

THE VERELIEF EXPERIENCE

VERELIEF
BY HOOLEST



VERELIEF PRIME GEN 3

VeRelief By Hoolest

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WELCOME TO VERELIEF

ABOUT HOOLEST

Hoolest Performance Technologies, Inc. is a neurotechnology wellness company dedicated to improving lives through innovative science, engineering, and design.

Dr. Nicholas Hool founded Hoolest during his Ph.D. program in biomedical engineering in 2018. Hool grew up playing competitive golf with dreams of competing on the PGA tour. But stress and anxiety derailed his dreams. Hool tried breathwork and meditations, but found those to be too weak to calm him down in the middle of a stress response. He even tried taking benzodiazepines, but those made him feel sluggish and drowsy.

So Hool dedicated his time to academic study with the goal of finding an effective solution. After years of prototyping and conducting clinical studies, Hool built the first VeRelief device and founded Hoolest. Today, the Hoolest team is made up of a diverse group of designers, engineers, clinicians, first responders, high performers, busy parents, and wellness trendsetters.



hoolest.com



We have spent a lot of time and energy working to deliver the product now in your possession. It's a privilege to have you a customer. Thank you for choosing Hoolest Performance Technologies.



Nicholas Hool, Ph.D Biomedical Engineering
CEO, Founder of Hoolest Performance Technologies

We're excited to be on this journey with you towards better mental health and human performance, without dependence on pills or toxic substances. Welcome to the future. Welcome to VeRelief.

A handwritten signature in black ink, appearing to read 'N. Hool'.

DR. NICHOLAS HOOL

CALM YOUR NERVOUS SYSTEM ANYWHERE

PICTURE FEATURES VERELIEF PRIME GEN 2



A healthy nervous system is fundamental to maintaining good mental and physical health. But in today's fast-paced world of constant stress, we have very little time to recover. Millions of people are essentially living stuck in a "fight or flight" response. Anxiety rates have never been higher. Stress in the workplace is at an all time high. People are aging faster and healing slower. Risk of stress-related heart disease gets higher every year.

VeRelief offers a powerful way to calm the nervous system in any environment and at any time. It works incredibly fast and is far safer than taking pills. By taking back control of your nervous system you are taking back control of your performance, your relationships, your health, and your future.

YOUR MENTAL HEALTH RE-ENERGIZED

VeRelief is a type of product known as Bioelectronic Medicine, a type of wellness that uses therapeutic forms of electrical energy to heal the mind and body.

Bioelectronic Medicine has been around for thousands of years. The ancient Egyptians were the first people documented to use electrical energy to heal the sick, relying on electric eels laid on the skin of sick people to recharge their health, reduce pain, and even treat epilepsy.

Today, we have ultra-precision forms of Bioelectronic Medicine for a variety of health purposes. It is an incredible technology that has helped millions of people overcome an array of medical issues without dependence on drugs, pills, or toxic substances.

Hoolest is proud to present VeRelief Prime, a Bioelectronic Medicine device designed to help those living with various forms of stress. Studies show that those living with chronic stress age more rapidly than healthier individuals, are almost twice as likely to develop chronic pain, up to 80% more likely to develop depression, up to 40% more likely to develop heart disease.

VeRelief is not a medical device and is not intended to treat or diagnose any medical condition. It is an incredible tool to boost mental and physical wellness by reducing acute and chronic stress.

The following protocols were designed by Dr. Nicholas Hool (Ph.D.), a biomedical engineer who studied this technology and how it can be used to reduce stress and improve health and performance. We hope you find value in these protocols and enjoy living a healthy and stress-free life!



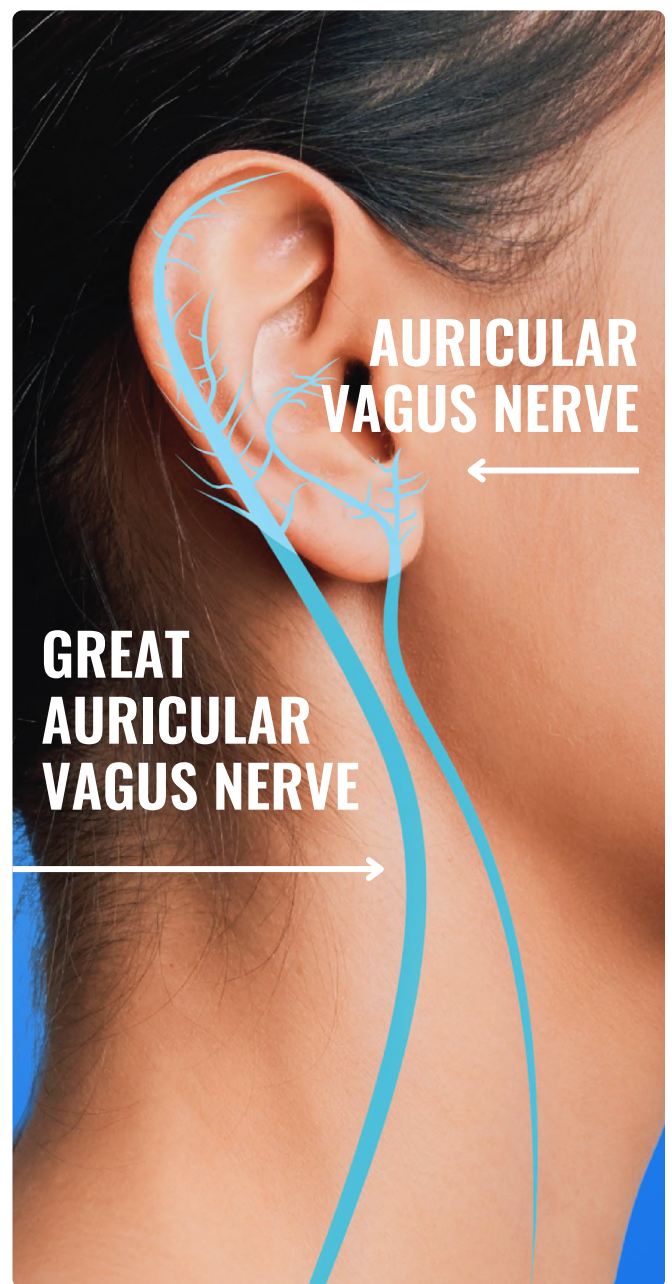
WHAT IS VAGUS NERVE STIMULATION?

THE VAGUS NERVE

The vagus nerve, also known as the tenth cranial nerve, is one of the longest nerves in the body and plays a crucial role in the parasympathetic nervous system. Originating in the brainstem and extending down to the abdomen, it innervates numerous organs including the heart, lungs, and digestive tract. Beyond its role in regulating basic bodily functions like heart rate and digestion, the vagus nerve also serves as a communication pathway between the brain and the body, influencing various physiological processes and even aspects of cognition and emotion.

