

# Instructions For Use

NeuroVizr™ 4.0 & NeuroVizr™ Mobile App



Mar 2023 Rev 2.1



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# Indications for Use

The NeuroVizr™ is not a medical device but an over-the-counter consumer device for general use that can enhance sensory experiences, improve sleep, and provide entertainment, with the added benefit of positively impacting emotional and mental well-being.

**WARNING:** A warning message contains special safety emphasis and must always be observed. Failure to follow a warning message could result in serious personal injury.

**CAUTION:** Failure to observe a caution associated with use could result in minor injury or product damage. Such problems include device malfunction, failure, or damage to the device or other property.

# Contra indications

- Do not use if diagnosed with epilepsy or any other seizure disorder.
- Do not use if suffering from acute photo-sensitivity.
- Do not use if suffering from any acute eye disorder.
- Do not use if suffering from acute vertigo.
- Do not use if suffering from acute psychosis.

# Warnings

- Do not look at flashing LEDs with open eyes – **always use NeuroVizr™ closed eyes.**
- Rarely, some individuals with no known previous seizure experience may experience a photosensitive seizure when using the NeuroVizr™. If you are unwilling to accept this risk, do not use the NeuroVizr™ device. The manufacturer, designers, sales agents, or affiliates may not be held responsible.
- Safe use of the NeuroVizr™ is the primary responsibility of the user. If the NeuroVizr™ appears to be operating incorrectly, stop use immediately and contact NeuroVizr™ customer support.
- The NeuroVizr™ is intended for use **ONLY by adults 18 years or older.** Any person using the device for persons under 18 must assume full responsibility.
- The NeuroVizr™ may induce short-term headaches, dizziness, and fatigue in some individuals. Use lower-level general light intensity settings and reduce the frequency of use of the NeuroVizr™ if such symptoms appear.
- Do not expose the NeuroVizr™ to extreme temperatures or high moisture.

# Cautions

- Use the NeuroVizr™ with manufacturer-compatible accessories.
- Do not expose the device to chemical solvents or harsh cleaning fluid.
- The NeuroVizr™ is not user-serviceable. Never attempt to open the housing of the device. Opening the device will void the manufacturer's warranty.
- If the device requires repair or service, contact us at [customer@neurovizr.com](mailto:customer@neurovizr.com)
- The consumption of alcohol or potent drugs may affect the subjective experience of light and sound.
- If you have any doubts regarding the use of the NeuroVizr™ as related to an existing health condition or medication, you are advised to contact your healthcare provider for an opinion.

Configuration	Main structure, PCBA 9 LED with Optical Lens, Head Band
Main Structure	PET-G Filament ,100% recyclable
LED	LED Lighting series White, Neutral 4000K 2.8V 65mA 120° 1212
Optical Lens	PMMA Lenses, L/W7.6* H 6.47mm (45 degree)
Head Band	Fabric Strap with Velcro
Button interface	1 switch On/Off
Battery	DC 3.7 V ,1100 mAh. ,4.07 Wh.
Bluetooth	BLE V4.2, 2.4 GHz
Power Source	Adapter 5V 1A - 5V 3A With USB-C Cable
Weight	158 grams ,215 grams with head band
Dimensions	Length: 36 cm., Wide: 16 cm., Height: 6 cm.
Accessories	Carry Case, USB-C Cable
Application Programs	APP is Available in either Apple iOS (12 or up) and Android (6 or up)
Application Time	5 min / 11 min sessions
Safety Advice	Used with the eyes-closed at all times.
Compliance	See pages 39 for list of Standards we comply with.

# Definitions and Symbols



This device is internally powered only. The symbol indicates the device was manufactured according to the degree of protection against electrical shock for this Type B protection class equipment.



DO NOT use The NeuroViz™ before reading this manual



Keep The NeuroViz™ dry. DO NOT immerse in water



Not for general waste



Rated input 5V/2A. Battery Li ion, 4.07 Wh rating. Made in Thailand.

IP20: Protection against a solid object greater than 12,5mm such as a finger. Not protected against liquids.

**neuroVIZR**

MANUFACTURED FOR :  
Brain Prime Technology Pte  
1 North Bridge Road #06-17  
High Street Centre, Singapore

THIS DEVICE SHOULD NOT  
BE USED BY PERSONS WITH  
ANY SEIZURE DISORDER

Made in Thailand



www.neurovizr.com



**neuroVIZR**



# Using the NeuroVizr™

Place the NeuroVizr™ headset on your head, adjust to comfort. Put on a set of headphones/buds.



The placement of the LED plate should be directly in front of the eyes similar to a VR screen.

**Important:** Keep your eyes closed at all times.

# Using the NeuroVizr™

Turn ON the device and connect to our App on your phone.  
The switch should be in the UP position.



