

neuroVIZR

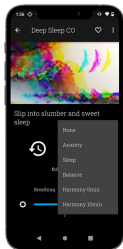
EN

Instructions For Use

Gen II Headset

&

Consciousness Collection App



June 2022 Rev 1.7

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Indications for Use

The neuroVIZR is not a medical device but an over-the-counter consumer device for general sensory enrichment, stress reduction and entertainment.

WARNING: A warning message contains special safety emphasis and must be observed at all times. Failure to observe a warning message could result in serious personal injury.

CAUTION: Failure to observe a caution associated with use could result in minor injury or product damage. Such problems include device malfunction, device failure, damage to the device or damage to other property.

Contra indications

- Do not use if diagnosed with epilepsy or any other seizure disorder.
- Do not use if suffering from acute photo-sensitivity.
- Do not use if suffering from any acute eye disorder.
- Do not use if suffering from acute vertigo.
- Do not use if suffering from acute psychosis.

Warnings

- Do not look at flashing LEDs with open eyes – always use with closed eyes.
- Rarely, some individuals with no known previous seizure experience may experience a photosensitive seizure when using the NeuroVIZR. If you are unwilling to accept this risk, do not use the neuroVIZR device. The manufacturer, designers, sales agents or affiliates may not be held responsible.
- Safe use of the NeuroVIZR is the primary responsibility of the user. If the neuroVIZR appears to be operating incorrectly stop use immediately and contact NeuroVIZR customer support.
- The neuroVIZR is intended for use by adults 18 years or older. Any person using the device for persons under the age of 18 years old must assume full responsibility.
- The neuroVIZR may induce short-term headache, dizziness and fatigue in some individuals. Use lower level general light intensity settings and reduce the frequency of use of the NeuroVIZR if such symptoms appear.
- Do not expose the NeuroVIZR to extreme temperatures or high moisture.

Cautions

- Use the NeuroVIZR with manufacturer-compatible accessories.
- Do not expose the device to chemical solvents or harsh cleaning fluid.
- The NeuroVIZR is not user-serviceable. Never attempt to open the housing of the device. Opening the device will void the manufacturer's warranty.
- If the device requires repair or service, contact your distributor or the manufacturer.
- The consumption of alcohol or strong drugs may affect the subjective experience of the light and sound.
- If you have any doubts regarding the use of the NeuroVIZR as related to an existing health condition or medication, you are advised to contact your health care provider for an opinion.

Configuration	Main structure, PCBA 9 LED with Optical Lens, Head Band
Main Structure	PLA Filament ,100% biodegradable
LED	LED Lighting series White, Neutral 4000K 2.8V 65mA 120° 1212
Optical Lens	PMMA Lenses, L/W7.6* H 6.47mm (45 degree)
Head Band	Fabric Strap with Velcro
Button interface	1 button On/Off
Battery	DC 3.7 V ,1100 mAh. ,4.07 Wh.
Bluetooth	BLE V4.2, 2.4 GHz
Power Source	Adapter 5V 1A – 5V 3A With USB-C Cable
Weight	158 grams ,215 grams with head band
Dimensions	Length: 36 cm., Wide: 16 cm., Height: 6 cm.
Accessories	Carry Case, USB-C Cable
Application Programs	APP is available in either Apple iOS or Android (Gen 9 or later).
Application Time	11 min sessions
Safety Advice	Used with the eyes-closed at all times.
Compliance	See pages 39 for list of Standards we comply with.

Definitions and Symbols



This device is internally powered only. The symbol indicates the device was manufactured according to the degree of protection against electrical shock for this Type B protection class equipment.



DO NOT use The NeuroVIZR™ before reading this manual



Keep The NeuroVIZR dry. DO NOT immerse in water



Not for general waste



Rated input 5V/2A. Battery Li ion, 4.07 Wh rating. Made in Thailand.

IP20: Protection against a solid object greater than 12,5mm such as a finger. Not protected against liquids.



MANUFACTURED FOR:
Lucid Studios Co.,Ltd
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T.Hang Dong,A.Hang Dong
Chiang Mai,Thailand 50230



THIS DEVICE SHOULD NOT
BE USED BY PERSONS WITH
ANY SEIZURE DISORDER

Made in Thailand

www.neurovizr.com

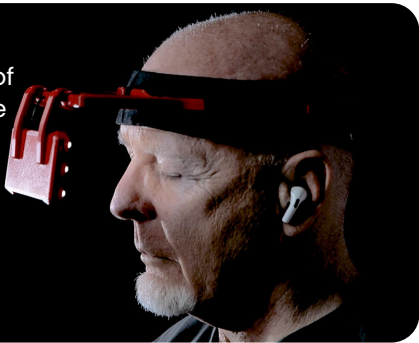


neuroVIZR

Using the NeuroVIZR

Place the NeuroVIZR headset on your head, adjust to comfort. Put on a set of headphones/buds.