HOW VAGUS NERVE STIMULATION WORKS

Vagus nerve stimulation (VNS) works by sending electrical impulses through the vagus nerve, which is a key component of the parasympathetic nervous system, often referred to as the "rest and digest" system. Stimulating this nerve can help to balance the body's response to stress and reduce inflammation, both of which are linked to various mental health conditions. The vagus nerve has a wide-ranging impact due to its extensive innervation of different body organs, including the heart, lungs, and digestive tract, and its connection to brain areas involved in mood and stress regulation.



AURICULAR
VAGUS NERVE

GREAT
AURICULAR
VAGUS NERVE



The effects of VNS on mental health are multifaceted. By stimulating the vagus nerve, it's possible to influence neurotransmitter levels in the brain, enhancing feelings of calmness and reducing stress. This can lead to improvements in conditions such as depression and anxiety. For individuals with PTSD, VNS can help to dampen the exaggerated stress responses that characterize this condition. Similarly, for those experiencing chronic stress, panic attacks, or performance anxiety, VNS can promote a state of relaxation and reduce the frequency and intensity of anxiety symptoms.

The mechanism behind these effects involves the modulation of various neural pathways that the vagus nerve is a part of, including those that control the release of stress hormones and those that regulate mood and emotional responses. The therapeutic benefits of VNS, including its ability to potentially reduce symptoms of depression and anxiety, make it a promising avenue for mental health treatment, particularly for individuals who have not responded well to traditional therapies.

VERELIEF THE ULTIMATE HANDHELD NERVE STIMULATOR



VeRelief is a handheld low-level electrical nerve stimulator intended to target branches of the vagus nerve, median nerve, and trigeminal nerves for nervous system recovery. It was designed for high stress professionals, clinicians, and for anyone living with chronic stress looking for a safe and effective drug-free way to calm the nervous system.

THE MODES

VeRelief is the only stress recovery device on the market designed with multiple modes for targeting multiple locations around the body. The VeRelief Prime comes programmed with 5 modes of operation, giving you 5 unique experiences. To accumulate all of these experiences outside of VeRelief, you'd have to purchase multiple separate devices that can easily cost over \$1,000.

We didn't like that. So we took the top performing waveforms found in the research and packed them all into one device, making VeRelief one of the most valuable nerve stimulators on the market.

MODE 01

General Episodic Anxiety Relief

A constant 8Hz biphasic waveform designed to stimulate the auricular vagus and the median nerves for general episodic anxiety relief.

MODE 02

Improve Sleep Quality

A constant 25Hz biphasic waveform designed to stimulate the auricular vagus and the trigeminal nerves to reduce stress, induce drowsiness, and improve sleep quality.

MODE 03

Stress Recovery

A constant 100Hz biphasic waveform designed to stimulate the auricular vagus nerve for fast and effective stress recovery in any environment.

MODE 04

Optimized for Performance

A 100Hz biphasic waveform with a distinct pattern designed to guide your breathing to 6 breaths per minute to optimize the nervous system for performance.

MODE 05

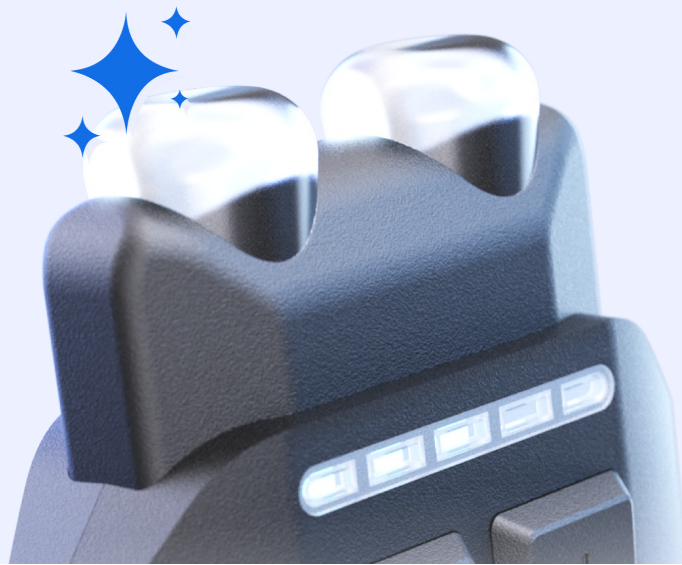
Panic Attack

A 100Hz biphasic waveform with a distinct pattern designed to guide your breathing to 3 breaths per minute to accelerate panic recovery.



MODES ARE INDICATED BY WHICH LED IS DISPLAYED. IN THE EXAMPLE ABOVE THE DEVICE IS IN MODE 1.

PATENTED GEL TIPS

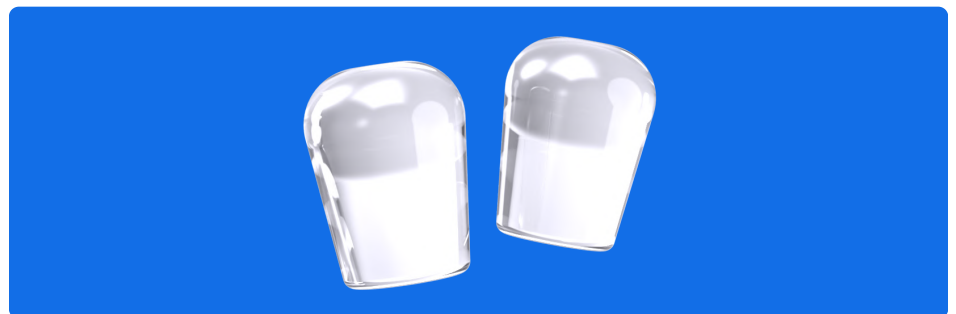


VeReliefs Patented Gel Tips

When we first set out to build a vagus nerve stimulator, we assessed every other device on the market and found that every one of them required soaking the device and your skin with a gel or a sticky paste before each use. This was an uncomfortable experience that required long setup and cleanup times for every use. So we designed the VeRelief Gel Tips.

The VeRelief Gel Tips are the first and only dry electrodes that don't require soaking in any gel or paste before use, giving you a clean and easy experience for every session. They are made using a special mix of cosmetic-grade ingredients (water, sodium, glycerin, and agarose), ensuring compatibility with all skin types and even providing skin rejuvenation properties.

However, we do offer skin hydration gel for those with more sensitive skin, as the skin hydration gel significantly improves comfort during stimulation.