## **Indicator Lights:**

Three horizontals indicate a full charge and only one horizontal indicates a low charge.

# General Device Care

## **LIFE TIME**

- The NeuroVizr™ lifetime is 5 years. Battery replacement may be required after 2,5 years. Please contact Brain Prime Technology. The shelf life of the NeuroVizr™ is approximately 2 years.

## **BATTERY**

- The NeuroVizr™ is rated for continuous operation. The device can be used while charging. Charge time from empty to full is 2 hours.
- The NeuroVizr™ can be taken on a plane, either in carry-on or checked luggage.
- Do not attempt to change the Li-ion rechargeable batteries. Doing this may result in a hazard. Typical Li-ion battery life is 600+ cycles. Battery pack replacements are available. Please contact Brain Prime Technology.

# General Device Care

## STORAGE AND CLEANING

- The NeuroVizr™ should be stored in the provided case when not in use to prevent dust and debris getting inside the device.
- Clean your NeuroVizr™ when the main power is off. It is only necessary to clean the device if it becomes soiled. The headset can be cleaned with a damp cloth using water or alcohol wipes. Use of other cleaning solutions may damage the housing. Never spray cleaners directly on the device.
- **CAUTION:** Do not use cleaning products that contain ethyl alcohol and/or ammonium chloride. These chemicals may cause cracking of the plastics
- Using unapproved cleaning agents will void the manufacturer's warranty.

# Service and Two-Year Limited Warranty

The two (2) year warranty covers any defects in workmanship or in materials under normal use during the warranty period. Brain Prime Technology (the Company) will repair or replace, at no charge, the product or parts of the product that prove defective because of improper material or workmanship, under normal use and maintenance. Accessories or consumables are excluded from this warranty. Excluded items are listed as follows: carrying cases, USB-C cables, etc.

To obtain this service, you must first contact us by email at [customer@neurovizr.com](mailto:customer@neurovizr.com) to determine the problem and the most appropriate solution.

Please note that in order to proceed with a warranty service request, you will be instructed to perform a certain number of troubleshooting tasks by our service team.

# Service and Two-Year Limited Warranty

We will either repair or replace the product at no charge. Once troubleshooting tasks have been performed and our service team has determined that the failure is covered by the warranty, we will arrange for our courier to pick up the product or we may decide to send you a replacement unit instead.

During the first 30 days after the purchase date, the Company will cover all shipping costs. After 30 days from the purchase date, the customer will be responsible for all shipping costs.

The warranty period for all Brain Prime Technology's products starts from the date of purchase. Any replacement product or product part assumes the remaining warranty of the original product. The limited warranty cannot be transferred.

# The General Idea

The NeuroVizr™ provides sensory brain enrichment using light and sound. **Your eyes are closed the entire time.** There is nothing special for you to do other than give it your attention.

Actually, enjoying it increases the effect. In a way, it's a bit like watching a movie...inside your head!

The premise behind the NeuroVizr™ experience has its foundation in something called “neuroplasticity” and “sensory enrichment”.

Medical science used to believe that the adult brain could not change except to slowly degenerate over time. It is now known and widely accepted that the adult brain is capable of positive change throughout our life time.

It is true to say that **“whatever the state of your brain today, it can be better tomorrow”**.

# The General Idea continued

Other famous sayings from neuroplasticity are “Fire it to Wire it”, “Use it or Lose it” and “The Brain changes What Matters”.

Basically, it is possible to “exercise” your brain using light and sound.

The approach is very similar to exercise for your body. Even modest regular exercise creates attractive positive changes and benefits for the whole body. The same is true for your brain and light/sound enrichment can be surprisingly effective. And beyond basic exercise, it is also possible to guide your brain into better levels of certain skills and behaviour similar to learning new sports, once your basic exercise has progressed.

**The NeuroViz™ does not make any claims of medical diagnosis, treatment, prevention or therapeutic outcome.**



# How Long and How Often

Pretty much all the things you know about your body in general also apply to your brain. That should be no surprise because your body is your brain, your brain is your body. The idea of separating them is rather abstract.

First of all, every NeuroVizr™ experience (called a “session”) is 11 minutes long. That time is standard and totally sufficient for a good effect.

You don't have to set any timer. It will stop by itself. This amount of time is chosen because your brain can maintain good quality attention for an average of 10 to 12 minutes.

**In order to trigger a “neuroplastic” effect in the brain, there must be “attention without tension”.**

# What About The Session Itself?

As we said before, it is pretty straightforward. Relax, pay attention and enjoy. Adjust the general levels of light intensity and sound to your comfort. It's a little like listening to common music. Although the song will have varying levels of sound, you can adjust the general volume to the "just right level" however there is something important about your brain you should know.

