

NEUROSONIC®

Owner's Manual





What's Neurosonic?

Neurosonic - Reset. Sleep better. Stress less!

We help people reset, improve their performance, and feel great.

This happens by removing stress, improving the quality of sleep, and helping to recover faster.

Neurosonic's Finnish wellness technology is based on low-frequency vibrations that activate our autonomic nervous system. Neurosonic sends very low-frequency vibrations to the body. The vibration promotes the body's natural restorative properties by improving the quality of sleep and calming the nervous system. With Neurosonic, restorative experiences become a part of everyday life without effort and do not require major changes to daily routines.

Stress relief

The vibration mechanically guides the body and mind into a state similar to meditation, which treats and prevents stress-related symptoms.

Better quality sleep

The production of stress hormones decreases, and sleep mechanisms are restored. Waking up at night decreases. Sleep becomes more peaceful and recovery more efficient.

Maintaining body balance

Vibration balances the functioning of the nervous system. The body calms down, and its repair mechanisms work better.

Getting started

Connect the necessary cables and electrical cords to the central unit that came with the device and the power cord to the outlet.

1. Download the Neurosonic application from the Google Play store or the Apple store. You can find the app by searching for "Neurosonic."
2. Follow the instructions to complete the installation of the application.
3. After installation and connection, you will get to the main screen of the application, after which the application and your Neurosonic device are ready to use.

On the start screen, you can see four different program types:

Recovery, Relaxation, Powernap and Activation.

First, select the main area of use you want and then the program to be used. Accept the terms of use.

4. When you start the program you selected, it counts down from 3, after which the program starts. When the program has started, you can click on the box, which will allow you to adjust the volume.
5. The slider controls appear by clicking on the flashing circles located in different body areas. If you want to increase the power in the selected range, slide the control to the right; to decrease the power, slide the control to the left.

By moving the control all the way to the left (LO), the power of the selected area is completely removed. By moving all the way to the right (HI), you get the maximum power in that area.

More information about the programs and their use can be found at neurosonictech.com

Program descriptions

Relaxation

10-minute relaxing program.

A refreshing relaxation program that goes through the entire body.

20-minute relaxing program.

The most physical relaxation program. Especially takes into account the back area, a particularly good program for tension in the neck and shoulder area.

25-minute relaxing program.

The best program to start with. Works especially for improving sleep quality and alleviating stress symptoms. Lower extremity-focused deep relaxation.

39-minute relaxing program.

Deep relaxation program. Contains a more massaging section that also activates the metabolism.

Activation

12-minute activating program.

An activation program that increases the level of alertness. It is especially suitable for use in the morning and during the day.

24-minute activating program.

The most effective activation program. It is not recommended to use it at the beginning if there are challenges with sleep. It is a very effective program for tension in the neck and shoulder area and raising the level of alertness.

Recovery

22 min recovery program.

An energizing and very physical restorative program effectively affects the metabolism.

NOTE! This program is only available on Gen2 products.

36 min recovery program.

The program is intended to promote physical and psychological recovery. Strongly increases blood circulation and fluid circulation and relaxes the muscles at the same time. A good program, e.g., to treat pain, swelling, and poor circulation.

41 min recovery program.

Use the program to recover and promote sleep quality, for example, after exercise later in the evening. A good combination program is also for the treatment of sleep disorders, muscle tension, headaches, pains, swelling, and poor peripheral blood circulation.



Getting started instructions / Neurosonic

For first-timers, we recommend lower power settings and only increase when you are more familiar with the device, in order to avoid too high power settings causing opposite reactions to what you aim for.

SLEEP QUALITY:

Tip! It is recommended to take the treatment in the evening, but if the treatment is taken during the day, heavy exercise is not recommended afterwards.