The placement of the LED plate should be directly in front of the eyes similar to a VR screen.



Important: Keep your eyes closed at all times.

Using the NeuroVIZR

Turn ON the device and connect to our App on your phone. The switch should be in the UP position.



Indicator Lights:

Three horizontal lights indicate a full charge and only one horizontal light indicates a low charge.

General Device Care

LIFE TIME

- The NeuroVIZR™ lifetime is 5 years. Battery replacement may be required after 2,5 years. Please contact Lucid Studios. The shelf life of the NeuroVIZR™ is approximately 2 years.

BATTERY

- The NeuroVIZR™ is rated for continuous operation. The device can be used while charging. Charge time from empty to full is 2 hours.
- The NeuroVIZR™ can be taken on a plane, either in carry-on or checked luggage.
- Do not attempt to change the Li-ion rechargeable batteries. Doing this may result in a hazard. Typical Li-ion battery life is 600+ cycles. Battery pack replacements are available. Please contact Lucid Studios™.

General Device Care

STORAGE AND CLEANING

- The NeuroVIZR™ should be stored in the provided case when not in use to prevent dust and debris getting inside the device.
- Clean your NeuroVIZR™ when the main power is off. It is only necessary to clean the device if it becomes soiled. The headset can be cleaned with a damp cloth using water or alcohol wipes. Use of other cleaning solutions may damage the housing. Never spray cleaners directly on the device.
- **CAUTION:** Do not use cleaning products that contain ethyl alcohol and/or ammonium chloride. These chemicals may cause cracking of the plastics
- Using unapproved cleaning agents will void the manufacturer's warranty.

Service and Two-Year Limited Warranty

The two (2) year warranty covers any defects in workmanship or in materials under normal use during the warranty period. Lucid Studios (the Company) will repair or replace, at no charge, the product or parts of the product that prove defective because of improper material or workmanship, under normal use and maintenance. Accessories or consumables are excluded from this warranty. Excluded items are listed as follows: carrying cases, USB-C cables, etc.

To obtain this service, you must first contact us by email at support@neurovizr.com to determine the problem and the most appropriate solution.

Please note that in order to proceed with a warranty service request, you will be instructed to perform a certain number of troubleshooting tasks by our service team.

Service and Two-Year Limited Warranty

We will either repair or replace the product at no charge. Once troubleshooting tasks have been performed and our service team has determined that the failure is covered by the warranty, we will arrange for our courier to pick up the product or we may decide to send you a replacement unit instead.

During the first 30 days after the purchase date, the Company will cover all shipping costs. After 30 days from the purchase date, the customer will be responsible for all shipping costs.

The warranty period for all Lucid Studios products starts from the date of purchase. Any replacement product or product part assumes the remaining warranty of the original product. The limited warranty cannot be transferred.

The General Idea

The NeuroVIZR provides sensory brain enrichment using light and sound. **Your eyes are closed the entire time.** There is nothing special for you to do other than give it your attention.

Actually, enjoying it increases the effect. In a way, it's a bit like watching a movie...inside your head! The premise behind the NeuroVIZR experience has its foundation in something called "neuroplasticity" and "sensory enrichment".

Medical science used to believe that the adult brain could not change except to slowly degenerate over time. It is now known and widely accepted that the adult brain is capable of positive change throughout our life time. It is true to say that **"whatever the state of your brain today, it can be better tomorrow"**.

The General Idea continued

Other famous sayings from neuroplasticity are “Fire it to Wire it”, “Use it or Lose it” and “The Brain changes What Matters”.

Basically, it is possible to “exercise” your brain using light and sound.

The approach is very similar to exercise for your body. Even modest regular exercise creates attractive positive changes and benefits for the whole body. The same is true for your brain and light/sound enrichment can be surprisingly effective. And beyond basic exercise, it is also possible to guide your brain into better levels of certain skills and behaviour similar to learning new sports, once your basic exercise has progressed.

The NeuroVIZR does not make any claims of medical diagnosis, treatment, prevention or therapeutic outcome.

