

CIRCADIA®



User Guide

The Device for Stress and Sleep Management

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BOX CONTENTS



Carry Case



Sponge Electrodes
& Wires



Circadia



Trial Sponges



Velcro Headband

INDICATIONS FOR USE

Circadia® has been scientifically proven to help manage stress and sleep. Circadia works by comfortably stimulating the brain to produce serotonin and melatonin while lowering cortisol.

ASSEMBLY

New headsets come with new sponges (dehydrated yellow disks) already installed in the white sponge receptacles.

The sponges will expand when submerged in water.

Snap the red and black wires onto the white sponge receptacles and then connect the other ends of the wires into the stimulator.

Wet the sponges by submerging them under tap water or into a glass of water – you may do so while they are in the plastic receptacles (the entire plastic sponge receptacle, including the wire, may be safely submerged in water). Squeeze out the excess water but make sure the sponges are still wet.

Place the headband on the head so that it runs just above the eyebrows. Then place each electrode (sponges MUST be very moist) beneath the headband just above the sideburns (see the following page).

The bottom of the electrode should be in line with the top of your ear. When both electrodes are being used on the head, it does not matter which side the red or black wire electrode is placed. If you have thick or long hair, part the hair as much as possible around the electrode site. The sponges and scalp must be moist for the stimulation to occur.

Now that the wet sponge electrodes are securely placed beneath the headband on your head, and the wires are connected to the device, you are ready to turn the device on.



DEVICE CONTROLS AND USE

Circadia® has only one dial that is used for turning the device ON or OFF and for adjusting the level of stimulation from Level 1 to Level 4.

There is a green LED indicator light that flashes when the device is turned ON. There are four (4) yellow indicator lights that flash according to the level of stimulation (1 – 4) – the yellow lights will turn on when the moist sponge electrodes are in contact with your head.

Both the green and yellow lights flicker when lit, indicating the pulsed nature of the stimulation.

While holding the device, first rotate the dial clockwise to be sure the device is in the OFF position (listen for and feel the click when the device is turned to the OFF position). To turn the device on, rotate the dial counterclockwise and listen for the click when the device goes from the OFF position to the ON position. The green ON light should illuminate. If the green ON light does not illuminate, replace or adjust the batteries.

Once the green ON light illuminates, continue the counterclockwise rotation until the second (Level 2) indicator light flashes yellow. You may not experience any sensation, or you may feel a brief prickly sensation or warmth beneath the electrodes, or see mild “flashing lights” in your peripheral vision – this is normal. You may adjust the location of the electrodes slightly if any discomfort is felt.

For best results, use the device on Level 2, twice a day (morning and evening), for twenty minutes (the device turns off automatically after 20 minutes).

After two weeks of twice-daily use, if you do not experience significant benefit, you may increase the output to Level 4 for an additional two weeks of twice-daily use. Once you experience significant benefit for a period of several weeks, you may use the device on a maintenance basis (3-4 times per week) or on an as-needed basis. After twenty (20) minutes, an audible beep sound will signal the end of the session, and the device will shut off automatically.

CALL US WITH ANY USAGE QUESTIONS: (800) 692-4380

TROUBLESHOOTING

If your device turns off before the 20 minutes are up, or when the device is set down on a table or lightly jarred or tapped, re-insert the batteries. Sometimes the batteries will misalign with the metal receptors in the battery compartment and as a result, the device will turn off when lightly jarred or tapped.

If the green "ON" light does not illuminate when the device is turned ON, first turn the device completely OFF by rotating the dial clockwise until you hear a click, then try turning the device ON again. Replace the batteries with fresh ones if you still have trouble.

If the yellow indicator lights (1-4) do not illuminate, be sure the sponges are new, clean and thoroughly wet. The hair / skin beneath the sponge electrodes must also be sufficiently wet. People with thick hair may have more difficulty wetting the hair enough to cause the electrodes to conduct. Some people with small heads will require a tighter headband to make the electrodes work properly – adequate pressure is needed against the electrodes by the headband.

To test if the electrodes are working, press the two sponge electrodes together (like an "Oreo cookie"), turn the device ON (green light flashing), and, while continuing to squeeze the sponge electrodes together, continue dialing up (counterclockwise) until you see the yellow lights illuminate.

If the yellow lights illuminate when you test them but not when you have them in use on your head, then the wetness of the sponges / hair / scalp is insufficient or the tightness of the headband holding the electrodes in place may be insufficient. Make sure the headband provides a snug fit. If the headband is not pressing the electrodes firmly enough, adequate conductivity may not occur. Press the wet electrodes firmly while the device is on and see if this causes the yellow lights to illuminate. If they illuminate, you will need to tighten the Velcro headband.

