



NERVANA

User Guide

Table of Contents

03	INTRODUCTION
04	IMPORTANT SAFETY INFORMATION
06	CONSTRUCTION AND PARTS LIST
08	NERVANA GENERATOR
	<ul style="list-style-type: none">• Overview• Display• Ports• Buttons/Dial
12	BATTERY
14	NERVANA HEADPHONES
	<ul style="list-style-type: none">• Overview• Dual Jacks• Replaceable Silicone Earbuds• Earbud Selection• Differentiating Left from Right• Placing Earbud on Earpiece
19	OPERATING MODES
	<ul style="list-style-type: none">• Audio Mode• - Line In Mode• - Ambient Mode• Formula Mode
22	CUSTOMIZING YOUR SESSION
	<ul style="list-style-type: none">• Operating Parameters• Calibration• Duration• Intensity
27	EXPERIENCE NERVANA
30	SALINE DISPENSER
32	OPERATION INSTRUCTIONS REVIEW
33	CARE AND MAINTENANCE
34	TIPS/TRICKS

Introduction

Dear NERVANA Enthusiast,

At NERVANA, LLC, we recognize that the stressors of hectic daily events have become the new normal; almost expected, and relief is difficult to achieve. We have put our time and focus into developing technology that combines music with targeted vagus nerve stimulation.

The result is a revolutionary product that can bring serenity to a chaotic life, a greater overall sense of wellbeing, and a brand new music experience. As each person is one of a kind, every person's NERVANA experience will be unique. We recommend that you take your time to explore this User Guide for techniques that will best enhance your experience. We have carefully detailed each section to help you achieve NERVANA.

Thank you for your early interest in our technology; we welcome you to the NERVANA family. Together, we will pave the way to a future in which music and wellbeing connect on a new level. We look forward to hearing how you NERVANA!

The NERVANA Team

Important Safety Information

For the best experience, read the User Guide before using NERVANA. Be sure to follow all “WARNINGS” and “PRECAUTIONS” in this guide. Failure to do so can cause harm to the user or device.

WARNINGS

- Do not use this product if you have a cardiac pacemaker, implanted defibrillator, or other implanted or metallic electronic device. Doing so could cause electric shock, burns, electrical interference, or death.
- Do not use this product while using any other external electrical stimulating devices.
- Do not use during pregnancy or if you are breastfeeding.
- If you are in the care of a physician, consult your physician before using this product.
- Do not use this product if you have epilepsy or a history of seizures.
- Do not use this product if you have a Temporomandibular Joint Disorder, Bell's Palsy, impaired cranial nerve function, or facial pain.
- Do not place NERVANA earbuds anywhere in or on the body, other than the ear canal.
- Do not use this product while driving, operating machinery, or during any activity in which distraction or electrical stimulation can put you at risk for injury.
- Do not use this product while in a shower, bath, pool, or other body of water.
- Do not place NERVANA earbuds on skin that has open wounds, sores, or rashes; or skin that is swollen, infected, inflamed, or has skin eruptions. If you experience an adverse skin reaction, discontinue use.
- Do not use this product if the housing has been damaged.
- Do not use this product in the presence of strong electromagnetic fields.
- This product is for adults only. Do not allow any child under the age of 18 to use this product.

Important Safety Information

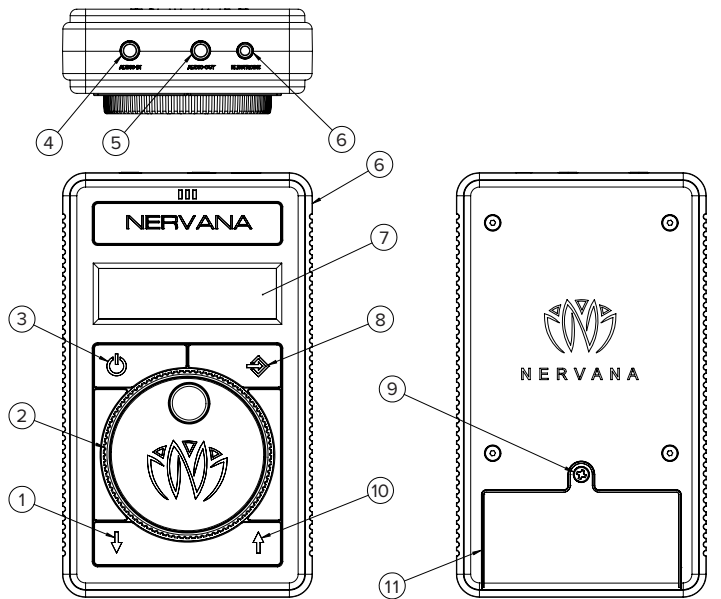
ADVERSE REACTIONS

If you experience adverse reactions, stop using the product and consult with your physician. Users with sensitive skin may experience skin irritation in the area where the NERVANA earbud is applied.