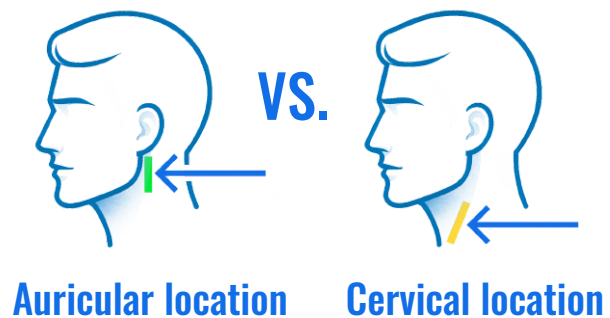
KEY FEATURES

VeRelief is the only vagus nerve stimulator on the market designed to be used anywhere.

- **Fits in your pocket**
- **No bluetooth or apps to connect to before using**
- **Proprietary gel tips that don't require sticky conductive gel or paste**
- **Small and discreet so it doesn't draw unwanted attention in public.**

VeRelief is one of the safest vagus nerve stimulators to use. Other vagus nerve stimulators target the cervical branch of the vagus nerve on the front side of the neck just behind the carotid artery, the main artery that delivers blood between the brain and the body. Cervical vagus nerve stimulators must deliver large amounts of power to effectively hit the nerve, and this causes muscle contractions and risk of restricting the carotid artery. This method is also contraindicated for people with heart disease and high blood pressure.

VeRelief targets the auricular branch of the vagus nerve, which is in and around the ear area with no proximity to important cardiovascular structures. This branch of the nerve communicates directly with the regions in the brain that control the stress response, making it the safest and most effective location for reducing stress and anxiety. To learn more, visit www.hoolest.com/pages/vereliefresearch.



TRUSTED BY PROFESSIONALS

In early Spring of 2018, our team was contacted by the Arizona Diamondbacks to test our earliest prototype with their baseball players. It turns out that professional baseball players who play 6 games per week and never stop traveling during the season often struggle to recover from stress and get quality sleep! That experience was crucial for us to dial in the stress recovery protocols for high stress professionals.



For the next 3 years, we spent our efforts conducting clinical trials and safety tests to ensure VeRelief was compliant with the FDA’s General Wellness Policy for Low Risk Devices. We rolled out slowly in 2022 and spent the year working with doctors, healthcare providers, and people who were most desperate for our drug-free stress recovery solution.

Today, VeRelief is actively used and trusted by some of the world’s top healthcare practitioners, mental health professionals, functional neurologists, wellness spas and studios, addiction recovery centers, police officers, first responders, school teachers, military veterans, professional athletes, touring musicians, performing artists, business executives, small business owners, busy parents, college students, and many others.

USED BY ATHLETES IN



UFC



GETTING STARTED

TIPS, TRICKS, AND THINGS TO CONSIDER

The following protocols can be used for various applications. Bioelectronic medicine uses gentle electrical waveforms as the therapeutic source. In some cases, it may cause discomfort during treatment.

If you are known to be sensitive to external stimuli, we recommend using the Low and Slow approach for each protocol, where you'll use the device at the lowest setting (where you likely won't even feel it) for the duration of the protocol. To further improve the comfort of your first experience, we recommend rubbing a small amount of the skin hydrating gel into the stimulation spot on your neck to reduce risk of getting shocked from the product.

To get the full benefits from each mode and application, you'll want to turn up the intensity as high as you can comfortably tolerate. If you cannot tolerate the sensation at any point during your session, you can turn it down.

Over time, you will strengthen your vagus nerve and you can safely tolerate a bit more stimulation.



YOUR VERY FIRST USE

For your very first use, we recommend trying out the product in a calm and comfortable environment so you can get used to how the product works and how it feels. This will give you more confidence to use it properly as you live your life. Keep in mind that if your body is already in a calm state, you may not notice any change in how you feel after using the product. You will see the most noticeable effects when your body is in a state of high stress or anxiety.

The purpose of your first use is to simply get used to the stimulation sensations and make sure you are using it properly. Please follow the steps below, and feel free to reach out to support@hoolest.com if you need any assistance. We'll be happy to schedule 1:1 calls with you.





STEP 1

Remove the cap from the VeRelief Prime device. Removing the cap turns the device on, as indicated by the blue LED lights turning on.

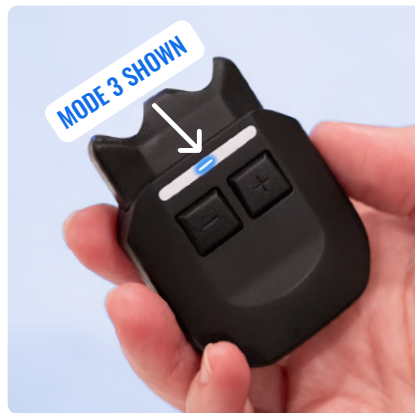


STEP 2

Set the device in Mode 1. To select the mode, **press and hold both + and - buttons** at the same time for about 1 second until a single LED light starts flashing. Then let go of the buttons.



Use the **right** or **left** buttons to change between the modes.



Mode 1 is indicated when the first (far left) LED is flashing, and Mode 5 is indicated when the 5th (far right) LED is flashing.



Once you are in the mode you want, lock it in by pressing and holding both buttons again for 1 second. The device is now ready to be used.



STEP 3

Remove a pair of gel tips from a jar and insert them narrow side down into the product. Ensure they are pressed firmly into the product.



STEP 4

Apply a small amount of the VeRelief soothing gel into your skin on the side of the neck, just under the ear to moisturize your skin. This will maximize comfort for your first use. Make sure there are no earrings in the way while you use the device.

- You can start with using either side of the neck.



STEP 5

Use the right and left buttons on the device to set the intensity to where only the second LED light is lit up. This sets it in the 20-40% power range and is ideal for first time use.



STEP 6

Apply the gel tips in a vertical orientation (straight up and down instead of side to side) over the side of your neck, just below the ear and up against the back of your jawbone.

- You will know you are on the right spot when you feel a “**buzzing**” or “**vibration**” sensation going up into your ear.
- If you don’t feel the buzzing sensation, try moving the device around very slowly until you feel the buzz. Additionally, you can turn up the intensity 1-2 clicks and re-apply it to your neck.



