



### getting started


- 1 Turn on the device by pressing the ON/OFF button 
- 2 Place the hoop behind your head, above your neck 
- 3 Place the earphones on the bone in front of the ears 
- 4 Adjust the microphone to be 3cm (1.2 inches) from the mouth, slightly to the right 




### mic & speakers


To use FORBRAIN®, just speak normally into the microphone. Not too loud, not too quietly, as if you were talking to another person.

**ATTENTION!** The microphone is set by default to the most suitable volume for optimal use and we recommend not changing this setting. Only change the volume if your hearing is very poor or hypersensitive.



Make sure the sound of your voice in the earphones is properly amplified

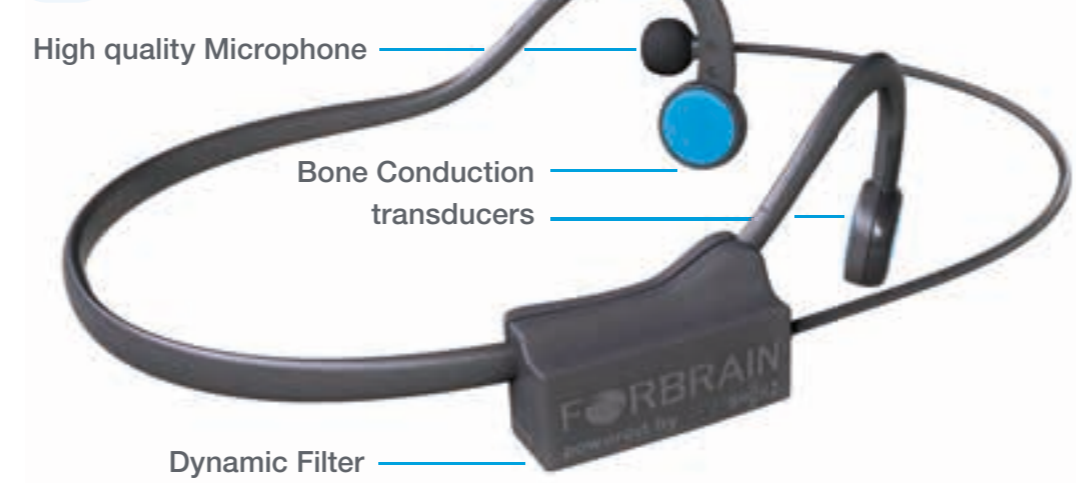




Make sure that the amplification does not cause you any discomfort



### setting



### charging

When the battery is empty, recharge the device for about 3 hours by connecting the USB cable to your PC. The computer must remain on while charging. The red light on the device turns blue when charging is complete.

When in operation, the device has a battery life of more than 6 hours.