PRECAUTIONS

- The left earbud carries the NERVANA signal and should only be used in the left ear.
- Use caution if using NERVANA in an ear canal that lacks normal sensation.
- Clean ear canals and ensure they are free from excess wax before using NERVANA earbuds.
- Use of accessories not approved by the manufacturer may cause harm or injury.
- Do not disassemble the Generator or Headphones.
- NERVANA earbuds should only be applied to normal, intact, healthy skin in the ear canal as directed.
- Operation in close proximity to shortwave or microwave therapy equipment may produce instability in the module output.
- Keep this system out of reach of children.

Construction and Parts



- (1) Decrease Button
- (2) Dial
- (3) Power Button
- (4) AUDIO IN Port
- (5) AUDIO OUT Port
- (6) ELECTRODE Port

- (7) Display Screen
- (8) Select Button
- (9) Battery Door Screw
- (10) Increase Button
- (11) Battery Compartment Door

Construction and Parts

PART	QUANTITY
NERVANA Generator	1
NERVANA Headphones	1
Saline Spray Bottle (empty)	1
9V Battery	1
3.5 mm male-to-male connecting cable	1
Instruction Manual (with unit serial number)	1
NERVANA Earbuds:	8
size 1 (one active/one passive)	2
size 2 (one active/one passive)	2
size 3 (one active/one passive)	2
size 4 (one active/one passive)	2

NERVANA Generator

OVERVIEW

The NERVANA Generator is specifically designed for use with the NERVANA Headphones to apply electrical stimulation. The NERVANA Generator analyzes audio input, received from either the auxiliary cord or the internal microphone, and generates a synchronized signal sent to the headphones.

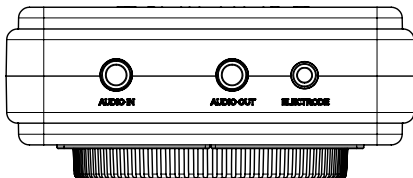
DISPLAY

The NERVANA Generator has a blue LCD display screen on the front side, providing information about your NERVANA session. Any time a button is pressed, the LCD display screen is backlit and stays lit for about 15 seconds.

PORTS

There are three plug ports on the top of the NERVANA Generator. Each are labeled according to their function: **Electrode**; **Audio Out**; and **Audio In**.






NERVANA Generator



The **Electrode** and **Audio Out** ports receive the dual jack from the end of the NERVANA Headphones. The 2.5 mm jack is sized to fit into the **Electrode** port and the 3.5 mm jack is sized to fit into the **Audio Out** port. The insertion of the dual jack is necessary to use either **Audio Mode** or **Formula Mode**, which are explained in detail below.

When using audio from an external device, the audio source is connected through the **Audio In** port, using the 3.5 mm auxiliary cord provided.

BUTTONS/DIAL

SYMBOL	REFERRED TO AS	FUNCTIONS
	Power	Power the device on and off Pause and un-pause the device
	Select	Select an option Advance to next screen
	Increase	Choose mode Increase duration Increase intensity
	Decrease	Choose mode Decrease duration Decrease intensity
	Dial	Calibrate sensitivity of stimulation to audio input

NERVANA Generator**POWER**

The Power button has two functions. Holding down the power button will turn the NERVANA Generator on or off. During a session, you can press the power button to pause the session and then again to continue the session.

**SELECT**

The Select button is used to choose a mode or to advance to the next step. The screen will display chevron symbols (>> <<) on either side of the mode you are currently on. When these symbols are surrounding your mode of choice, use the Select button to continue. Also, use the Select button to advance from one screen to another.

**INCREASE/
DECREASE**

The Increase and Decrease buttons have three functions. Use Increase or Decrease to move the cursor up or down when choosing between modes. The chevrons indicate your placement. Alternatively, use the Increase or Decrease buttons in order to change the duration and intensity of your session when prompted to.

**DIAL**

The Dial is labeled with the NERVANA logo. The Dial is used to calibrate your session. Rotating the Dial clockwise increases the calibration, and rotating the Dial counterclockwise decreases the calibration.