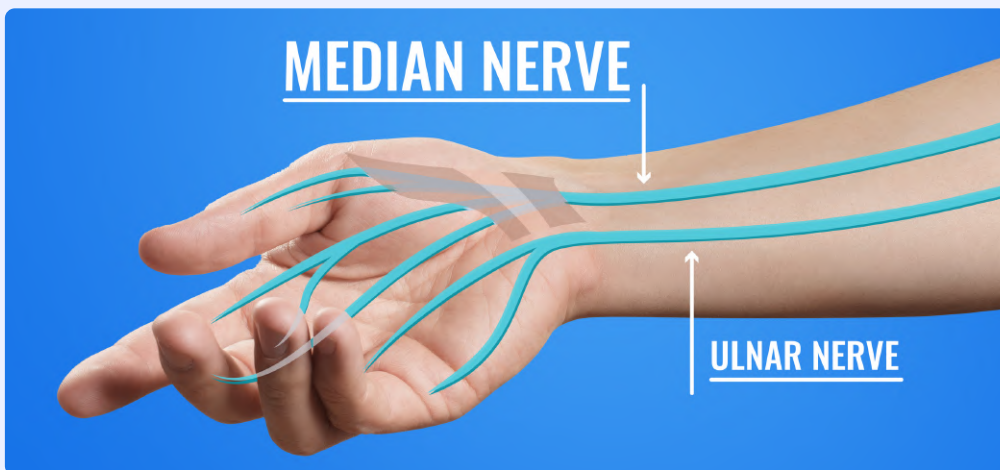
Once you locate the nerve and feel the “buzzing” sensation throughout the ear, you can play around with the intensity and find a level that is strong but comfortable. Try turning it up one click at a time and reapplying it on your neck. The goal is to find a setting that is as strong as you can comfortably tolerate, even if that only means using it at the lowest setting. If it is too strong at any point, turn it down.

Once you’re comfortable with using it on one side, you can repeat the steps above and use the device on the other side of the neck.



TO WATCH THE QUICK START VIDEO TUTORIAL, GO TO THE WEBSITE LINK BELOW OR SCAN THE QR CODE!

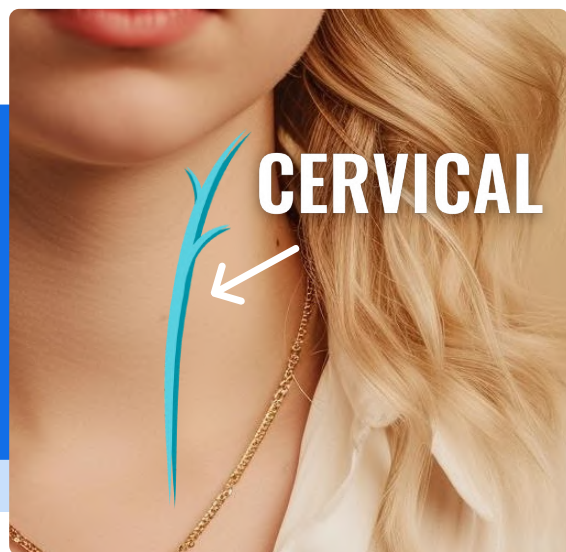
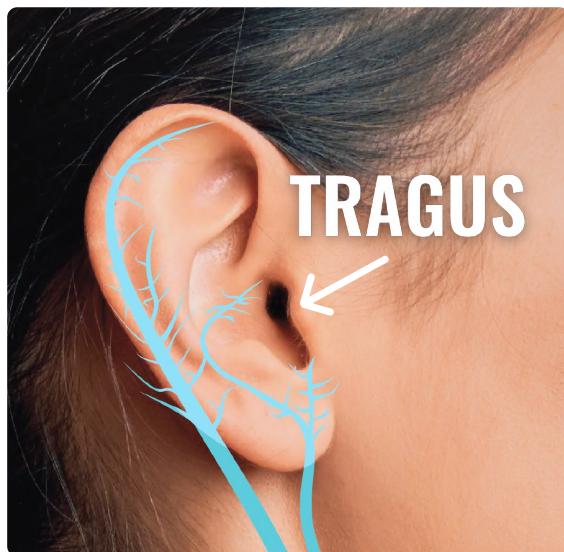
KEY TARGET NERVES



THE VAGUS NERVE IN 3 LOCATIONS

There are three main areas you can target the vagus nerve: under the ear, on the ear (tragus), and on the front side of the neck (cervical). While VeRelief can effectively stimulate the vagus nerve at each of these locations, we only recommend using it to stimulate the vagus nerve on the underside of the ear right behind the jawbone.

To learn more about tragus and cervical vagus nerve stimulation, contact us at support@hoolest.com.



MODE 1: ANXIETY RELIEF



Waveform Design:

Biphasic 8Hz Pulse

When to Use:

When anxiety symptoms flare up

Location of Use:

Any environment

Anxiety is a natural and common emotional response to perceived threats or stressful situations, characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure, heart rate, breathing rate, and a sinking feeling in your stomach. The VeRelief Anxiety Protocols are designed to calm anxiousness as it flares up.

With these protocols, you will stimulate the auricular vagus nerves and the median nerve found in your wrist. Stimulating the median nerve is a popular method used by functional neurologists and wellness professionals to alleviate feelings of nausea associated with anxiety. It is also a great target for hypersensitive individuals. You will know you are hitting the median nerve when you feel a similar “buzzing” sensation going into your wrist and into your fingers. Stimulating both of these nerves is a great way to reduce acute symptoms of anxiety.

We recommend starting out with protocol 1.1 or 1.2 for your first use. You may respond differently with each protocol, so try them all and see which one works best for you.

Note: These protocols are not designed to treat any anxiety disorder or mental health disorder, and they are not designed to prevent future anxiety episodes.

Protocol 1.1: Auricular Vagus Nerve

TARGET NERVE:

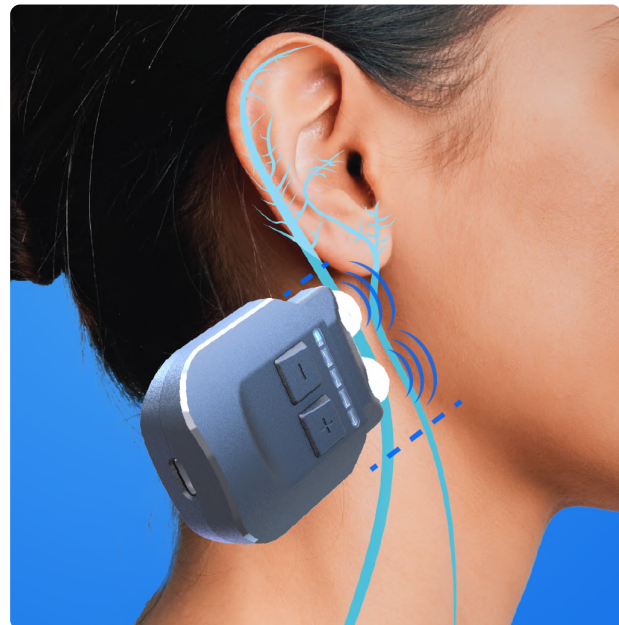
Auricular Vagus on the side of the neck.

INTENSITY LEVEL:

As high as you can comfortably tolerate.

DURATION OF USE:

Hold in place for 5 minutes on one side of the neck, and then repeat for another 5 minutes on the other side of the neck. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.





Protocol 1.2: Median Nerve

TARGET NERVE:

Median nerve on the upper part of your wrist.

INTENSITY LEVEL:

As high as you can comfortably tolerate. Note: the wrist is less sensitive than the neck, so you may need to turn up the intensity to get the right sensation.

