



GammaLightTherapy.com

Thank you for purchasing a **Gamma 40 Hz Sound Device**. Please read the following instructions and disclaimer before use.

INSTRUCTIONS

1. Charge the battery for at least 4 hours before first use with the included USB cable. Recharge after each use.
2. Plug in the headphones and slide device switch to “on”.
3. Press play ((▶)) to start one hour of 40 Hz sound.
4. Enjoy your 40 Hz Gamma Sound Device.

SUGGESTIONS

- Do not use any of our products if you have epilepsy, have a history of seizures, or experience any level of discomfort.
- Not recommended for more than one hour per day.
- Visit GammaLightTherapy.com for the complete user guide.

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