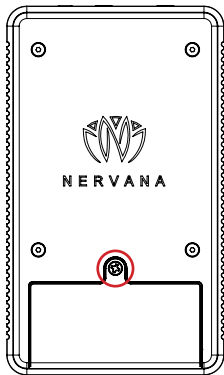
Battery

BATTERY INSTALLATION

The NERVANA Generator is delivered with the 9-Volt battery, uninstalled. To install the battery, first remove the battery door on the lower back side of the NERVANA Generator. Unscrew the screw (circled) and slide the door down. Remove the door completely, and gently pull out the battery connector pad from the battery compartment. Connect the leads of the 9-Volt battery to each of the respective battery connectors on the pad. Insert the connected assembly into the battery compartment and re-insert the battery door.

Battery

Be gentle while pulling out the pad and connect the battery without putting undue force on the battery connecting wires. Pulling the wires with too much strength can cause them to break.



When changing the battery, we recommend removing the battery from the wider side, not the narrow side and “unsnap” the battery cap.

When the battery level is low, a low battery notification will appear in the top right of the display screen. You must replace the battery when needed.

NERVANA Headphones

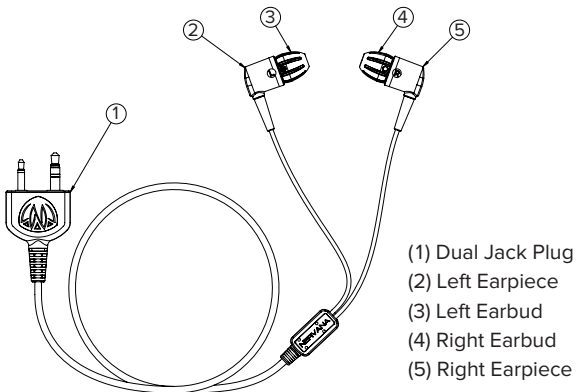
OVERVIEW

The NERVANA Headphones are the only ones that can be used with the NERVANA Generator to supply an electrical stimulation signal. Assembly and placement of the right and left headphones is very important.

The NERVANA Headphones involve a variety of parts. At one end of the NERVANA Headphones is the custom dual-jack connector, which is plugged into the NERVANA Generator. At the opposite end are the speaker assemblies, which are installed within the right and left earpieces. Separately, the replaceable silicone earbuds are provided and must be assembled onto the headphones.

Care must be taken to install the correct earbud on the correct earpiece. Use the left earpiece only in the left ear. This is intentional and **VERY IMPORTANT** because the electrical signal is intended to be supplied only within the left ear. If the incorrect earbud is placed on the left (active) side of the headphones, the NERVANA Generator will not work.

NERVANA Headphones

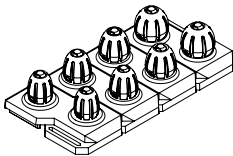


DUAL JACK

The dual jack plug is responsible for the audio output and stimulation signal. The smaller and shorter jack delivers the electrical stimulation signal from the NERVANA Generator. The longer, larger jack, is a standard 3.5 mm audio jack.

Plug the dual jack into the NERVANA Generator, by placing the appropriate jacks into their corresponding port at the same time. Plug the shorter, signal jack into the **Electrode** port, while plugging the longer, audio jack into the **Audio in** port.

NERVANA Headphones



REPLACEABLE SILICONE EARBUDS

Your NERVANA Headphones come already assembled with a set of replaceable silicone earbuds. These replaceable earbuds are NERVANA Size 2. We have provided three additional pairs ranging from Size 1 to Size 4, with 1 being the smallest and 4 being the largest.

EARBUD SELECTION

Try the different sized earbuds until you find a comfortable fit. Choosing the proper size earbuds for your ear allows for a better NERVANA experience. The earbud should be snug and block most noise when you have them in. The best transmission of signal occurs when the earbud has good contact with the skin in the ear canal.

Each pair of earbuds consists of one for the left ear (active) and one for the right ear (passive). In order to conduct the signal, the left earpiece consists of an active electrode, while the right earpiece contains no electrode.

The earpieces and cables attached to the dual jack plug are also unique to the left and right side. The blue cable is the left conducting cable, and it is connected to the earpiece indicated with the letter “L”. The right cable is black and connected to the earpiece indicated with the letter “R.”

