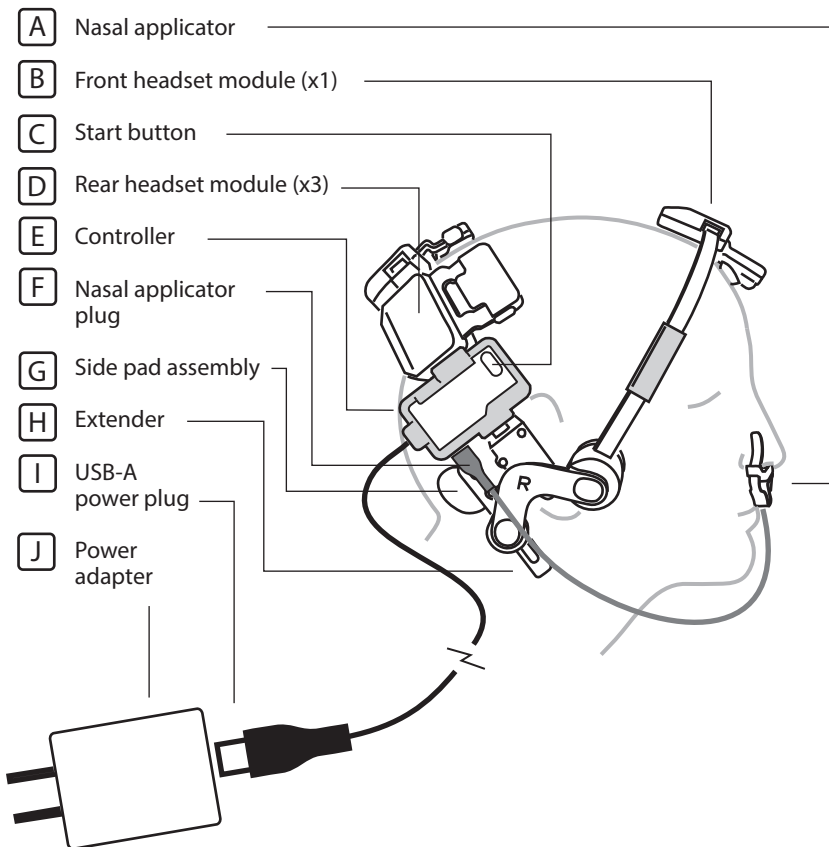


VIELIGHT

# NeURO DUO ALPHA GAMMA

## USER GUIDE

### NEURO 3



## Recommendation: Usage of Vielight Neuro Alpha, Gamma and Duo

We recommend users with a healthy brain to use the Alpha or Gamma once every 2 days for maintenance.

Users looking to try to recover brain functions, should try the Alpha or the Gamma once daily for up to 6 days a week.

To avoid over stimulation, always take a rest from using the device on the 7th day and avoid using the Gamma close to bedtime. Reduce usage to once every 2 days when significant improvements are observed.

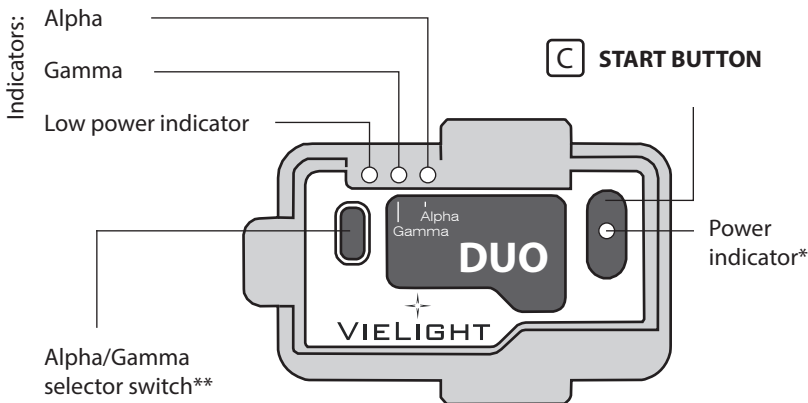
Usage of the device should not exceed one session of up to and not exceeding 20 minutes per day.

Everyone is different and can have different responses. If any discomfort is experienced, users should reduce the time of each session by shutting off the device before its 20-minute session is up, by reducing the number of days used per week, or by doing both.

## NEURO DUO CONTROLLER

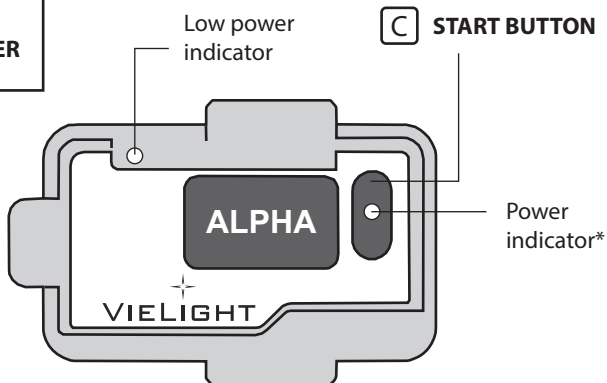
### DUO CONTROLLER

with Alpha/Gamma selector switch.

