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BT Plus PRO



Component list: BT Plus PRO unit, Power Charger, Ear clips, Gel Pads, Instructions

Specifications

SIZE 2 inches x 3 inches x ¼ inch (5cm x 8cm x 2cm)

POWER SUPPLY Rechargeable batteries (charger supplied)

TIMER 5, 10, 15, 20, 25, 30 minutes

FREQUENCIES (Alpha Theta Stim³ and BT11)

0.5Hz The 0.5Hz DELTA brainwave frequency, normally associated with deep sleep and release of deeply embedded stress patterns. May help with pain relief (temporarily), natural opiates released, supports the immune system, stress buster.

1.5Hz May experience pain relief and can promote 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. Supports the body to repair and heal.

Read "In The Palaces of Memory" by George Johnson.

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. Ideal for meditation and relaxation.

100Hz Feel better, blast those moods!

BT11 Brain tuner, endorphin release, natural mood enhancer.

Read “Hooked?” by Dr. Meg Patterson

CURRENT 10 to 600µA

WAVEFORM Bipolar asymmetric rectangular waves, 50% duty cycle

INTENSITY CONTROL 20 steps

OPERATING INSTRUCTIONS

- Before any session it is recommended to drink at least 250-500mls of purified, ozonated or distilled water. This ensures the body is not dehydrated allowing a more positive skin resistance with the electrodes.
- Plug the ear clip 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.
- The BT Plus has 3 stages of operation;

1. Set desired operation time

Turn the unit on by pressing and holding the **on/off** switch until 1 of the top 6 LEDs lights up, then release the **on/off** switch. (At this stage, 1 of the top 6 LEDs should be flashing rapidly. It is waiting for you to select the time you wish)

Press and release the **up** or **down** button several times until the LED next to the time you wish is lit.

Press and release the **select** Button. (At this stage the timer has been set to your selection and 1 of the top 6 LEDs should be flashing **slowly**. It is waiting for you to select the Frequency you wish.)

2. Set intended Frequency

Press and release the **up** or **down** button several times until the LED next to the Frequency you wish is lit.

Press and release the **select** button. (At this stage the unit has started outputting the frequency selected and the timer has started to count down. The LED next to the **5m/0.5Hz** will be lit steadily. This means it is outputting on its lowest intensity)

3. Set comfortable output levels (intensity).

To **increase** intensity, press and release the **up** button. Each time the button is pressed the intensity level increases. The next LED up will only light after approximately 4 presses of the **up** button. Maximum intensity is when the top LED is lit.

To **decrease** intensity, press and release the **down** button. Each time the button is pressed the intensity level decreases. The next LED down will only light after approximately 4 presses of the **down** button. Minimum intensity is when the 5min/0.5Hz LED is lit.

- The unit will switch off when the set time has been reached.
- To switch unit off, before the time set ends, press and hold the '**on/off**' button until the LED switches off.
- To charge, plug the power charger into the unit and fully charge for 24 hours using **ONLY** the charger supplied. When this is being charged, the bottom 'Battery' LED will light up. When the unit has charged, the LED will flash.
- We suggest charging the unit after every 2-3 days or leave on charge overnight.

OPERATING INSTRUCTIONS Biofeedback

- Turn the unit on by pressing and holding the on/off switch until 1 of the top 6 LEDs lights up, then release the on/off switch. Press the 'select' button 3 times to switch to 'Biofeedback' mode. The **Biofeedback LED** will light permanently.
- Place clean (free from grease and dirt) forefinger and index finger onto silver sensors. You do not need to press hard, just a firm even contact.
- The LED's will show your level of relaxation. If the LED's reach the top and the unit is still measuring higher levels of stress, the LED's will roll over and start from the bottom again and will raise to you measured level of relaxation. The same applies when your stress levels are dropping, the LED's will slowly drop as your relaxed state increases.
- To turn the unit off, press and hold the **on/off** button until the LED switches off.
- **ONCE THE UNIT HAS BEEN TURNED OFF THERE IS A 10 SEC DELAY BEFORE IT CAN BE TURNED ON AGAIN**

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

Important information

If the unit charge light does not come on when plugged into charger:

This can happen when the **Batteries get to low**

Please do the following, step by step.

1. Open the unit and remove the jumper connection you connected when first getting the unit.
2. Plug in the Battery charger. (Charge LED should light up)
3. While the Charger is plugged in, reconnect the jumper. (The Charge LED should stay on. If it doesn't, remove and replace the jumper several times until it does)
4. Leave the unit on **charge for 24 hours.**

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