If your device beeps throughout the treatment session, or fails to beep at the end of the session, replace the batteries.

For troubleshooting support, call us at (800) 692-4380.

CLEANING THE DEVICE

After use, sponges will dry more quickly if removed from the receptacles and allowed to dry by themselves. If you leave the sponges in the plastic electrode receptacles, simply allow them to hang outside of the carry case so they may air dry.

The plastic electrode receptacles should be thoroughly cleaned every two weeks. To clean the device, remove the black and red wires from the base unit, remove the old sponges from the sponge electrodes, dampen a cloth or paper towel with alcohol and clean the inside and outside of the plastic electrode receptacles in a circular motion. Insert a new pair of sponges and dispose of used sponges. To clean the base unit, dampen a cloth or a paper towel with alcohol and wipe down the base unit.

BATTERY AND SPONGE REPLACEMENT

Batteries should be replaced every three months.

Sponges should be replaced often (weekly or bi-weekly for optimum performance).

WARNINGS AND PRECAUTIONS

Patients who have implanted, electronic medical devices such as a deep brain stimulator, vagus nerve stimulator, or demand or sensing type cardiac pacemakers SHOULD NOT use Circadia®.

This device should not be used on the throat or neck. This device should not be used on the eyes. Patients should avoid using the device near areas of the body where there is embedded shrapnel or metal plates. There is no danger in using the device if you have dental fillings.

Skin irritation may occur at the site of sponge electrode placement, especially if the sponges deteriorate (sponges should be replaced often) or if contact is made between the skin and the metal part of the sponge receptacle, or if the sponges are not thoroughly wet before each use. A mild headache or dizziness may occur, and should cease after you stop using the device. Such reactions are rare (less than 1% of users).

Electronic monitoring equipment (such as ECG monitors, ECG alarms) may not operate properly when neurostimulation is in use. High Frequency surgical equipment may not be used when neurostimulation is in use. Do not operate the neurostimulator in close proximity to short-wave or microwave therapy equipment. This device is not suitable for use with oxygen or in the presence of a flammable anesthetic mixture with air or oxygen, or with nitrous oxide.

Do not allow water to enter this device. The device should not be exposed to environmental conditions where the system may get wet. Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy ME Equipment may reduce the output performance of the neurostimulator.

Please keep the device out of reach of children.

LIMITED 1-YEAR WARRANTY

Fisher Wallace Laboratories warrants each new Circadia® device (exclusive of batteries) to be free from defects in materials and workmanship for a period of one (1) year following the delivery of the device to the original purchaser. The obligation of Fisher Wallace Laboratories under this warranty is expressly limited solely and exclusively to the repair or replacement of the unit or any parts thereof, which to Fisher Wallace's satisfaction, shall have become defective during the warranty period, and which shall have been returned to Fisher-Wallace Laboratories within 30 days after the discovery of the defect by the original purchaser. This warranty does not extend to any liability for medical or dental expenses, or for any other direct, indirect or consequential damages caused by the failure, defect or malfunction of Circadia® device, except as herein provided, whether such damage claim shall be based on contract, tort, breach of warranty, or otherwise. This warranty shall not apply to any Circadia® device which has been repaired, tampered with or altered by someone other than a Fisher Wallace Laboratories representative or technician, or which has been subjected to negligence, accident, mishandling or which has not been used in accordance with the enclosed instructions or for the stated purposes. This warranty is expressly limited solely to the original purchaser and does not extend to any transferee, assignee or subsequent purchaser or user of the Circadia® device. This warranty does not cover accessories, like electrodes and lead wires, which are warrantied for a 60 day period. This warranty is the sole and exclusive warranty made or which may be deemed to have been made by Fisher Wallace Laboratories and is expressly in lieu of any and all other warranties, either expressed or implied, including any warranties of merchantability or fitness for a particular purpose. No person or entity has any authority to bind Fisher Wallace Laboratories to any warranty, guarantee or representation except as specifically set forth herein.

EXTENDING YOUR TRIAL OR RETURNING YOUR DEVICE



If you wish to return your device for a refund or request an extension to your trial period, please visit www.circadia.info/returns to begin the process.

Customers may return Circadia® for a refund within 30 days of receipt, free of charge. Fisher Wallace provides its customers with a free return shipping label via email, does not charge any additional fees, and refunds the full purchase price. Refund checks are mailed within five weeks following the receipt of an undamaged device.

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