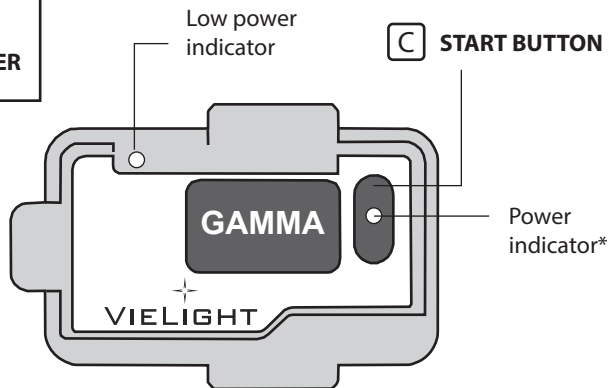


# NEURO ALPHA/GAMMA CONTROLLER

## ALPHA CONTROLLER



## GAMMA CONTROLLER



\* POWER INDICATOR.

Green steady: Device is connected to power source.  
Green blinking: Device is in use.

\*\* SELECTOR SWITCH

Toggle switch to select Alpha or Gamma mode.

## USING THE VIELIGHT NEURO

1

Insert the nasal applicator plug [F] into the controller [E] as shown on page 1.

2

Insert the power plug [I] into the Vielight power adapter [J].  
Connect the power adapter [J] into an electrical outlet.

3

Press the start button [C] to begin a session. The unit switches off automatically after about 20 minutes.

4

Place the headset on the head as shown on page 5.  
Position the front headset module [B] at the mid point between the eye level and the apex of the head. Position the rear module [D] on the crown of the head.

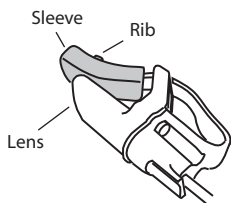
Use the extenders [H] on the left and right pad assembly and adjust the band angle to achieve an optimal fit that allows the diode to be in contact with the scalp. The intended effect will still be achieved if the diodes have a small space between them and the scalp.

After the headset modules are in place, the side pads will settle between the ears and cheeks.

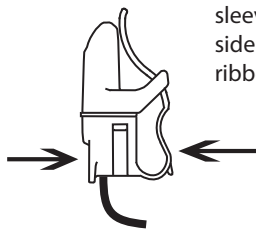
5

Insert the nasal applicator [A] into either the right or left nostril with the clip on the exterior and the lens inside the nostril.

## USING THE NASAL APPLICATOR

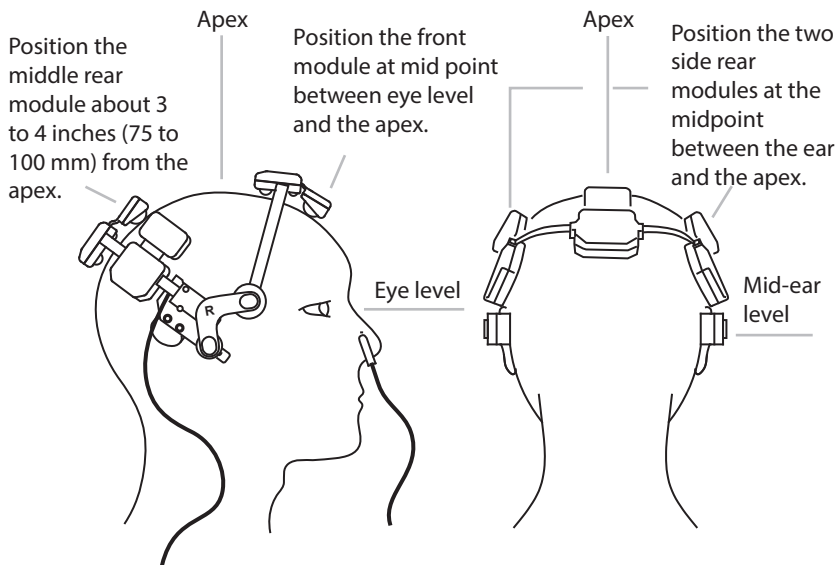


If the applicator does not stay on the nose, use the blue silicone sleeve. The sleeve has a smooth side and a ribbed side. Use the ribbed side for a stronger grip.



