

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:

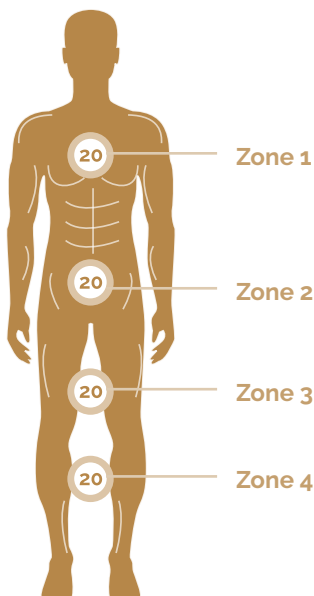
Tip! If you take a stress relieving treatment during your workday, we advice to use headphones (with or without music) and to close your eyes to enhance the effect. Lay down, take a deep breath and enjoy!

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