

USER GUIDE TO PROGRAMS

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PROGRAM SUGGESTIONS

IMPROVE SLEEP

WHEN: 20 minutes before bed time, during sleep

NOT: In the morning or immediately after Improve Focus / Energy and Vitality session.

The Improve Sleep program can be used before sleep to de-stress and unwind, or overnight to maintain sleep.

It is recommended wearing NeoRhythm at the occiput for 20 minutes before lying down. Afterward, an 8 hours duration of the Improve Sleep program can be selected and placed anywhere close to the head.

+ EXTRA TIP: Deep Meditation emits Theta waves as well and it's a great addition to the Improve Sleep session for a calmer night. We suggest doing a Deep Meditation after 6 PM or before bed to help you relax even if you are not a skillful meditator.

1. Deep Relaxation 4Hz 1-2 hours before bed.
2. Improve Sleep 8 hours while sleeping.

TRY THIS OUT: Theta Meditation 1-2 hours before bed or whenever you have some time to relax.

DON'T: Enjoying an Improve Sleep session and following immediately with Energy and Vitality or Improve Focus session could diminish the effect of the sessions. We recommend at least 30 min – 1hr break in between sessions.

Science behind:

When you sleep, your brain emits low frequency waves known as theta waves. NeoRhythm's Improve Sleep program emits a dominant 4hz theta frequency that is accompanied by a 2.67hz delta frequency. The brain synchronizes with these frequencies, which creates an optimal environment for the body to enter a deep, regenerative sleep.

The Improve Sleep program can be used before sleep to de-stress and unwind, or overnight to maintain sleep.

Dominant emitted frequency: 4 Hz of theta brainwaves
(magnetic flux density 2.5 mT)

Accompanying emitted frequency: 2.67 Hz of delta brainwaves
(magnetic flux density 0.25 mT)

This program can be used continuously throughout the night to help to maintain sleep.

When we are in very deep sleep we are typically in the Delta band or slow wave sleep. This happens throughout the night, but is the most intense about an hour after we fall asleep, and lasts for about an hour. It is the deepest sleep that we get into during the night. In this stage, the brain slows down dramatically to allow the body to facilitate healing and regeneration of the tissues.

Other suggestions:

1. Consistent sleep schedule

Getting in sync with your body's natural sleep-wake cycle, or circadian rhythm, is one of the most important strategies for sleeping better. If you keep a regular sleep-wake schedule, you'll feel much more refreshed and energized than if you sleep the same number of hours at different times, even if you only alter your sleep schedule by an hour or two.

2. Try to go to sleep and get up at the same time every day

This helps set your body's internal clock and optimize the quality of your sleep. Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock, you may need an earlier bedtime.

3. Avoid sleeping in – even on weekends

The more your weekend/weekday sleep schedules differ, the worse the jetlag-like symptoms you'll experience. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm.

4. Be smart about napping

While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon.

5. Fight after-dinner drowsiness

If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep.

IMPROVE FOCUS

WHEN: Morning, afternoon, during work hours

NOT: 2 hours before bed, right after waking up (wait 30 min)

HOW LONG: 30 min / 60 min 1-4 times a day

We recommend the Improve Focus session in the morning or when working as needed. The sessions last from 30 to 60 minutes. It is recommended using the Enhancing Mental Capacity program up to three times a day.

DON'T: Beta brainwaves are characteristic to a highly alert, focused state. Enjoying an Improve Focus session before bed might affect how you sleep.

Science behind:

Brain activity is measured in the form of brainwaves. When you're in the state of heightened perception and focus, your brain emits so called beta waves.

NeoRhythm uses the Improve Focus program to emit beta frequency electromagnetic pulses, which your brain tries to mimic and sync with. This leads to improved concentration and improved overall ability to perform tasks.

