. These sessions are to be used with a qualified therapist.
Gamma	To help increase myelin, cerebral spinal fluid, and reduce amyloid plaques. These sessions support overall cognition and brain function, operating at a frequency between 38 and 42 Hz.
Ganzfeld	Constant light and sound to induce passive altered states of consciousness.
Custom	Custom (separate purchase) or user-designed sessions (with DAVID Studio).
Research	These sessions are based on emerging research for researchers and general users.

CES Session Categories

MET	Reduces physical discomfort through direct stimulation of the affected area.
Sub-Delta 50% Duty Cycle	Reduces physical discomfort and produces endorphins.
Delta	Reduces physical discomfort by producing endorphins. Use to relieve pain. Promotes a relaxed state of mind. May reduce alertness and promote sleep.
Delta 50% Duty Cycle	Reduces physical discomfort. Use cautiously, as strong stimulation may be uncomfortable for some.
Theta	Promotes a relaxed state of mind. May reduce alertness and promote sleep.
Theta 50% Duty Cycle	Promotes a relaxed state of mind. Use with caution as strong stimulation may be uncomfortable for some.
Alpha	Promotes a relaxed and calm state of mind. May help with meditation or reducing anxiety.
SMR	Promotes a relaxed and passively alert state of mind. Good for relaxing without feeling drowsy.
Beta	Promotes a relaxed and alert state of mind. May help to focus attention.
Gamma Randomized	Benefits cognitive functioning as gamma is the master rhythm in the brain.
Gamma Fixed	Same as Gamma Randomized but fixed frequency at 40 Hz.
100 Hz	Most popular for reducing anxiety and improving sleep.
Research	Based on Ji-Sheng Han's research showing neuropeptide release produced by electrical stimulation of different frequencies.

Eyeset Color Options



Audio File Options



Birds



Ocean Waves



Chimes



Babbling Brook



Thunderstorms



Brown Noise - Boosts lowest frequency brainwaves for soothing



White Noise - For relaxation



Pink Noise - Boosts lower frequency brainwaves for sleep



Choose your favorite audio or download personal audio .wav files to the SD memory card provided with your Premier



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