# FORBRAIN®

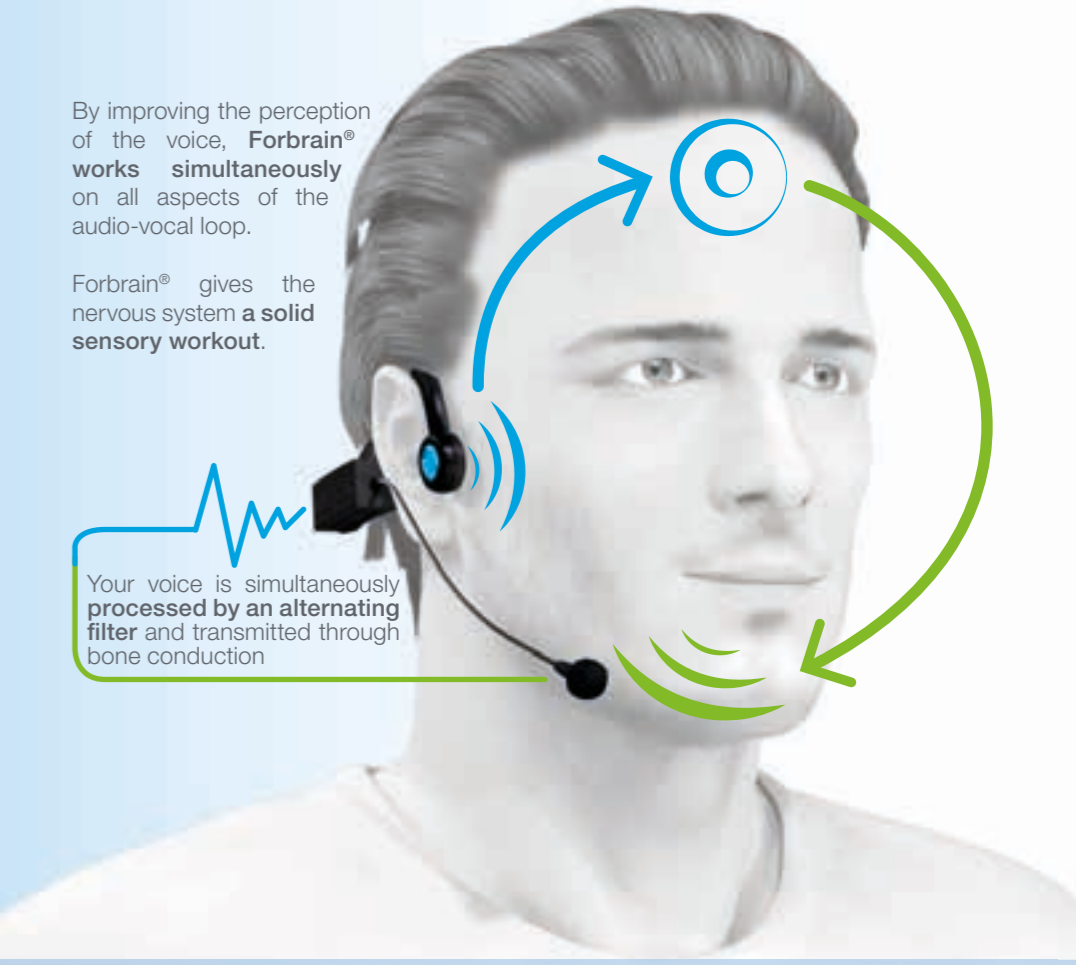
powered by AFTERSH@KZ



By improving the perception of the voice, Forbrain® works simultaneously on all aspects of the audio-vocal loop.

Forbrain® gives the nervous system a solid sensory workout.

Your voice is simultaneously processed by an alternating filter and transmitted through bone conduction



+ For more information, see the multilingual technical manual supplied with your FORBRAIN® device

use your voice to boost your brain

+ This brochure is available in many languages on [www.forbrain.com](http://www.forbrain.com). Visit the site for advice and information on how to get the most out of Forbrain®. [www.forbrain.com](http://www.forbrain.com)

**suggestions for use** With FORBRAIN® all you have to do is read aloud. We also provide some exercises. And of course, feel free to invent your own exercises.

**FOR ME**

- Musicality** : Sing aloud the text you are reading
- Rhythm** : Read a poem while taking a breath at the end of each line
- Flow** : Read a text while taking a breath every 3 or 4 words irrespective of meaning and punctuation
- Diction** : Read a text while exaggerating sounds as if you were making a speech to a crowd
- Accentuation** : read a text while changing the volume of your voice every 5 seconds from very faint to loud and vice versa
- Memorization** : read a text aloud and repeat it immediately without looking at the text
- Dialogue** : read a comic book or a dialogue and give each character a unique voice

**FOR A CHILD**

- Accompanying** : you read the text slowly at the same time as the child without pausing for his/her mistakes or hesitations
- Echo** : you overlay your voice on the child's, who reads with ± one second lag to slow down or speed up his/her speech rate
- Memorization** : you read a group of words, sentence or line of poetry that the child repeats immediately without reading
- Dialogue** : you read a comic book or dialogue alternating characters with the child and accentuating differences in voice
- Invention** : you create a story with the child, from images or figurines, taking turns inventing a sentence of dialogue

**+ Discover all our exercises on [www.forbrain.com](http://www.forbrain.com)**

**FOR ADULTS**

**posture**

**3 Head** : Your head rests naturally and relaxed on the top of your spine.  
*As if you were suspended by a puppet wire !*

**2 Back** : Sit up straight without over-stooping or arching your lower back.  
*As if you had the tail of a kangaroo and were sitting on it!*

**1 Feet** : Place your feet flat on the floor at the width of your hips.  
*As if rooted to the ground!*



**tip**  
You can also use the Forbrain® while standing or walking, especially when you want to learn a text by heart.  
Remember to relax your position from time to time.

**4 Lips** : Round your lips and extend forward without pulling on your neck.  
*As if you wanted to touch the microphone with your lips.*

**5 Stomach** : Breathe calmly using your diaphragm, letting your stomach go in and out gently.  
*Like the back-and-forth motion of waves in the sea !*

**children**

**FOR YOUNGER USERS**

The child may imagine he/she is a tree: the feet are roots going into the ground, the back the trunk that rise up straight, the head the foliage.

Mime the rain sprinkling down to make the child grow, grow, grow..



**training suggestion**

**FOR A SESSION OF 6 TO 10 WEEKS**



IT CAN BE REPEATED

**EARLY AGE**  
**10' day**  
For pronunciation and speech difficulties

**KIDS 5-15 YEARS**  
**15' day**  
Concentration and attention difficulties  
Reading difficulties  
Working memory difficulties  
Pronunciation and speech difficulties

**TEENAGER & ADULT**  
**20' day**  
Speech and oral difficulties  
Lack of confidence  
Lack of energy  
Poor timbre and vocal quality  
Rhythm-related difficulties, singing out of tune

**SENIOR**  
**30' day**  
Lack of energy  
Lack of memory  
Speech and fluency difficulties

**intensive**  
**From age 15 up**  
**3x20' day**  
To prepare oral presentation  
To memorize a text or a speech  
To work on homework and exams  
To improve dynamism and self-confidence

**specific**  
**Specific program with professional support**  
You can use Forbrain as a complementary therapeutic teaching or coaching tool. We suggest you consult a registered professional if desired.