Dominant emitted frequency: 33.71 Hz of beta brainwaves
(magnetic flux density 2.5 mT)

Accompanying emitted frequency: 54 Hz of gamma
brainwaves (magnetic flux density 0.25 mT)

Beta stimulation improves mental function, and as a result, physical efficiency. People who have mid-day slumps have often shifted their brainwave frequencies out of Beta into increased Theta or Alpha. So, Beta stimulation across the brain in the middle of the day may make somebody much more perky.

Other suggestions:

1. Get rid of distractions

First things first: You need to eliminate distractions. While you can't do away with everything, you can make an effort to reduce or get rid of as many distractions as possible. Start with the simple things like:

- › moving to a quiet area
- › turning off notifications on your phone or turning your phone off altogether
- › closing the door to your office
- › telling those around you not to distract you for a period of time
- › closing out of programs or apps that aren't essential on your computer

2. Coffee in small doses

Drinking coffee or other caffeinated beverages, in small doses may have a positive impact on your ability to focus, according to a 2010 study.

3. Practice the Pomodoro technique

Staying focused helps you get more done in less time. While that sounds simple enough, it's not always easy to put into practice. So, the next time you're wrestling with your attention span, try the Pomodoro technique. This timing method helps you train your brain to stay on task for short periods of time. Here's how it works:

- › Set your timer for 25 minutes and get to work.
- › When you the buzzer sounds, take a 5-minute break.
- › Then, set the timer again and get back to work.
- › Once you've done four rounds of this, you can take a longer break, approximately 20 to 30 minutes.

4. Step away from social media

If your idea of a break from work is checking Facebook or Instagram every 5 minutes, you may want to consider an app that blocks social media. There are several apps that work for your phone, tablet, or computer. In addition to social media, some of these distraction-busting programs also allow you

to block online games, as well as apps and sites like YouTube, Netflix, Amazon, Twitter, text messages, and even emails.

5. Fuel your body

We all know what happens when “hunger” strikes. This dreaded combination of hunger and anger is a major focus fail. So, to keep your brain focused, your energy levels up, and your emotions on an even keel, make sure you don’t delay or skip meals.

Try to balance lean protein, complex carbohydrates, and healthy fats to stay fueled. Snack on fresh fruit, veggies, nuts, or seeds if you get hungry between meals, and be sure to keep yourself hydrated with plenty of water.

DEEP RELAXATION

WHEN: During the day, in the evening, before bed

NOT: Right before the Improve Focus session

HOW LONG: 30 min / 60 min, 1-2 times a day

For this simulation program, NeoRhythm is placed at the occiput. One session lasts from 30 to 60 minutes. It is recommended using the Deep Relaxation program once or twice a day, depending on your needs.

DON'T: Enjoying a Deep Relaxation session followed immediately with Energy and Vitality session / Improve Focus session can result in some brain fog, as it is comparable to being in a deep sleep and trying to solve a math equation right after. Allowing at least 30 min – 1 hr in between differentiating sessions will make for a better experience.

Science behind:

When you're relaxed, your brain emits and responds to so called alpha frequency brainwaves.

NeoRhythm's Deep Relaxation mode mimics this by emitting the right amount of dominant alpha waves and adding accompanying delta waves, which are needed for deep sleep. Your brain synchronizes with these frequencies, creating optimal conditions for relaxation which will in turn allow you to de-stress, feel calm and reach a state of emotional, physical and mental well-being.

Dominant emitted frequency: 10.12 Hz of alpha brainwaves
(magnetic flux density 2.5 mT)

Accompanying emitted frequency: 3.375 Hz of delta
brainwaves (magnetic flux density 0.25 mT)

Alpha band stabilizes or augments brain frequency functions, when the baseline brain frequencies are too high or too low. In general, alpha band is found to predominate during relaxation or meditation. People in alpha are relaxed, meditative, mindful and open-minded.

The Deep Relaxation program induces a predominance of alpha brain waves. Your brain synchronizes with these frequencies, creating optimal conditions for relaxation, which will in turn allow you to de-stress, feel calm and reach a state of emotional, physical and mental well-being.