The General Idea

The approach considers ranges of creative entertainment, consciousness exploration and a unique form of sensory exercise.

Another perspective is the principle of “enrichment” which can be seen as parallel to “exercise”.

It is well known that intriguing, sensory-rich experiences promote stable and even advanced brain health.

This leads one to the three-step NeuroVIZR motto of

“Engage. Enrich. Enjoy”.

How Long and How Often

Pretty much all the things you know about your body in general also apply to your brain. That should be no surprise because your body is your brain, your brain is your body. The idea of separating them is rather abstract.

First of all, every NeuroVIZR experience (called a “composition”) is 11 minutes long. That time is standard and totally sufficient for a good effect.

You don’t have to set any timer. It will stop by itself. This amount of time is chosen because your brain can maintain good quality attention on average of 10 to 12 minutes.

In order to trigger a “neuroplastic” effect in the brain, there must be “attention without tension”.

How Long and How Often

Also, just like your body, this light/sound brain enrichment exercise will have good effects if you do it on a reasonably regular basis such as 3 to 5 times a week. Less than this is likely to not be enough reinforcement to build up the benefits.

Also, like body exercise, what you do outside your sessions as a lifestyle makes a big difference. For example, imagine you are doing some focused aerobic exercise four times a week (that's great) but when at the mall or airport you have a choice of walking the stairways or riding the escalator, you choose the escalator...you may be missing the point.

So, engaging your brain with positive activity during the week will give you the best progress with the NeuroVIZR. **Positive builds on positive.**

What About The Session Itself?

As we said before, it is pretty straightforward. Relax, pay attention and enjoy. Adjust the general levels of light intensity and sound to your comfort. It's a little like listening to common music. Although the song will have varying levels of sound, you can adjust the general volume to the "just right level" however there is something important about your brain you should know.

In order to get positive "neuroplastic" change, along with "attention without tension", you also must have just a bit of challenge or demand. Not too much, mind you, but just a bit. Think of body exercise like lifting weights in strength training. If the weight is totally comfortable, you will not expect any progress. Just a little beyond total comfort is all it takes to trigger new muscle growth. It's pretty much the same with your brain.

What About The Session Itself?

This is why mixed into the NeuroVIZR light/sound stimulation, you will notice short periods of higher signal demands.

Some people like to sit up as in meditation. Others lean back in their lounge chair. Others even like to lay down on their couch or bed. It is up to you, however, do remember that the positive “neuroplastic” brain changes do **require conscious attention** for the trigger.

Let's be honest, it is easier to space out or even nod off when leaning back or laying back. The style is up to you.

Doing a NeuroVIZR session when fatigued or sleepy will probably not give you the benefits you seek. It is just common sense that attention will fade. Nothing bad will happen of course. You just miss out on much of the effect.

Don't Eat and Run

You could compare a NeuroVIZR session to the experience of eating a meal. Enjoy the tastes, textures and colors. It can be very satisfying for sure.

In a NeuroVIZR session, enjoy the extraordinary colors, sounds, geometrics and shifting qualities of consciousness.

The big news is that the actual effects of the NeuroVIZR session begin when the session ends.

Following the meal analogy, when the eating ends is when the digestion begins which allows the food to convert into nutrition.

Similarly, the brain will begin the integration phase of the “neuroplastic” stimulation in the time after the light/sound ends.

Don't Eat and Run

The period following the 11-minute light/sound stimulation is technically called **“hyperplasticity”** which means your brain is in a sensitive state to uptake information.

It is a state of “open-mindedness”, you could say.

This wonderful state will tend to last for one to two hours as it slowly diminishes. This is a great opportunity to increase the benefits of the session and extend the effects.

At the end of the NeuroVIZR session, it is advised to stay in your relaxed position, keep your eyes closed and sink into the flow of the experience. If you suddenly open your eyes and start to regain normal movements and activities, you may sharply decrease the opportunity for brain integration.

Don't Eat and Run

You may also feel a little disoriented or dizzy as your brain attempts to rapidly adjust to the external sensory demands while it is also attempting to “digest” the light/sound experience.

So, stay comfortable and perhaps slip into a meditation or follow your breath. Give yourself at least 5 minutes and move along with the attractive integration sensations that follow the experience.

Please don't “just eat and run”!

The NeuroVIZR app also has an embedded NeuroBreathing feature. The practical use of this feature will be explained below.

Which Session to Choose?