DURATION OF USE:

Hold in place for 5 minutes on one wrist, and then repeat for another 5 minutes on the other wrist. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.

Protocol 1.3: Auricular Vagus + Median Nerve

TARGET NERVE:

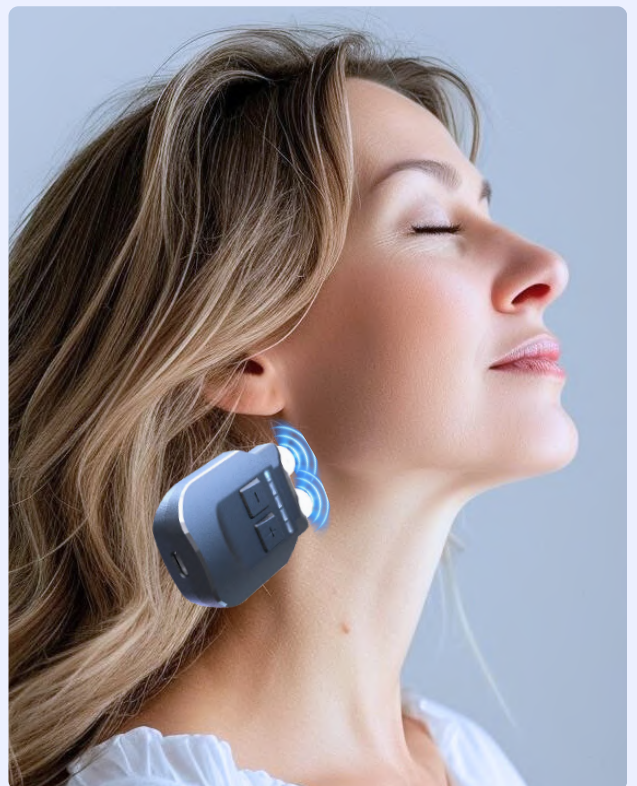
Auricular Vagus on the side of the neck and the Median nerve in the wrist.

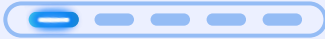
INTENSITY LEVEL:

As high as you can comfortably tolerate

DURATION OF USE:

Hold in place for 5 minutes on one side of the neck, and then hold in place over the median nerve on the same side of the body for 5 minutes. You can use either side of the body for the same effect. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.





Protocol 1.4: Auricular Vagus + Median Nerve 2

TARGET NERVE:

Auricular Vagus on the side of the neck and the Median nerve in the wrist.

INTENSITY LEVEL:

As high as you can comfortably tolerate

DURATION OF USE:

Hold in place for 2-3 minutes on one side of the neck followed by 2-3 minutes on the other side of the neck. Then hold in place over the median nerve on one wrist for 2-3 minutes followed immediately by 2-3 minutes on the other side of the wrist. After a full session, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.

Final Notes

If you continue feeling anxious after using any of the above protocols, take a break and try again an another hour or so if you feel up to it. If you don't feel you are doing something correctly, please contact our support team at support@hoolest.com and we will be happy to work with you to help you get the most from the product.

If you feel your anxiety getting worse, stop using the device and see a medical doctor to discuss medical treatment.



MODE 2: SLEEP AID



Waveform Design:

Biphasic 25Hz Pulse

When to Use:

When stress is keeping you awake.

Location of Use:

In the bedroom or in your actual bed.

People with chronic stress often find it difficult to fall asleep due to their minds being preoccupied with persistent worries and stressors, which can lead to heightened arousal and difficulty relaxing at bedtime. Symptoms include lying awake for long periods, tossing and turning, and experiencing restless, unsatisfying sleep. This cycle of sleeplessness can lead to significant frustration, exacerbating stress and impacting overall well-being. The VeRelief Sleep Protocols use a 25Hz waveform to calm your stress levels and induce drowsiness so you can fall asleep quickly.

With these protocols, you will stimulate the auricular vagus and trigeminal nerves. The trigeminal nerve can be found in the forehead on either side of the forehead just above the eye. Stimulating the trigeminal nerve has been shown recently to be a great target for inducing drowsiness and helping people fall asleep. Stimulating both of these nerves is a great way to calm stress so you can get to sleep faster.

We recommend starting out with protocol 2.1 for your first use. You may respond differently with each protocol, so try them all over time and see which one works best for you.

Note: These protocols are not designed to treat insomnia or any neurological sleep disorder. They are only intended to calm stress levels to help people fall asleep quicker.



Protocol 2.1: Auricular Vagus Nerve

TARGET NERVE:

Auricular Vagus on the side of the neck.

INTENSITY LEVEL:

As high as you can comfortably tolerate.

DURATION OF USE:

Hold in place for 5 minutes on one side of the neck, and then repeat for another 5 minutes on the other side of the neck. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.



Protocol 2.3: Auricular Vagus + Trigeminal Nerve

TARGET NERVE:

Auricular Vagus on the side of the neck and the Median nerve in the wrist.

INTENSITY LEVEL:

As high as you can comfortably tolerate

DURATION OF USE:

Hold in place for 5 minutes on one side of the neck, and then hold in place over the Trigeminal nerve on the same side of the head for 5 minutes. You can use either side of the head for the same effect. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.

Protocol 2.2: Trigeminal Nerve

TARGET NERVE:

Trigeminal nerve found in the forehead.

Note: the forehead is much more sensitive than the neck, so you will need to turn the intensity down before you try this method. Start at the lowest setting and slowly turn it up as you are holding it against your neck.

INTENSITY LEVEL:

As high as you can comfortably tolerate. You should feel a similar “buzzing” sensation going up the top of your head when you successfully hit the nerve.

DURATION OF USE:

Hold in place for 5 minutes on one side of the forehead about an inch above the eye, and then repeat for another 5 minutes on the other side of the forehead above the other eye. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.

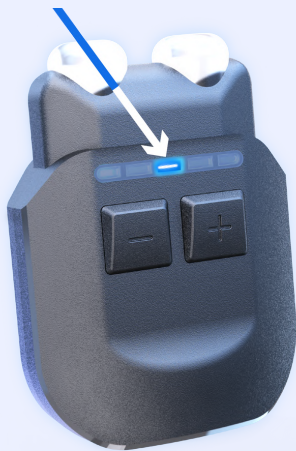


Final Notes

If you don't see any improvements in your sleep after using any of the above protocols, you may need to give it up to 3-4 weeks of nightly use before you start seeing improvements. If you don't feel you are doing something correctly, please contact our support team at support@hoolest.com and we will be happy to work with you to help you get the most from the product.

If you feel your sleep quality is getting worse, stop using the device and consider seeing a medical doctor to discuss treatment.

