

SIZE: 89x89mm

DIE-CUT

CREASING LINE

89 mm

TŌNEM

PURE TONE THERAPY GUIDE

Let Us Know What You Think
www.PureToneTherapy.com

WHAT IS TŌNEM?

TŌNEM is a sound therapy device designed for listening to pure frequencies and frequency-tuned music.

It includes ten carefully selected pure tones, commonly known as **Solfeggio frequencies**, along with custom music compositions tuned to each frequency. These sounds play continuously, allowing for extended, uninterrupted playback.

Sound plays through an internal speaker tuned for clarity and balance, or through wired headphones, allowing you to listen privately or let sound fill a space.

TŌNEM is designed for calm, intentional listening. Some people use it during meditation or rest. Others leave it playing quietly in the background while working, reading, or sleeping.

TŌNEM is not a medical device. It is intended for personal wellness, relaxation, and sound exploration.

WHAT IS PURE TONE THERAPY?

Pure tones are single, steady frequencies played without rhythm or melody. Unlike music, they do not guide your attention or emotion. Instead, they create a simple, consistent sound environment or anchor.

Many people explore pure tones as a way to step out of mental noise and into a quieter listening space. Some notice a sense of calm or focus. Others simply appreciate the simplicity of uninterrupted sound.

There is no correct response to pure tone listening. Experiences can be subtle, noticeable, or neutral, and they may change from day to day. All of these responses are normal.

Pure tone therapy is not about forcing an effect. It is an invitation to listen, notice, and allow sound to be part of your environment in whatever way feels supportive.

WHAT IS TUNED MUSIC?

Tuned music combines musical compositions with specific frequencies. Unlike pure tones, tuned music includes melody, rhythm, and texture, while remaining centered around a single underlying frequency.

Some listeners find tuned music easier to settle into, especially during longer sessions or when listening in the background. Others enjoy it as a gentle entry point into frequency-based listening.

On TŌNEM, each music track is custom composed and carefully tuned to match its corresponding frequency. This allows you to experience frequency-based sound through a more familiar musical structure.

As with pure tones, there is no right or wrong way to listen. Tuned music simply offers another way to explore sound, depending on what feels supportive in the moment.

UNDERSTANDING THE FREQUENCIES

Each frequency on TŌNEM has a long history of use and association within sound therapy and music traditions. Over time, certain tones have become commonly linked with particular qualities, moods, or intentions.

The descriptions in this guide reflect how these frequencies are often talked about and commonly explored. They are not rules, promises, or guarantees.

Sound affects each person differently. You may feel drawn to certain frequencies, feel very little at all, or notice that your preferences change from day to day. All of these responses are normal.

Think of these frequencies as invitations to explore what resonates with you, rather than instructions on what you should experience.

To learn more, visit
www.PureToneTherapy.com

174Hz Grounding & Relief: Often associated with a sense of physical and emotional grounding. Many people describe this frequency as steady and stabilizing, and often choose it as a starting point for listening sessions. It is commonly explored when a calm, supportive sound environment feels appropriate.

285Hz Restoration & Balance: Frequently described as a restorative frequency. Many listeners associate this tone with rest and internal balance, and choose it during moments of quiet reflection or gentle listening.

396Hz Release & Emotional Ease: Often associated with themes of release and emotional lightness. Many people explore this frequency during meditation or stillness, particularly when they are drawn to a sense of letting go or mental spaciousness.

417Hz Change & Renewal: Commonly linked with ideas of transition and renewal. Many listeners choose this frequency during moments of reflection, intention setting, or when moving into something new.

432Hz Harmony & Calm: One of the most widely recognized frequencies in sound-based listening. Often associated with harmony and balance, it is commonly explored during relaxation or meditation, and is sometimes referred to as the "frequency of nature."

89 mm

Front

528Hz The Love Frequency: Frequently associated with balance and clarity. Many listeners describe this frequency as steady and centering, and often explore it during listening sessions focused on calm attention or emotional balance. It is sometimes referred to as the "love frequency."

639Hz Connection & Harmony: Often associated with themes of connection and openness. Many people explore this frequency during listening sessions centered around relationships, communication, or a sense of emotional harmony.

741Hz Awareness & Focus: Commonly linked with mental clarity and awareness. Some listeners choose this frequency during creative work or moments that call for a clear, attentive listening environment.

852Hz Intuition & Reflection: Frequently associated with quiet awareness and inward reflection. Many people explore this frequency during meditation or stillness, particularly when seeking a calm, contemplative sound space.

963Hz Stillness & Expansion: Sometimes associated with a sense of spaciousness or deep calm. Many listeners explore this frequency during longer listening sessions or moments of quiet contemplation.

HOW TO USE TŌNEM

POWER ON Press and hold the Power/Mode button for two seconds. The device will turn on and sound will begin to play.

POWER OFF Press and hold the Power/Mode button again for two seconds until playback stops.

CHANGE FREQUENCY

- Tap the + button to move to the next frequency
- Tap the - button to return to the previous frequency

ADJUST VOLUME

- Press and hold the + button to increase volume
- Press and hold the - button to decrease volume



HEADPHONE LISTENING

TŌNEM is designed to be used with wired headphones for private listening.

- Plug your headphones into the round headphone port on the device.
- Sound will automatically play through the headphones.

BLUETOOTH MODE

TŌNEM can also be used as a Bluetooth speaker for your own music or with the Pure Tone Therapy App.

- Tap the Power/Mode button to switch to Bluetooth mode
- TŌNEM will enter pairing mode automatically
- Select TŌNEM from your device's Bluetooth settings
- Audio from your device will now play through the TŌNEM speaker

To return to Tone Card mode, tap the Power/Mode button again and TŌNEM will switch back to playing frequencies from the internal tone card.

CHARGING

To charge TŌNEM, use the included charging cable and connect it to a standard USB power source.

Fast charging cables and USB-C to USB-C charging cables, such as those commonly used with newer phones, are not compatible with TŌNEM and may not charge the device properly.

When TŌNEM is plugged in and charging correctly, a red indicator light will turn on. Once fully charged, the red light will turn off.

CREATING YOUR OWN PRACTICE

There is no right or wrong way to use TŌNEM.

Some people listen for a few minutes. Others leave it playing in the background for hours. Some prefer headphones. Others enjoy sound filling a room. All of these are valid.

Let your experience unfold naturally. Trust what feels supportive to you.

REGULATORY NOTICE

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

SAFETY & CARE

Begin listening at a low volume, especially when using headphones. Prolonged listening at high volume may cause discomfort.

If you experience irritation or discomfort while listening, discontinue use.

TŌNEM is a sound-based wellness device and is not intended to diagnose, treat, cure, or prevent any medical condition.

Care & Charging

Use the included charging cable or a compatible standard power source. Avoid using damaged cables or fast charging adapters.

Keep TŌNEM away from moisture and extreme temperatures.

A Final Note

Sound affects everyone differently. Trust what feels supportive to you, and allow your experience with TŌNEM to unfold naturally.

For questions or support, visit
www.PureToneTherapy.com

Back