The NeuroVIZR comes with a list of Themes from which to choose. The Themes give a range of choices that represent a spectrum of interests ranging from simple relaxation all the way to exciting exploration.

The names are somewhat poetic and are reasonable in describing their intent.

For new inexperienced users, the #1 ranking (less neuroplastic demand) can be a good choice.

If you decide on a certain more determined program, it is good to use the same composition repeatedly for a period of time. It is also OK to choose one or two others that have a similar goal or theme. Again, use your common sense and think of it in terms of the principles known in body exercise.

What kind of effects to expect?

There are two basic ways to consider the NeuroVIZR experience, short-term and long-term. A short-term perspective could be called **“Help Right Now”**. The benefit is a rapid shift in mood or your state of consciousness. This short-term effect is related to your “state”.

The long-term perspective involves time and could be called **“Brain Shaping”**. The long-term effect is related to your “trait”.

The NeuroVIZR light/sound experience does not force or command your brain into change. The compositions will coax your brain into “probability states” that can lead to new “learning” and brain adaptation. Again, think in terms of body exercise. A good walk, some yoga, or a visit to the gym can shift a short-term “state”. If you want to really shape your body in new ways and “traits”, regularity and reinforcements will do the job.

Is the NeuroVIZR safe?

For 99.9% percent of the general population, the NeuroVIZR is safe and will do no harm.

It is well known that persons suffering from epilepsy and seizures of any kind should not be exposed to repetitive sensory stimulation because it may trigger a seizure.

This is true of flickering light sources such as the NeuroVIZR and the entire class of “Mind Machines” first produced in the 1980’s.

Other sources such as concert lasers, disco balls, fireworks, video games, VR experiences and surprisingly even repetitive patterns such as stairways and escalators may trigger seizures.

Is the NeuroVIZR safe?

Because children are sensitive and legally are minors, **using the NeuroVIZR on persons under 18 years old is not advised by NeuroVIZR.**

There is however some reported positive history of children benefiting from such technology and the responsibility for any such application must be accepted by a qualified professional or personal legal guardian of the minor. NeuroVIZR does not accept such responsibility.

Lastly, there is the possibility of a person having a seizure from a flickering light/sound source that has not been diagnosed with epilepsy and has not experienced a seizure in the past.

The probability of this is very rare and could be considered similar to an unknown allergy to a particular food.

Is the NeuroVIZR safe?

From a stand point of conservative safety, the NeuroVIZR has two light sensitivity tests that may be used by first time user. The tests are 15 seconds and 30 seconds long with a range of stimulation.

They exist with Light-only stimulation and NO sound. These are simple ways of evaluating a person's potential reaction to such a light experience. These tests are simple, fast and effective for making a general assessment.

These tests are not medical exams nor do they attempt any diagnosis or treatment and cannot guarantee absolute safety in the case of unknown risk.

Is the NeuroVIZR safe?

Lastly, some individuals who are light sensitive in general or have a low tolerance for any kind of stimulation may experience a temporary mild headache, temporary dizziness or temporary fatigue following a NeuroVIZR experience.

If so, consider using lower levels of light intensity and sound volume as well as less complex NeuroVIZR compositions.

You will notice that every NeuroVIZR composition is ranked as 1, 2 or 3. This ranking relates to the general level of “neuroplastic demand” of the composition.

Basically, the higher the number, the more complex the stimulation and therefore the greater the sensory demand.

Operations of the NeuroVIZR

The NeuroVIZR charges from a power source using the USB-C cable. The unit can be OFF or ON during charging.

When turning the unit ON, the LEDs will momentarily light up. Three horizontals indicate a full charge and only one horizontal indicates a low charge. A low charge will still function but only for a limited time – best to recharge the unit as soon as you can.

ALWAYS turn the unit OFF after use – it is easy to forget and then the power is drained off unexpectedly.

Adjust the NeuroVIZR headset to comfort on your head. After placing the unit of the head, put on a set of headphones or earbuds.

The placement of the LED plate should be directly in front of the eyes similar to a VR screen.

Keep your eyes closed at all times.

NeuroVIZR Mobile App General

The NeuroVIZR APP is available in either Apple iOS or Android, see insert for download links.

As of May 2022, both versions are still being improved with new features – Please allow the auto-update feature to keep access to the evolving NeuroVIZR app features.

You will need a WiFi connection to link your phone to the NeuroVIZR server. You will also need your phone to have a Bluetooth connection to your NeuroVIZR headset. You will need headphones or earbuds to connect to your phone.