Other suggestions:

1. Take slow, deep breaths or try other breathing exercises for relaxation

Soak in a warm bath

2. Listen to soothing music

3. Write

Some people feel more relaxed after they write about their feelings. One way is to keep a journal.

4. Use guided imagery

Drinking coffee or other caffeinated beverages, in small doses may have a positive impact on your ability to focus, according to a 2010 study.

5. Take a walk or do some other activity

6. Making time to do things you enjoy can also help you relax

MEDITATIONS

NeoRhythm offers two programs to support meditation, the Theta Meditation and the Meditation for Calming and Synchronization.

1. Theta Meditation

WHEN: When needed, in the afternoon, evening, before bed, during sleep

NOT: After Improve Focus session, right after waking up

HOW LONG: 30 min / 60 min / infinity mode

It is recommended to use NeoRhythm temporarily, placed above the ears, for as long as the optimal duration of the treatment.

2. Meditation for Calming and Synchronization

WHEN: During the day, evening, when needed

HOW LONG: 30 min / 60 min, no daily limit

One session lasts from 30 to 60 minutes, and the device is placed above the ears. Users can also choose the “unlimited” option; that way the electromagnetic pulses will work for the duration of mediation.

Science behind:

During a meditative and calm state, studies show the brain to release and respond to alpha frequency brainwaves.

NeoRhythm emits a frequency of alpha electromagnetic pulses based on decades of research associated with electromagnetic therapy, allowing your brain to respond and enter a calmed state where cognitive functions are well balanced.

Alpha waves support mental coordination, calmness, alertness, mind and body integration, and learning. They control your mental processes and help you achieve optimal cognitive balance. During this program, NeoRhythm emits alpha waves to deal with stress-induced or anxiety-related sickness.

NeoRhythm’s Deep Meditation setting emits a dominant frequency of theta waves in addition to alpha waves, creating

a natural environment for your brain to enter a deeper meditative state. Deep meditation is associated with better brain health, focus, reduced stress and anxiety.

Dominant emitted frequency: 9 Hz of alpha brainwaves
(magnetic flux density 2.5 mT)

Accompanying emitted frequency: 6 Hz of theta brainwaves
(magnetic flux density 0.5 mT)

Alpha band stabilizes or augments brain frequency functions, when the baseline brain frequencies are too high or too low. In general, alpha band is his found to predominate during relaxation or meditation. People in alpha are relaxed, meditative, mindful and open-minded.

Other suggestions:

1. Find your space

Set up a meditation space. Somewhere calm, quiet, and not too cluttered. Setting up a comfortable atmosphere will help to create the right mood for meditation and you can return to the same space to practice.

2. Establish a routine

Choose a time when your mind is calm. As soon as you wake up in the morning, before looking at your phone, computer, or talking to anyone would be ideal.

3. Remember to breathe

Breathe deeply. Regulating your breath will help your mind and body to relax. You could start with five minutes deep breathing and then slow it down.

4. Build your practice

You can begin to practice for ten minutes a day, building up your practice as you get used to it and find more stillness. Taking ten minutes to meditate in the morning will give you time, awareness, and concentration throughout the day.

5. Observe

Detach yourself from your thoughts. You can keep the concentration on one point while watching your mind.

PAIN CONTROL

WHEN: Anytime needed

NOT: Right before bed

HOW LONG: 40 min, 1-2 times a day

NeoRhythm must be positioned on a slightly lower position at the back of our head to cover the parietal and temporal lobes or around the neck. One session lasts 40 minutes. It is recommended using the Pain Control program twice a day.

Science behind:

Pain management is one of the most common applications for PEMFs, where PEMF stimulation quiets down nerves and facilitates recovery from injury and inflammation. Nerve signals conducting pain move from the source of the pain upstream to the brain. NeoRhythm's unique design allows it to be applied anywhere along this path.

NeoRhythm's Pain Control program emits dominant gamma and alpha electromagnetic frequency pulses in order to decrease sensitivity to pain and pain perception.