In order to get positive "neuroplastic" change, along with "attention without tension", you also must have just a bit of challenge or demand. Not too much, mind you, but just a bit. Think of body exercise like lifting weights in strength training. If the weight is totally comfortable, you will not expect any progress.

Just a little beyond total comfort is all it takes to trigger new muscle growth. It's pretty much the same with your brain.

# Is the NeuroVizr™ safe?

For 99.9% percent of the general population, the NeuroVizr™ is safe and will do no harm.

**It is well known that persons suffering from epilepsy and seizures of any kind should not be exposed to repetitive sensory stimulation because it may trigger a seizure.**

This is true of flickering light sources such as the NeuroVizr™ and the entire class of “Mind Machines” first produced in the 1980’s.

Other sources such as concert lasers, disco balls, fireworks, video games, VR experiences, and surprisingly even repetitive patterns such as stairways and escalators may trigger seizures.

## Is the NeuroVizr™ safe?

Because children are sensitive and legally are minors, **using the NeuroVizr™ on persons under 18 years old is discouraged by Brain Prime Technology.**

Brain Prime Technology opposes using the NeuroVizr™ on individuals under the age of 18. Children are particularly vulnerable and legally considered minors, and therefore, it is imperative that the device is used only by adults who are 18 years or older.

Lastly, there is the possibility of a person having a seizure from a flickering light/sound source that has not been diagnosed with epilepsy and has not experienced a seizure in the past.

The probability of this is very rare and could be considered similar to an unknown allergy to a particular food.

# Is the NeuroVizr™ safe?

From a stand point of conservative safety, the NeuroVizr™ has two light sensitivity tests that may be used by first time user. The tests are 15 seconds and 30 seconds long with a range of stimulation.

They exist with Light-only stimulation and NO sound. These are simple ways of evaluating a person's potential reaction to such a light experience. These tests are simple, fast, and effective for making a general assessment.

**These tests are not medical exams nor do they attempt any diagnosis or treatment and cannot guarantee absolute safety in the case of unknown risk.**

## Is the NeuroVizr™ safe?

Lastly, some individuals who are light sensitive in general or have a low tolerance for any kind of stimulation may experience a temporary mild headache, temporary dizziness or temporary fatigue following a NeuroVizr™ experience.

If so, consider using lower levels of light intensity and sound volume as well as less complex NeuroVizr™ compositions.

You will notice that **Brain Gym** "exercises" (eg. Flexibility) have three different versions in its signal design. A #1 is like a Beginner level, #2 is Intermediate and #3 is Advanced. It just means the higher the number, the more demanding this particular type of exercise

The **Mind States** sessions are offered in two versions - the Standard and the Lite. The Lite version is similar in effects to the Standard version but the challenge aspect is toned down to make for an easier "ride" for some users..

# Operations of the NeuroVizr™

The NeuroVizr™ charges from a power source using the USB-C cable. The unit can be OFF or ON during charging.

When turning the unit ON, the LEDs will momentarily light up. Three horizontals indicate a full charge and only one horizontal indicates a low charge. A low charge will still function but only for a limited time – best to recharge the unit as soon as you can. **ALWAYS turn the unit OFF after use** – it is easy to forget and then the power is drained off unexpectedly.

Adjust the NeuroVizr™ headset to comfort on your head. After placing the unit of the head, put on a set of headphones or earbuds.

The placement of the LED plate should be directly in front of the eyes similar to a VR screen.

**Keep your eyes closed at all times.**

# NeuroVizr™ Mobile App General

**For either iOS (Version 12 and up) or Android (Version 6.0 and up):**

As of March 2023, both versions are still being improved with new features – Please allow the auto-update feature to keep access to the evolving NeuroVizr™ app features.

You will need a WiFi connection to link your phone to the NeuroVizr™ server. You will also need your phone to have a Bluetooth connection to your NeuroVizr™ headset. You will need headphones or earbuds to connect to your phone.

The NeuroVizr™ app features an automatic download function for your "favorites sessions" and "your playlist" in your Profile, which enables you to access them offline. After the download is complete, you can enjoy your selected sessions offline without the need for WiFi, although Bluetooth is still required for usage.



# NeuroVizr™ Mobile App Specifics

Assuming that your NeuroVizr™ headset unit is charged, switch it ON. Assuming that you have installed the NeuroVizr™ App on your phone and enabled Bluetooth,

Next, locate and click on the NeuroVizr™ UI icon located on the top right corner of your phone's screen.

Select the device that you wish to connect to the NeuroVizr™ App.

Furthermore, you have the option to rename the device with a name of your choice.

# NeuroVizr™ Mobile App Specifics

To ensure that your first experience with NeuroVizr™ is optimal, we recommend completing the **onboarding guide** that we have designed before using it for the first time. The guide includes a light sensitivity test that consists of a 15-second trial, followed by 30 seconds of more dynamic patterns. This test is intended to prepare you for the actual first experience.