STRESS RELIEF:

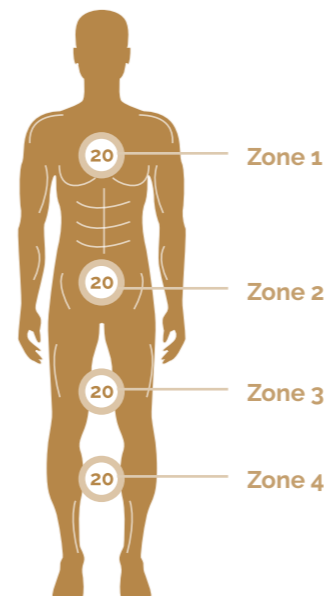
Tip! If you take a stress relieving treatment during your workday, we advice to use headphones (with or without music) and to close your eyes to enhance the effect. Lay down, take a deep breath and enjoy!

PHYSICAL RECOVERY:

Tip! Do not use at the beginning of treatments, or if you suffer from sleep disorders, physical stress or are otherwise sensitive to vibration.

INCREASE ALERTNESS LEVEL:

Tip! Do not use at the beginning of treatments, or if you suffer from sleep disorders, physical stress, migraines, epilepsy or are otherwise sensitive to vibration.



Sleep Quality

Programs	Zone 1/ Zone 2/ Zone 3/ Zone 4
Relaxation 25 minutes	0-20/20-30/30-40/30-40
Relaxation 39 minutes	0-20/20-30/30-40/30-40
Recovery 41 minutes	0-20/20-30/30-40/30-40

Stress Relief

Programs	Zone 1/ Zone 2/ Zone 3/ Zone 4
Relaxation 20 minutes	0-20/20-30/30-40/30-40
Relaxation 25 minutes	0-20/20-30/30-40/30-40
Relaxation 39 minutes	0-20/20-30/30-40/30-40
Recovery 41 minutes	0-20/20-30/30-40/30-40
Relaxation 10 minutes	10-30/30-40/30-40/30-40

Physical Recovery

Programs	Zone 1/ Zone 2/ Zone 3/ Zone 4
Recovery 36 minutes	0-15/10-30/40-60/40-60
Recovery 41 minutes	0-15/10-30/40-60/40-60

Between training sessions:

Relaxation 10 minutes	Activation 12 minutes
Recovery 22 minutes*	

*only in Gen2 products

Increase Alertness Level

Programs	Zone 1/ Zone 2/ Zone 3/ Zone 4
Activation 12 minutes	0-20/20-30/40-60/40-60
Activation 24 minutes	0-20/20-30/40-60/40-60

Our mission is to help people find a natural balance between body and mind. To reconnect with a better life.



When you start using it and want to improve sleep quality and relieve stress symptoms:

- Start using a 25-minute relaxation program once a day or at least 2-3 times a week. We recommend regular use for 2-3 weeks to optimize the effects. The autonomic nervous system needs enough repetitions to form. Start using the default vibration strengths found in different programs (10-20-20-30 from head to feet).
- The more the sympathetic nervous system is in overdrive, the lower the vibration intensity at the beginning. Excessive intensities in such a situation can increase the level of alertness.
- A 39-minute relaxing program is often the next step in improving sleep quality. The program also has a stronger effect on metabolism.

If you don't have challenges with sleep quality and stress or other special considerations:

You can freely use all programs and higher vibration intensities.

Physical recovery:

- Recovery 22 and 36 minute programs

Raising the level of alertness:

- Activation of 12 and 24-minute programs

Safety and contraindications

The vibration works in the same area as the vibrations of the body's tissues, and because of this, the possibility of side effects is minimal. Some people may experience malaise or headache as side effects, but this usually goes away after 1-2 uses. To avoid discomfort and headaches after using the device, we recommend drinking plenty of water.

There are no age restrictions for using the devices. If you have epilepsy, migraine, or any other disease affecting the brain and resulting in severe symptoms, do not use activating programs at all. In the above-mentioned situations, we recommend not directing the vibration to the head area at all.

Use the power control carefully because the vibration has a strong effect on body functions. Especially in the case of sleep disorders and various stress symptoms, it is recommended to adjust the power even lower than the basic setting.

You should also use the effects of the head and neck area carefully, so at first, remove the effects of the head area completely, especially if the symptom is frequent headaches, migraines, epilepsy, dizziness, or numbness of the hands at night. When you start increasing the power, do it first in the area of the lower limbs. The main thing is that the overall effect of the program is perceived as pleasant. Maximum powers should only be used if you want to boost metabolism, blood circulation, and recovery.