Dominant emitted frequency: 303.41 Hz of gamma brainwaves
(magnetic flux density 2 mT)

Accompanying emitted frequency: 12.64 Hz of alpha brainwaves
(magnetic flux density 0.25 mT)

Other suggestions:

1. Learn deep breathing or meditation to help you relax

Deep breathing and meditation are techniques that help your body relax, which may ease pain. Tension and tightness seep from muscles as they receive a quiet message to relax.

2. Reduce stress in your life – stress intensifies chronic pain

Negative feelings like depression, anxiety, stress, and anger can increase the body's sensitivity to pain. By learning to take control of stress, you may find some relief from chronic pain.

3. Boost chronic pain relief with the natural endorphins from exercise

Endorphins are brain chemicals that help improve your mood while also blocking pain signals. Exercise has another pain-reducing effect – it strengthens muscles, helping prevent re-injury and further pain. Plus, exercise can help keep your weight down, reduce heart disease risk, and control blood sugar levels – especially important if you have diabetes.

4. Cut back on alcohol, which can worsen sleep problems

Pain makes sleep difficult, and alcohol can make sleep problems worse. If you're living with chronic pain, drinking less or no alcohol can improve your quality of life.

5. Join a support group, meet others living with chronic pain

When you're with people who have chronic pain and understand what you're going through, you feel less alone. You also benefit from their wisdom in coping with the pain.

ENERGY & VITALITY

WHEN: Morning, afternoon, when needed

NOT: Right before bed

HOW LONG: 30 min / 60 min, 1-2 times a day

NeoRhythm is placed over the prefrontal cortical region. One session lasts 30 or 60 minutes. It is recommended using the Energy and Vitality program once or twice a day, depending on the needs.

DON'T: We recommend at least 30 min – 1hr break between the Energy and Vitality session and Improve Sleep, Theta Meditation, Calm and Synchronization Meditation and Deep Relaxation.

Science behind:

When you're alert and focused, your brain emits frequency waves known as gamma waves. Scientific research proves that your brain can be trained to synchronize with external electromagnetic frequencies in order to achieve a state of heightened perception. NeoRhythm uses the Energy and Vitality mode to emit gamma frequency electromagnetic waves which your brain tries to mimic, resulting in an energy boost.

Pulsed electromagnetic waves are also proven to re-energize brain cells, which leads to more oxygenation and in turn more energy.

Dominant emitted frequency: 40,5 Hz of gamma brainwaves
(magnetic flux density 2.5 mT)

Accompanying emitted frequency: 54 Hz of gamma brainwaves
(magnetic flux density 0.5 mT).

Other suggestions:

1. Drink water

Make sure you're drinking enough water as it helps the body do its job more efficiently. Aim to drink a litre a day.

2. Eat protein with every meal

If you're not eating meat, or not eating as much of it, alternate protein sources may need to be added to your diet. Why does this matter for energy? While carbs give us quickly usable energy, proteins are in it for the long haul and are essential for your body's functioning and restoration. Proteins also include essential amino acids (like building blocks for our cells) that you can't get anywhere else.

3. Sleep

The body heals, repairs and rests as we sleep so a good night's sleep is essential if you want to be healthy and full of energy. Eating foods rich in the sleepy chemical tryptophan, such as bananas, brown rice, nuts, eggs and cheese, are thought to help you sleep.

4. Control stress

Stress-induced emotions consume huge amounts of energy. Talking with a friend or relative, joining a support group, or seeing a psychotherapist can all help diffuse stress. Relaxation therapies like meditation, self-hypnosis, yoga, and tai chi are also effective tools for reducing stress.

5. Exercise

Exercise almost guarantees that you'll sleep more soundly. It also gives your cells more energy to burn and circulates oxygen. And exercising can lead to higher brain dopamine levels, which helps elevate mood. When walking, pick up the pace periodically to get extra health benefits.