

## **BT11 Operating Instructions**

### **Component list:**

- 1 x BT11 unit
- 1 x Electrode lead
- 2 x Earclips
- 1 x Power charging lead
- 1 x Mains power adaptor
- 1 x Operating instructions

### **Operating**

- Connect the ear clips to the electrode lead.
- Plug the electrode lead into the 'output' of the unit.
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- Press the 'on/off' button once to turn the unit on.
- The green LED on the 'soft/5min' setting will flash.  
This is asking you to select the desired time  
eg. Press the up/down button to select desired time.
- Once this has been selected press the 'on/off' button to confirm.
- The LED will go back to green 'soft/5min' option but the LED will stay on.  
You are now ready to select the desired intensity.
- Press 'up/down' button in short second long increments to increase the intensity level.  
Each increment will require 4 to 6 presses  
(do not press quickly) or a simple guide press once, count 1000, twice, 2000, third, 3000 and finally fourth time) the LED will raise to the next desired intensity level.
- This is now operating at the desired time and intensity
- To turn the unit off at any time, simply hold down the 'on/off' button for 3 seconds and all power will shut down.
- A fully charged battery should last for a couple of weeks.
- To charge the unit plug the charger lead into the unit and plug the USB end into the white power adaptor. The unit is best charged for 24-48 hours. You can even leave it on charge when not in use, this way it will always be fully charged when you decide to use it.
- You can charge the unit more quickly by using a 6 volt 500mA charger (not supplied). This will take several hours to charge.

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## **BT Plus**

Component list:

BT Plus unit

Power adaptor

USB power lead

Ear clips

Instructions

### **Specifications**

**SIZE** 2 inches x 3 inches x ¾ inch (5cm x 8cm x 2cm)

**POWER SUPPLY** Rechargeable batteries (charger supplied)

**TIMER** Alpha Theta Stim<sup>3</sup>, BT11 - 5, 10, 15, 20 minutes

**FREQUENCIES** (Alpha Theta Stim<sup>3</sup>)

**0.5Hz** The 0.5Hz DELTA brainwave frequency, normally associated with deep sleep and release of deeply embedded stress patterns. Pain relief (temporarily), natural opiates released, lymphatics assisted reported Mitosis reduction or inhibition of rogue cell activity, stress buster.

**1.5Hz** Pain, quiet sleep

**5.0Hz** In the 'Palaces of Memory' they suggest 5Hz as being the optimum learning frequency. Even as you read these words, a tiny portion of your brain is physically changing. New connections are being sprouted – a circuit that will create a stab of recognition if you encounter the words again. Read "In The Palaces of Memory". Increased DNA synthesis; cellular signaling; repair and healing.

**7.83Hz** The 7.83Hz Alpha Theta (border) brainwave frequency and it's associated with a relaxed, but very focused mental state. This is also the Schumann frequency.

**100Hz** Feel better, blast those moods!

**CURRENT** 10 to 600 $\mu$ A

**WAVEFORM** Bipolar asymmetric rectangular waves, 50% duty cycle

**INTENSITY CONTROL** 20 steps

### **OPERATING INSTRUCTIONS Alpha Theta Stim<sup>3</sup>**

- Connect the ear clips to the electrode lead.
- Plug the electrode lead into the 'output' of the unit.
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- Press the 'on/off' button once to turn the unit on. A single green LED will flash rapidly on the 'soft' 0.5Hz/5 minute setting.
- Select the desired time by pressing the 'up' button and confirm by pressing 'on/off' once. The LED will flash slowly.
- Select the desired frequency by pressing the up/down buttons. Press the 'on/off' button to confirm desired frequencies. Please note: the 100Hz setting is the top 2 LED's on together.
- Finally select your desired intensity by pressing the centre 'on/off' button once (the LED will glow on NOT flash). Press the 'up/down' button to increase or decrease the intensity, and so on. The 'intensity' will increase with each gradual step from soft-low-med-high. Press 'up' or 'down' to adjust this setting.
- The unit is now operating.
- To switch unit off, press and hold the 'on/off' button until the LED switches off.
- When the batteries begin to get low on charge, the top LED will light up. Plug the power charger into the unit and fully charge overnight using ONLY the charger supplied. When this is being charged, the bottom 'Batt' LED will light up.

### **OPERATING INSTRUCTIONS BT11**

- Connect the ear clips to the electrode lead.
- Plug the electrode lead into the 'output' of the unit.
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- Press the 'on/off' button once to turn the unit on.
- The green LED on the 'soft/5min' setting will flash.  
This is asking you to select the desired time

eg. Press the up/down button to select desired

time.

- Once this has been selected press the 'on/off' button to confirm.
- Press the 'up' button until the 2 BT11 LED's are flashing (15m and 10m LED's).
- Then press the 'on/off' button to select BT11
- Press 'up/down' button in short second long increments to increase the intensity level. Each increment will require a single press (approx 15 intensity settings in total).

(do not press quickly) or a simple guide press once, count 1000, twice, 2000, third, 3000 and finally fourth time) the LED will raise to the next desired intensity level.

- This is now operating at the desired time and intensity
- To turn the unit off at any time, simply hold down the 'on/off' button for 3 seconds and all power will shut down.
- A fully charged battery should last for a couple of weeks.
- To charge the unit plug the charger lead into the unit and plug the USB end into the white power adaptor. The unit is best charged for 24-48 hours. You can even leave it on charge when not in use, this way it will always be fully charged when you decide to use it.

Please note: This is the latest version and may differ slightly from the information on the web.

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