MODE 3: STRESS RECOVERY



Chronic stress is a persistent state of tension and pressure that can stem from various sources, including work, relationships, and daily challenges, lasting for an extended period. Symptoms often include constant worry, irritability, difficulty concentrating, and physical manifestations such as headaches, fatigue, and changes in appetite. For the modern individual, this can lead to significant frustrations, as it impairs their ability to function effectively in personal and professional spheres, diminishing quality of life and overall happiness. The VeRelief Stress Recovery Protocols use a 100Hz waveform to help you recover from a state of stress and get back to a state of calm quickly in any environment.

Waveform Design:

Biphasic 100Hz Pulse

Location of Use:

Any environment where you are feeling high levels of stress.

When to Use:

Anytime you feel a significant amount of stress. Popular times include first thing in the morning, in the car before going into work, during the workday when taking a break, right before going home after work, and right after a stressful experience.

Note: These protocols are not designed to treat any anxiety or mental health disorder, and they are not designed to prevent future anxiety episodes.





Protocol 3.1: Auricular + Vagus Nerve

TARGET NERVE:

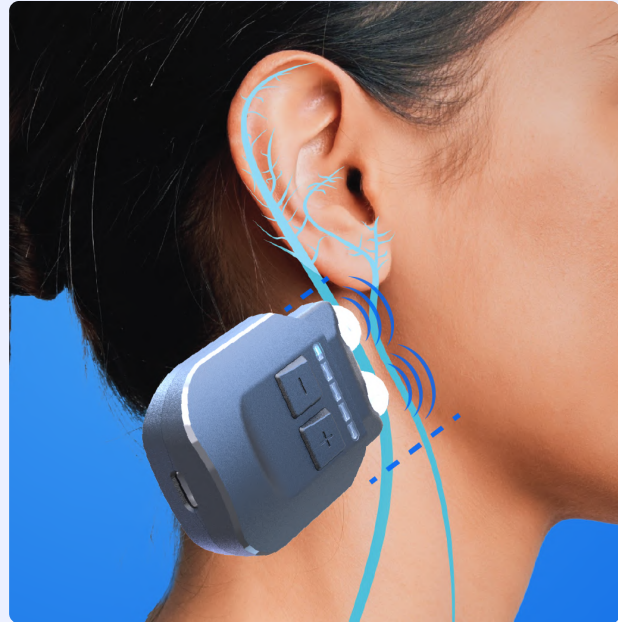
Auricular Vagus on the side of the neck

INTENSITY LEVEL:

As high as you can comfortably tolerate.

DURATION OF USE:

Hold in place for 5 minutes on one side of the neck, and then repeat for another 5 minutes on the other side of the neck. After a full 10 minutes, remain still with eyes closed for a few minutes and be mindful of how your mind and body feel.



Final Notes

After a full 10 minutes using the protocol, you should feel a lasting calming sensation throughout your head and upper body that many people describe as a “light floating” sensation. This sensation should last anywhere from 20-60 minutes, depending on the environment you are in.

If you don't see any improvements in your stress levels you may want to try Protocol 5 for panic, which is a much stronger relaxation protocol. If you don't feel you are doing something correctly, please contact our support team at support@hoolest.com and we will be happy to work with you to help you get the most from the product.



MODE 4: PERFORMANCE OPTIMIZATION



Stress can negatively impact performance by impairing cognitive functions, reducing focus, and triggering anxiety, which can all interfere with the ability to execute tasks efficiently and effectively. Symptoms of performance anxiety specifically include excessive worry about upcoming tasks, physical symptoms like shaking or sweating, and a fear of failure that can be paralyzing. For modern individuals, this can lead to a cycle of frustration and diminished self-esteem, as they struggle to meet personal and professional expectations in a high-pressure environment. The VeRelief Performance Optimization Protocols are designed to calm the nervous system in high pressure situations so you can feel better and perform better.

This mode uses a waveform that continuously cycles on and off. It will be on for about 5 seconds and then will be off for about 5 seconds, and it will do this continuously. The purpose is to synchronize your breathing with the On/Off cycles of the stimulation pattern to slow your breathing down. We recommend starting out with protocol 4.1 for your first use to get used to the breathing pattern. Only use protocol 4.2 after you have become familiar with the protocol 4.1

Note: These protocols are not designed to treat performance anxiety, but rather are aids to keep you calm under pressure. They also work particularly well when used right before a meditation or visualization session.



Waveform Design:

Biphasic 100Hz Pulse with On/Off cycling; 5 seconds On, 5 seconds Off, continuously.

Location of Use:

Any environment where you feel nervous, stressed, or anxious before a performance and want to keep the nervous system in a state of optimal performance.

When to Use:

At any time you are feeling nervous, afraid, or overwhelmed before a performance or in a social situation.



Protocol 4.1: Coherent Breathing - 5 Minutes

TARGET NERVE:

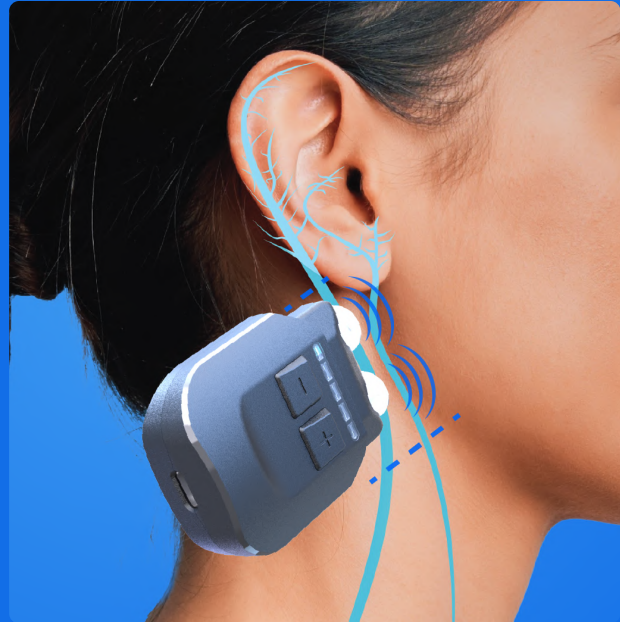
Auricular Vagus on the side of the neck

INTENSITY LEVEL:

As high as you can comfortably tolerate.