A new and developing feature with the app is the OFFLINE selection, using WiFi, click on Offline Download and the app will attempt to move the compositions from our server to your device. Once downloaded you will no longer need WiFi to enjoy your neuroVIZR. You will still need Bluetooth.

NeuroVIZR Mobile App Specifics

Turn your NeuroVIZR headset unit ON (assuming it is charged).

Assuming you have loaded the NeuroVIZR APP onto your phone, click on the NeuroVIZR UI icon on your screen.

For iOS:

Tap the bottom right corner blue circle arrow icon to seek out available Bluetooth connections.

In the Bluetooth “Find Devices” list, select CONNECT NeuroVIZR.

(You may click the same blue circle icon to refresh the search at any time).

This will open the NeuroVIZR Consciousness Collection of Light/Sound compositions (Vizr CO).

NeuroVIZR Mobile App Specifics

For Android:

Tap the bottom right corner blue circle arrow icon to seek out available Bluetooth connections –

Select NeuroVIZR – CONNECT.

(You may click the same blue circle icon to refresh the search at any time).

In the Bluetooth “Find Devices” list, select CONNECT NeuroVIZR.

IF you receive a message requesting if you want to update the app, choose the Update function – after the Update, select OPEN – Re-select the NeuroVIZR CONNECT in the “Find Devices” screen if you did the app Update.

This will open the NeuroVIZR Consciousness Collection of Light/Sound compositions (Vizr CO). 34

NeuroVIZR Mobile App Specifics

For either iOS or Android:

You have a list of category choices on screen:

Light Sensitivity Test – gives you access to just the two Light Sensitivity Tests.

The remaining list gives you access to various Consciousness Collection compositions Themed basically into their broad intentional use or goal – some compositions will appear in more than one group.

Click on a choice (eg. SLEEP) and the compositions in this category will appear on screen.

Make a selection (eg. Deep Think) – the screen shifts to the Deep Think UI.

NeuroVIZR Mobile App Specifics

Notice the slider bar – it is set at a default of 5 – this slider controls the general intensity of the Light LEDs.

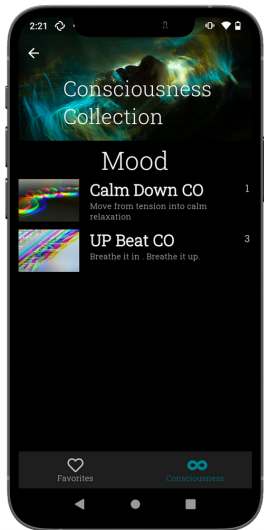


Of course, the specific momentary light intensities will vary according to the composition. You will find a basic general Light intensity that is comfortable for you with the default of 5 as a basic reference.

Before attempting to play a composition, make sure the “music download” function has completely finished – watch the circle icon complete itself – you will see the “Duration:0/11:00” displayed directly above the big PLAY icon.



NeuroVIZR Mobile App Specifics



Please visit our home page for more information on how to operate the App.

You can also see videos where Garnet takes you through the principles and specifics of our technology.

Enjoy your NeuroVIZR.

neurovizr.com/how-to-use

Manufacturer's Contact Details

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Chiang Mai 50230 THAILAND

Web: www.neurovizr.com

Email: support@neurovizr.com

Contact Lucid Studios if you need any assistance setting up or maintaining your NeuroVIZR™.

For online support, please go to neurovizr.com

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Standards we comply with:

EN 62368-1:2014+A11:2017
EN 50663:2017; EN 62479: 2010
EN 301 489-1 V2.2.3 (2019-11)
EN 55014-1: 2017+A11: 2020
EN 55014-2: 2015
EN 301 489-17 V3.2.4 (2020-09)
EN 300 328 V2.2.2 (2019-07)
EN 55032: 2015 (Class B) (PASS)
IEC 61000-3-2: 2019 (Class A)
EN 61000-3-3:2013+A1:2019
EN 61000-4-2:2009 (B) (PASS)
EN 61000-4-3:2006+A1:2008+A2:2010
EN 61000-4-4:2012
EN 61000-4-5:2014+A1:2017
EN 61000-4-6:2014
EN 61000-4-11:2014+A1:2017
EN 50663: 2017; EN 62479: 2010
EN 62471:2008
EN 60335-1:2012+A11:2014+A13:2017
EN 62233:2008

FCC Part 15 Subpart C, Section 15.247

neuroVIZR

neurovizr.com

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.