NERVANA Headphones

Be sure to assemble the left earbud onto the left earpiece and the right earbud onto the right earpiece.

The summary below will help to guide you through the correct assembly.

DIFFERENTIATING LEFT FROM RIGHT

The distinguishing characteristics between the parts of the left and right headphones are described below.

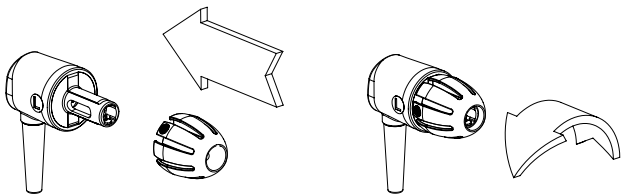
Left Headphone:

1. The left earpiece is marked with a blue circle and the letter “(L)”
2. The left earpiece has a blue connecting cable
3. The back of the left earpiece is blue
4. The left replaceable earbud is marked with a blue circular dot
5. An indexing feature inside the left earbud matches the same shaped indexing feature on the left earpiece.

Right Headphone:

1. The right earpiece is marked with the letter “(R)”
2. The right earpiece has a black connecting cable
3. The right replaceable earbud is not marked
4. The back of the right earpiece is black
5. An indexing feature inside the right earbud matches the same shaped indexing feature on the right earpiece.

DO NOT USE THE LEFT EARBUD IN THE RIGHT EAR.

NERVANA Headphones

PLACING THE EARBUD ON THE EARPIECE

To assemble the left headphone, slide the left replaceable earbud onto the left earpiece. Orient the earbud by lining up the blue dots on the earbud and the earpiece. When you reach this orientation, the earbud will softly “click” and lock itself into place. For the right headphone, slide the right earbud onto the right earpiece and orient it until it clicks and locks into place.

Powering On

The NERVANA Generator is turned on by holding the Power button for about 3 seconds. The LCD screen will display a NERVANA splash screen, indicating that the device is turning on. This display will transition into a screen prompting you to choose an operating mode.

Operating Modes

OVERVIEW

After the NERVANA Generator is powered on, the screen prompts you to select an operating mode:

MODE	DESCRIPTION
Formula	Uses pre-programmed signal sequence
Audio	Uses audio from external source
- Line In	Uses audio input from connected external device
- Ambient	Uses audio input from environment

You can choose to enter **Formula Mode** or **Audio Mode**. **Formula Mode** generates a pre-programmed stimulation signal independent of any audio. **Audio Mode** uses audio from an external source and has two sub-modes, **Line In Mode** and **Ambient Mode**.

Operating Modes

Please Select:
AUDIO mode
>>FORMULA mode<<

FORMULA MODE

The NERVANA Generator comes pre-programmed with a proprietary stimulation signal. In **Formula Mode**, you experience a stimulation signal without any audio input. You can be in a quiet environment, where only the stimulation will be experienced. If music is playing, either in the background environment or through a connected audio source, the stimulation provided by the NERVANA Generator does not respond to that music.

AUDIO MODE

Please Select:
>>LINE IN<<
AMBIENT mode

Operating Modes

Use the Select button to choose your mode and advance to the next screen.

Note: When using Formula Mode or Ambient Mode, be sure to disconnect the connecting cable from the Generator for the best experience.

Note: When using Formula Mode or Ambient Mode, you only need to use the left headphone. Take advantage of the cable clip to keep the right headphone secured.

LINE IN MODE

In **Line In Mode**, the NERVANA Generator receives audio input from an external device. The Generator modulates the stimulation signal to compliment the audio input in real time. This mode is intended for listening to music. By matching the stimulation signal with the user's favorite songs and artists, the NERVANA Generator provides a state of relaxation personal to the user's preferences and unique to each song played.

To use **Line In Mode**, connect your external audio player to the NERVANA Generator using the auxiliary cord provided. The cord will plug into the audio player on one end, and into the NERVANA Generator's **Audio In** port at its other end.

AMBIENT MODE

In **Ambient Mode**, the audio input is taken directly from the user's environment through the built-in microphone. The NERVANA Generator modulates the stimulation signal to compliment the ambient audio input it receives from the microphone. **Ambient Mode** is ideal for when there is music in the background, for example, at a music festival or concert.

Customizing Your Session

OPERATING PARAMETERS

After choosing an operating mode, the screen will prompt you to adjust the session parameters according to your personal preference.