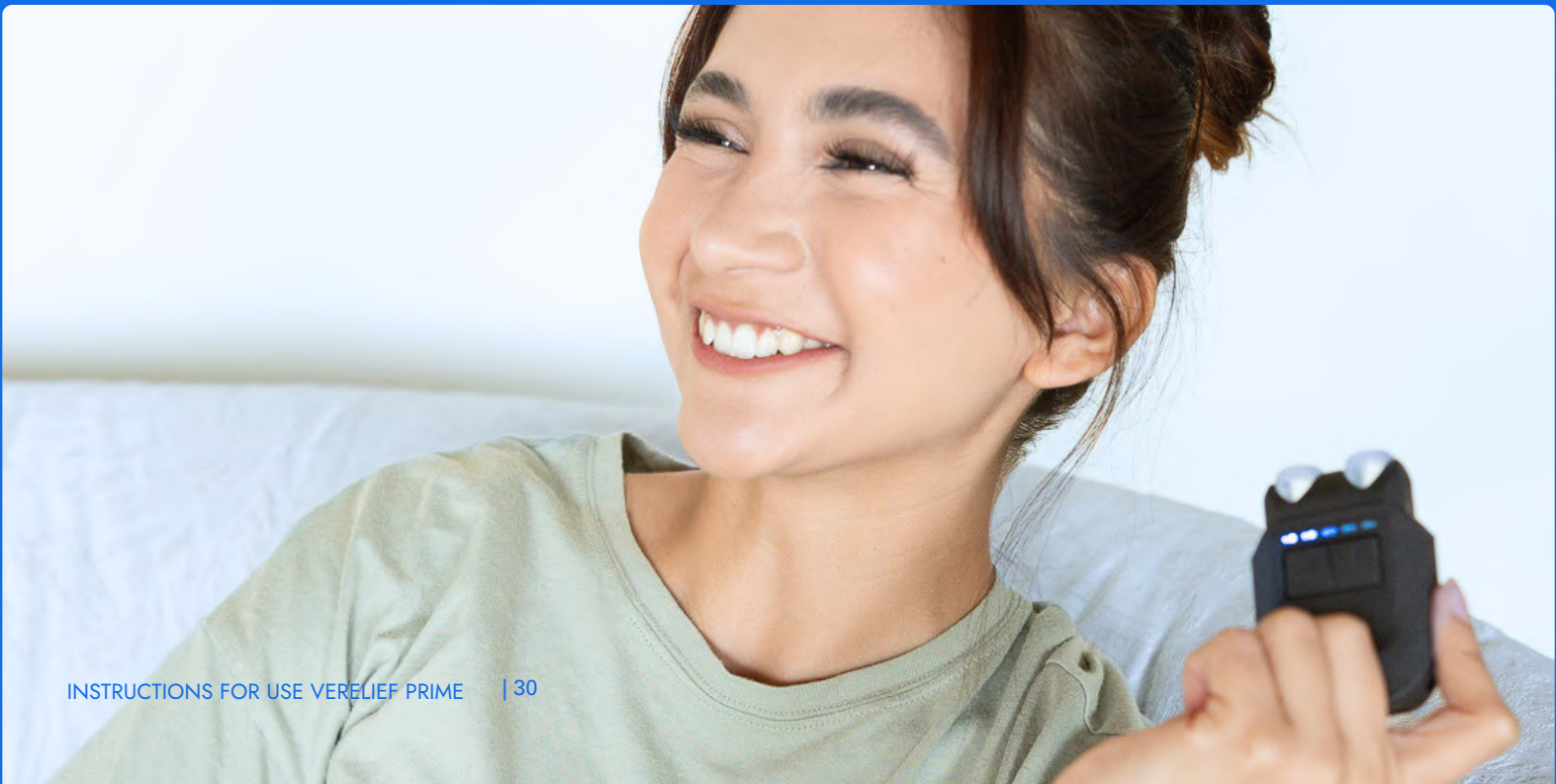
DURATION OF USE:

Hold in place for 5 minutes on one side of the neck. You can choose either side of the neck for the same effect. You do not need to stimulate the other side of the neck for this protocol as 5 minutes on one side is sufficient.



Pair your breathing with the ups and downs of the stimulation pattern. When the stimulation is in the “OFF” phase, take a deep breath (approximately 5 second duration). When the stimulation is in the “ON” phase, exhale slowly (approximately 5 second duration).

This breath pattern is called Coherent Breathing and boosts Heart Rate Variability (the parasympathetic part of the nervous system) to help you keep calm right before or after a performance.





Protocol 4.2: Forced Exhale Breathing - 1 Minute

TARGET NERVE:

Auricular Vagus on the side of the neck

INTENSITY LEVEL:

As high as you can comfortably tolerate.

DURATION OF USE:

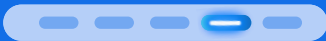
Hold in place for 1 minute on one side of the neck. You can choose either side of the neck for the same effect. You do not need to stimulate the other side of the neck for this protocol as 1 minute on one side is sufficient.



Pair your breathing with the ups and downs of the stimulation pattern. When the stimulation is in the “OFF” phase, take a deep breath (approximately 5 second duration). When the stimulation is in the “ON” phase, exhale slowly (approximately 5 second duration).

However, instead of a smooth exhale, you’ll want to purse your lips to restrict air flow and force your exhale through your pursed lips. It should feel like you’re having to push the air out of your mouth and you should feel the forced exhale in your chest.

This breath pattern is called a Vagal Response and causes a slight and instant drop in heart rate. It is incredibly powerful for moments when pre-performance nerves or anxiety is severe and you need a quick calm down.



BONUS PROTOCOL: VISUALIZATION ENHANCEMENT

Duration of Use: Use for 5 minutes on either side of the neck right before practicing a visualization session. This calms the mind and enhances your ability to focus, improving your overall visualization session.

For example, if you have a big presentation coming up, practice visualizing yourself giving the presentation perfectly in front of the audience as many times as you can leading up to the presentation.

This will train your brain to feel more calm when it comes time to actually give the presentation, and your overall performance will improve. You can also use this protocol for sports and other performance applications.



MODE 5: PANIC RELIEF



Stress is closely related to panic attacks, as prolonged or intense stress can heighten the body's anxiety response, potentially triggering sudden and overwhelming episodes of fear or discomfort. Symptoms of a panic attack include rapid heartbeat, sweating, shaking, shortness of breath, and a feeling of impending doom, often leading the individual to feel out of control or detached from reality. The unpredictability and intensity of these attacks can cause significant frustration and fear of future episodes, impacting daily functioning and overall quality of life for those affected. The VeRelief Panic Relief Protocol is designed to

help you stop a panic attack before it occurs or while it is occurring.

This mode also uses a waveform that cycles on and off over time. It cycles on for 15 seconds and then cycles off for 5 seconds. Pairing your breath with this waveform pattern will slow your breathing down to 3 breaths per minute. This is one of the best ways to force your body to slow down when it is overwhelmed and stressed, especially during a panic attack.

Breathing at 3 breaths per minute is very difficult. Do not get frustrated if you cannot do it. Over time with practice, you will get better.

Waveform Design:

Biphasic 100Hz Pulse with On/Off cycling; 15 seconds On, 5 seconds Off, continuously.

Location of Use:

Any moment you feel a panic attack is coming on.

When to Use:

Any environment when you feel like you're about to have a panic attack. At home, in the office, in the car, in the plane, on the bus, train, field, etc.



Protocol 5.1: Auricular Vagus Nerve - 1 Minute

TARGET NERVE:

Auricular Vagus on the side of the neck

INTENSITY LEVEL:

As high as you can comfortably tolerate.