The initial session offers a glimpse of the NeuroVizr™ light and sound experience, providing you with a preview of what's to come.

If you like to share this experience with your family and friends for their first time, we recommend that you guide them through the onboarding process before the session. This will ensure that they are well-prepared and will have a great first experience with NeuroVizr™.

# NeuroVizr™ Mobile App Specifics

**Choose a session from the Signature collection :**

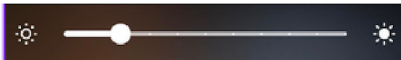
**Better Sleep:** With early, mid-day, and evening options, our sessions are designed to regulate your Circadian Cycle for optimal rest.

**Brain Gym.** Our Light/Sound experiences target specific aspects of healthy brain functioning, making it easier to achieve the desired effects during Mind States sessions.

**Mind States:** Each session is intentionally designed with a specific theme, purpose, or intent, allowing you to experience positive short-term Mind States while establishing long-term Mind Traits through neuroplastic changes in the brain.

# NeuroVizr™ Mobile App Specifics

Please note that the slider bar in NeuroVizr™ is a crucial component, as it controls the general intensity of the Light LEDs. The default setting is 3, which is a basic reference for a comfortable general Light intensity. However, it's important to keep in mind that the momentary light intensities will vary depending on the composition.



When choosing the intensity setting, it's essential to consider the ambient light in the environment as well. We recommend experimenting with different settings to find what works best for you. By doing so, you'll be able to customize your experience and get the most out of NeuroVizr™.

# NeuroVizr™ Mobile App Specifics

Before attempting to play a composition, make sure the “music download” function has completely finished – watch the circle icon complete itself.

Once the download is complete, the Play Button will become available, and you can start your session and enjoy the experience.

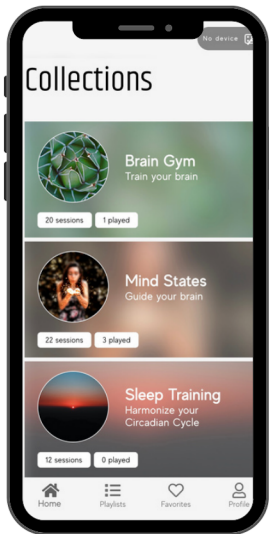
# NeuroVizr™ Mobile App Specifics

## **Guided Breathing Technique**

For each NeuroVizr™ session, you can choose a Guided Breathing Technique before and after your Light and Sound experience for 5 or 10 minutes. Adding Guided Breathing can significantly enhance the session's effects and benefits by promoting neurological and psychological integration of the signaling.

To get the most out of the Guided Breathing, follow the ascending tones with inhalation and the descending tones with exhalation. If the tones stay at a constant pitch, gently inhale and exhale through your nose from your belly/diaphragm. This helps achieve deeper relaxation and fully experience NeuroVizr™'s benefits.

# NeuroVizr™ Mobile App Specifics



Please visit our home page for more information on how to operate the App.

You can also see videos where Garnet takes you through the principles and specifics of our technology.

Enjoy your NeuroVizr™.

[neurovizr.com/how-to-use](https://neurovizr.com/how-to-use)

# Manufacturer's Contact Details

Brain Prime Technology Pte  
1 North Bridge Road #06-17  
High Street Center  
Singapore ( 179094 )  
brainprime.tech

**Web:** [www.neurovizr.com](http://www.neurovizr.com)

**Email:** [customer@neurovizr.com](mailto:customer@neurovizr.com)

Contact Brain Prime Technology if you need any assistance setting up or maintaining your NeuroVizr™.

For online support, please go to [neurovizr.com](http://neurovizr.com)

NeuroVizr™ is a registered and/or pending trademark of Brain Prime Technology Pte.

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# Standards we comply with:

EN 62368-1:2014+A11:2017  
EN 50663:2017; EN 62479: 2010  
EN 301 489-1 V2.2.3 (2019-11 )  
EN 55014-1: 2017+A11: 2020  
EN 55014-2: 2015  
EN 301 489-17 V3.2.4 (2020-09)  
EN 300 328 V2.2.2 (2019-07)  
EN 55032: 2015 (Class B) (PASS)  
IEC 61000-3-2: 2019 (Class A)  
EN 61000-3-3:2013+A1:2019  
EN 61000-4-2:2009 (B) (PASS)  
EN 61000-4-3:2006+A1:2008+A2:2010  
EN 61000-4-4:2012  
EN 61000-4-5:2014+A1:2017  
EN 61000-4-6:2014  
EN 61000-4-11:2014+A1:2017  
EN 50663: 2017; EN 62479: 2010  
EN 62471:2008  
EN 60335-1:2012+A11:2014+A13:2017  
EN 62233:2008

FCC Part 15 Subpart C, Section 15.247

**neuroVIZR™**

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