PARAMETER	DESCRIPTION
Calibration	Adjust by turning the dial clockwise (increase calibration) or counterclockwise (decrease calibration)
Duration	Sets duration of your session. Increase or decrease in increments of 5 minutes. Ranges from 5 to 45 minutes.
Intensity	Sets signal strength at peak stimulation. Ranges from 2 to 25.

Customizing Your Session

CALIBRATION

Please Calibrate
AUDIO mode
>>>>>>>>>>

Calibrating the NERVANA Generator is an additional feature to enhance and customize the signal to the audio. Calibration determines how often the higher power levels occur during use. To calibrate the signal, rotate the Dial while audio is being supplied (either through the microphone or through the **Audio In** port). While audio is playing, chevrons at the bottom of the screen will move from left to right for an indication of Calibration. During this time, the chevrons will consistently be moving with respect to the sound's amplitude. The level of Calibration is independent of the volume at which the audio is playing.

Adjust the calibration by rotating the dial either clockwise or counterclockwise so that the chevrons reach the end of the screen on the right when at the peak of the sound and retreat to the left when the sound fades. (continue on next page)

Customizing Your Session

CALIBRATION (continued)

Higher Calibration (turning Dial clockwise) leads to the NERVANA Generator providing a peak stimulation signal more often. Lower Calibration (turning Dial counterclockwise) leads to the NERVANA Generator providing a peak stimulation signal less often. With regard to Calibration, we recommend following these two basic rules:

1. Use lower Calibration (counterclockwise) if the song being played has a higher variability or intensity. These would be songs that shift from soft to hard rhythmic intensities relatively quickly (for example, a bass drop). Examples of these include EDM, rock and roll, and heavy metal.
2. Use higher Calibration (clockwise) if the song being played has a lower variability or intensity. These would be songs that stay relatively stable in rhythmic intensity. Examples include classical and jazz music.

We suggest that you adjust the Calibration slowly during each individual session without going to the extremes. Once you have adjusted the Calibration, use the Select button to advance to the next screen.

Customizing Your Session

DURATION

After calibration, the screen will prompt you to choose the duration of your session. Duration can range from 5 to 45 minutes. The screen will display the default option of 15 minutes.

Adjust Duration by pressing the Increase and Decrease buttons, which will change the time in increments of 5. After the desired Duration is displayed, press the Select button to advance to the next screen.

Set Sesion
DURATION
< 15 minutes >

INTENSITY

After duration, the screen will prompt you to choose a signal intensity. Intensity is the maximum power level of the NERVANA Generator's signal output. Intensity levels range from 2 to 25.

Customizing Your Session

The screen will display the default Intensity set at level 2. Adjust the intensity by using the Increase and Decrease buttons. Once you have chosen your intensity, press Select to continue.

NOTE: Intensity level can be changed during your session **at any time** using the Increase and Decrease buttons.

Choose Setting
INTENSITY: 2

NERVANA SUGGESTION TO SET INTENSITY

Begin with Intensity set to 2 (especially for new users), and every 5 to 10 seconds increase Intensity until the desired maximum level is reached. Patience is necessary when first using the device, and will allow you to have the most enjoyable NERVANA session.

The calibration determines how often this maximum power level is outputted.

BEGINNING YOUR SESSION

After selecting Intensity, the screen will display a 3- second countdown before stimulation starts.

Session Begins
In 3... 2... 1...

Next, the stimulation will begin and the screen will display three items:

- Duration - time remaining in minutes
- Intensity - currently selected Intensity level
- Signal Pattern– chevrons moving from left to right as the input audio varies

Time Left: 15 m
INTENSITY: 2
>>>>>>>>>>

Experience NERVANA

DURING YOUR SESSION

At any time you can adjust Intensity and Calibration.

To change Intensity, press the Increase and Decrease buttons .

To modify Calibration, adjust the dial clockwise to receive Intensity more often or counter-clockwise to receive Intensity less often.

PAUSING YOUR SESSION

Stimulation can be paused at any time by pressing the Power button. The screen will then show a paused status:

Time Left: 15 m
INTENSITY: 2
PAUSED

To resume stimulation, press the Power button.

Experience NERVANA

COMPLETING YOUR SESSION

After Duration has expired, the screen will indicate that the session is complete, and then the NERVANA Generator will automatically turn off.

TURNING THE NERVANA GENERATOR OFF

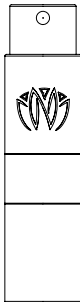
The NERVANA Generator can be turned off by holding the Power button for about 3 seconds. Turning the NERVANA Generator off can only be done during the session and not while paused. If the NERVANA Generator is paused, restart by pressing the Power button once, and then hold down the Power button to power off.