DURATION OF USE:

Hold in place for 1 minute on one side of the neck. You can choose either side of the neck for the same effect. You do not need to stimulate the other side of the neck for this protocol.



Pair your breathing with the ups and downs of the stimulation pattern. When the stimulation is in the “OFF” phase, take a deep breath (approximately 5 second duration). When the stimulation is in the “ON” phase, exhale slowly (**approximately 15 second duration**).

This prolonged exhale is a staple for breathing experts when they need to calm down very quickly. Do this breath pattern for 3 cycles for a total of 1 minute, then take a minute to be mindful of how your mind and body feel.

If you don't feel relief, do this same exercise again for another minute. Continue to do so as long as you feel capable of doing so.

TROUBLESHOOTING

Please visit our Help Center at www.hoolest.com/pages/helpcenter to find answers to frequently asked questions and video to help you get the most out of your product.

TIPS & TRICKS

WHEN IT “STINGS”

All forms of electrical nerve stimulation can cause “pins and needles” sensations that can be uncomfortable for some. If you find the stimulation to sting or feel sharp and uncomfortable, we recommend using the provided anti-shock skin hydration gel or any natural skin lotion. Simply rub some lotion into your skin to hydrate your skin and then reapply the device. Doing this will help eliminate the sharp “pins and needles” sensations during use. You can do this on any part of the body you want to apply the device to.

WHEN “I CAN’T FEEL THE STIMULATION”

If you don’t feel anything coming out of the device, try moving the device around in the general area of the nerve just under the ear until you feel a buzzing sensation in your ear.

If you still don’t feel any sensation, try turning up the intensity to max power and reapplying the stimulation. If you feel it after that, then turn down the intensity to a more comfortable level.

If you don’t feel it after using it at full power, it is possible the product may be having technical issues. Please contact our support team at support@hoolest.com to learn about service we can provide.

WHEN “I DON’T FEEL ANY DIFFERENT”

If you use the device and you don’t feel any different, you should consider a handful of things. First, did you use the device while you were already in a relaxed state? If so, the device likely did not have an effect on you since it only works to calm you when your body is in a stressed state, not a relaxed state.

Did you use it for the full duration of the protocol? Make sure you use it for a full 10 minutes to get the full benefits and effects.

Did you have the intensity high enough? If you don’t have it turned up high enough, you won’t experience the full benefits the device has to offer.

Were you stimulating the right location of the nerve? If you were holding the device in place but you weren’t feeling any “buzzing” sensation in your ear throughout the treatment, then you weren’t in the right spot and you won’t get the benefits.

Used it properly but didn’t feel any different? Understand that this device is not going to alter your mind like a drug will and the effects will not be as mind-altering. It should provide similar calming benefits as a 30 minute meditation or breathwork session.

You may need to use it consistently over time to strengthen your vagus nerve. If you don’t feel any improvements after 3-4 weeks, it is possible this may not be a suitable option for you. Please contact our support team and we’ll be happy to see if we can help.

WHAT IF “I FEEL DIZZY AFTER USING IT?”

If you feel dizzy or any other side effect after using the device, stop using the device and wait at least another 24 hours before using it again. Side effects are not dangerous but can be uncomfortable.

The the next time you use it, we recommend using the Low and Slow approach.

HOW DO I CHANGE THE MODES?

To change the modes, simply press and **hold both + and - buttons at the same time for 1-2 seconds**. Once a single LED light starts flashing on the front side of the device, you can let go of the buttons.

From there, use the right or left button to switch between modes. The far left LED light indicates Mode 1 and the far right LED light indicates Mode 5. Once you've selected the mode, lock it in by pressing and holding both buttons again for 1-2 seconds. Then use the device as normal.



NOTE: MODE 3 (3RD LED FROM LEFT SIDE IS DISPLAYED)



NOTE: MODE 2 (2ND LED FROM LEFT SIDE IS DISPLAYED)



NOTE: MODE 4 (4TH LED FROM LEFT SIDE IS DISPLAYED)

HOW DO I KNOW WHAT MODE IT IS IN?

Press and hold both buttons at the same time for 1-2 seconds to see what mode you're in. Whichever LED light is turned on indicates which mode you're in.



FREQUENTLY ASKED QUESTIONS

HOW LONG DO THE GEL TIPS LAST?

The gel tips should last up to 30 days with regular and daily use. You should replace the gel tips after 30 days of use to keep the VeRelief device performing optimally.

To prolong the gel tips, you can remove them from the device and place them back into the jar they came in after each use. You can even add some hydration solution inside the jar to keep them moist.

We do not recommend applying the gel hydration solution directly to the gel tips when they are in the device, as the solution may leak into the device and damage it.

However, after 30 days they will start to degrade in performance. Using gel tips beyond 30 days will cause the device to work harder, drain the battery faster, and potentially harm the device.





WHEN DO I KNOW I NEED TO REPLACE THE GEL TIPS?

You'll know you need to replace the gel tips when one of multiple of the following signs occur:

The gel tips fall out. Eventually the gel tips will shrink and they will naturally fall out of the device. If this happens you should replace them.

You can no longer feel the stimulation. When the gel tips dry out, they lose their conductivity. If you can no longer feel any stimulation coming out of the gel tips, you should replace them.

If it has been over 30 days since replacing them, you should replace them to maintain good device performance.

HOW LONG DOES IT TAKE TO CHARGE?

From a dead battery to full charge, it should take 3-4 hours to charge.

HOW LONG DOES IT HOLD A CHARGE?

Depending on how frequently you use the device, the battery should last between 5-7 days before needing to be recharged.

WHAT IS THE MOST AMOUNT OF TIME I CAN USE VERELIEF?

You can use the device as many times as you want in a single day. However, we don't recommend using it more than 20-30 minutes in a single sitting/session.

HOW MANY TIMES PER DAY CAN I USE VERELIEF?

You can use the VeRelief as many times per day as you like. However, we don't recommend using it for more than 20-30 minutes in a single sitting/session.

CAN I SHARE VERELIEF WITH OTHERS?

Yes, you can share VeRelief with others as long as they don't have any contraindications and you understand the warnings and precautions.

Before using it with others, make sure to use an all-natural skin gel or cream to hydrate the skin before the first use, otherwise it may shock the person and cause a bad experience and perception.



hoolest.com/pages/contact

WANT 1:1 CUSTOM SUPPORT?

Reach out to our support team at support@hoolest.com and inquire about setting up a call with someone from our team. We'll be happy to learn about your specific goals and share extra tips, tricks, and insights for how VeRelief can be used to achieve your goals.



**BIG PHARMA DOESN'T
WANT YOU TO KNOW**



**THIS ONE
TRICK**

CALM FIGHT OR FLIGHT IN SECONDS