Do not use the devices if you have any of the following:

- An acute inflammatory condition that can spread
- Acute disc herniation
- Acute blood clot
- Acute cancer
- You are pregnant
- Flu or fever
- Risk of detachment of the retina or macula of the eye
- On the day of vaccination
- You are at risk of internal bleeding.

Ask your doctor if you are unsure about the suitability of the device for you.



Important safety instructions

When using an electrical device, always follow basic precautions. Read all instructions before use.

WARNING - To reduce the risk of electric shock, always unplug this device from the electrical outlet immediately after use and before cleaning.

WARNING - Connect this device only to a properly grounded outlet.

WARNING - To reduce the risk of burns, fire, electric shock or personal injury:

1. The device must not be left unattended when plugged in. Unplug the device when not in use.
2. Do not cover the separate electronic unit. Excessive heating may cause fire, electric shock, or personal injury.
3. Special care should be taken in the presence of children.
4. Use the device only for the purpose described in this manual. Do not use attachments not recommended by the manufacturer.
5. Do not use this device if the power cord, plug, or other part is damaged, dropped into water, or malfunctioning. Take the device to a service center for inspection and repair.
6. Do not carry this device by the power cord or use the cord as a handle.
7. Avoid placing the cord near a hot surface.
8. Never use the device if the air intakes of the electronic unit are blocked. Keep the air intake free of fluff, hair, etc.
9. Never push objects that do not belong there into the electronic unit.
10. Do not use outdoors.
11. Do not use aerosol products (sprays) or oxygen near the device while it is in use.
12. When you stop using it, turn off the program in the application and remove the plug from the socket.



Service

Do not service the device yourself in any way other than as described in this manual. If technical maintenance is necessary, contact Neurosonic info@neurosonic.fi. You can find instructions for the most common problem situations in the troubleshooting guide on our website.

Store the device in a place where it will not be exposed to excessive dust. Accumulation of dust can prevent the reliable operation of the system. Vacuum the ventilation duct of the device's central unit 2-3 times a year. This is how you ensure that the cooling of the central unit works.

The upholstery of the device is cleaned from the outside, if necessary, with a damp cloth and a mild detergent. You can use a disinfecting cleaning agent on artificial leather. Test the suitability of the substance on a small area first. Do not use corrosive solvents for cleaning. Make sure that no water or other liquids get into the device. Turn off the power by unplugging the device before vacuuming the central unit.

Technical specifications

In the central unit, an external power supply is connected to the socket. Voltage 15 V, power: in use max 90 W, in stand-by mode 0.5 W.

Warranty

Oy Neurosonic Finland Ltd grants the device a twenty-four (24) month warranty. The warranty period is calculated from the day the first user of the device takes possession of the product. This warranty applies in the territory of Finland and does not limit the applicability of mandatory legislation in force in Finland, such as the Consumer Protection Act, to the sale of the device.

If there is a defect in the product, Oy Neurosonic Finland Ltd or its authorized dealer will repair the defective device or hand over another device to the user at its discretion. Oy Neurosonic Finland Ltd is not responsible for possible damages caused by errors. Warranty or other fault liability of Oy Neurosonic Finland Ltd does not apply to normal wear and tear of the device or the tablet used for control that comes with the device.

The warranty also does not apply to situations where (1) an error or fault is caused by the user, (II) the device has been used contrary to the instructions, incorrectly or carelessly, (III) the device has been connected to another device, repaired or opened or otherwise modified or installed incorrectly, or (IV) the device has been resold by someone other than the consumer without Oy Neurosonic Finland and the original buyer of the device having expressly agreed on the delivery of the product for resale purposes.

If the user of the device wants to invoke the warranty granted by Oy Neurosonic Finland, the user must present a legible purchase receipt of the device. The user must also claim a defect in the device during the warranty period within two months from when they discovered the defect or should have discovered it. The user must submit a warranty claim during the warranty period.

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