Saline Dispenser

SALINE DISPENSER

Conductivity is the single factor that allows the electrical stimulation signal from the NERVANA Generator to contact your body. However, naturally produced oil and earwax present in the ear canal can decrease or prevent the transmission of the NERVANA signal.

In order to enhance the use of NERVANA, you can add a small amount of saline to the outside surface of the left earbud. This increases the electrical conductivity between the earbud and the left ear canal. An empty saline dispenser is included in the package. (continue on next page)



Saline Dispenser

To fill the dispenser, rotate the upper and lower portions of the black outer container in opposite directions to extend the blue nozzle. Remove the internal saline container by pulling from the top of the blue nozzle. Once separated, open the glass saline bottle for filling, by unscrewing the blue nozzle.

To create the saline solution, add about 1/2 teaspoon of table salt (a little less) to the bottle and fill the rest with distilled water. Alternatively, if you have contact lens solution, you can fill the bottle with this solution. When filled, reassemble the saline dispenser and it will be ready for use. Rotating the top and bottom portions of the black outer container lowers or extends the blue nozzle.

Spray the saline on the outer surface of the left earbud. **Take care not to spray saline inside the central cavity earpiece because that is where the speaker transmits sound.** We have found that one spray on the top of the left earbud and one spray on the bottom of the left earbud is sufficient.

Operating Instructions Review

1. Install the 9-V battery
2. Select a properly fitting earbud size – TWIST to lock in place
3. Assemble the NERVANA headphones, making sure to use the correct earbuds and eartips for the right and left ears
4. Plug the dual jack end of the NERVANA headphones into the **Electrode** and **Audio Out** ports of the NERVANA Generator
5. If using Line-In mode with an external audio source, plug the audio player into the **Audio In** port on the NERVANA Generator using the auxiliary cord.
6. Power on the Device
7. Choose an operating mode
8. Set session calibration, duration, and intensity
9. Relax and enjoy session

Care and Maintenance

- Turn off NERVANA Generator before cleaning or storing.
- Do not submerge the NERVANA Headphones or Generator in liquids or expose to large amounts of water.
- For safe and hygienic use, clean your earbuds regularly. To clean the earbuds, you must remove them from the earpieces first, then clean with mild soap and a damp cloth before replacing on earpiece.
- Dried salt from the saline spray may be cleaned from the earpiece with a damp cloth or cotton swab.
- Clean the NERVANA Generator with a lightly dampened soft cloth to remove smudges or marks.
- Saline solution will crystallize when left for long periods of time. Replace the solution in the saline dispenser regularly.

Tips and Tricks

It is easiest to confirm the NERVANA signal by actually feeling the electrical pulse in your ear.

If you cannot feel the signal on your skin, here are some tips:

- **Clean your outer ear canal** with isopropyl alcohol on a cotton swab
- Make sure you have the correct earbud on the left earpiece
- Make sure the blue dots on the earpiece and the earbud are lined up
- Spray saline on the left earbud
- Check that the earbud is properly fitted in your ear, not ready to fall out.
- Slowly increase the Intensity setting. If you already increased the Intensity to 25, try a larger earbud.
- Turn the Calibration Dial up. The best signal shows chevrons sliding back and forth across the bottom of the screen. If the chevrons are in a static position, there isn't enough variability in the signal.
- If you don't see the signal indicator (chevrons) moving, turn up the volume on the audio player, keeping it at a safe and comfortable level.
- Change music to something more upbeat or with more variation in intensity

Tips and Tricks

NERVANA HEADPHONES AND OTHER AUDIO PLAYERS

Other headphones cannot be used with the NERVANA Generator to generate electric stimulation. However, the NERVANA Headphones can be used with any audio player that has a port to receive a standard 3.5 mm audio jack. To use the NERVANA Headphones with a standard audio player, plug the larger jack of the dual plug into the audio-in port of your audio player. This means that the NERVANA Headphones can be the only set of headphones that you need to carry with you, whether or not you are carrying the NERVANA Generator.

Thank you for taking the time to read this User Guide so you can best understand how to get the most out of your NERVANA unit. We are committed to our customers and are available if you have questions. Please contact us at 1.844.NERVANA (637.8262) or Info@NervanaLLC.com.



NERVANA

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