Press to widen  
clip opening

## POSITIONING THE HEADSET MODULES



## ADJUSTING THE SIDE PADS AND LIGHT DIODES

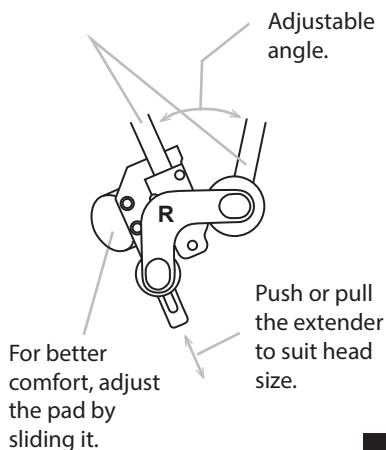
### Adjust Headset for Better Fit

The Neuro headset fits an average head size. To adjust for better fit, the rear headband can be shortened or lengthened by sliding the left and right extender as shown in the picture.

### Adjust Steel Band Angle for Better Diode Contact

Adjust the angle of the steel band to maximise diode contact with scalp.

Steel bands





## NOTE

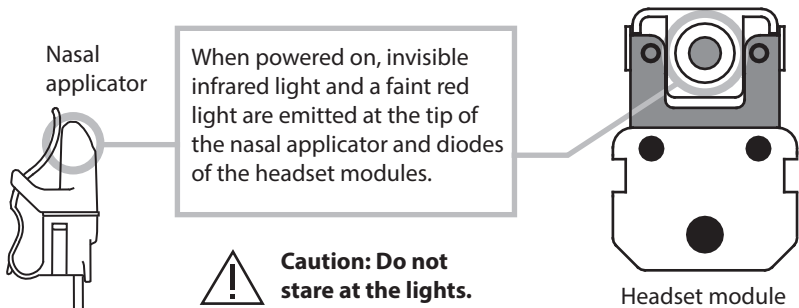
When using the Vielight Neuro, users should not experience any adverse physical sensation. If you experience discomfort, contact Vielight at +1 877 355 8012 (North America), [info@vielight.com](mailto:info@vielight.com), or chat at [www.vielight.com](http://www.vielight.com).

## CARE AND CLEANING



1. To clean the Nasal Applicator, wipe gently with 70% alcohol or antiseptic wipes, clean gently with soap and water, or sanitize with a UV lamp.
2. Use a soft, dry cloth to clean the other surfaces. Do not use abrasive cleaners.
3. Do not submerge any of the components on the headset in liquid or cover with other material during use.
4. Store in a dry and dust-free location at temperatures between 10° C to 40° C, away from direct sunlight.
5. We do not recommend sharing devices and nasal applicators as this increases the risk of spreading infectious diseases.

## SAFETY ADVICE - INFRARED LIGHT SOURCE



Most people do not experience physical discomfort while using the Neuro, although some feeling of warmth is expected.

# SPECIFICATIONS

## LED Specifications:

Light source, LED module: 810 nm LED (100 mW/cm<sup>2</sup> x 3 & 75 mW/cm<sup>2</sup> x 1)

Light source, nasal applicator: 810 nm LED (25 mW/cm<sup>2</sup>)

Pulse rate: 10 Hz (Alpha), 40 Hz (Gamma)

Duty cycle: 50 %

## General Specifications:

Treatment duration: Automatic shut-off at 20 +/- 0.1 minutes

Low power indicator: < 4.2 V

Power adapter: AC Input: 100-240 V, 0.5 A, 50/60 Hz

DC Output: 5 V, 2.0 A



Read this guide thoroughly before use.



IR emitted from this product may cause eye irritation. Do not stare at operating diodes for an extended amount of time.

WARNING!

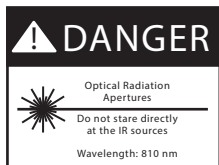


Interference may occur in the vicinity of known radio frequency (RF) transmitting devices and equipment marked with the following symbol.

CAUTION!



Do not drop or physically alter the device or provided components.



Danger:  
Device emits  
optical  
radiation.

Caution: Optical radiation aperture



IR emitted from this device may cause eye irritation.

Do not stare directly at the IR sources.



Caution: This device operates using repeated exposure to near infrared radiation (NIR).



Follow the instructions in the user guide.



Vielight Inc.  
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Toronto  
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Canada



CISPR 32:2012/  
EN 55032:2012  
CISPR 24:2012/  
EN 55024:2010



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info@vielight.com



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## LIMITED TWO - YEAR WARRANTY

Your Vielight Neuro 3 is warranted to be free of defect in material and workmanship under normal use.

This warranty is limited to a period of two years from the purchase date. Within this period, repairs, or exchange of parts that are deemed necessary by the company will be made free of charge.

This warranty does not cover damage by the following:

- Misuse, abuse or alteration to the product
- Damage caused by accident or neglect
- Service or repairs made by unauthorized persons

WE SHALL NOT BE RESPONSIBLE FOR ANY INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT.

  
**VIELIGHT**  
The Life Light®

www.vielight.com

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