



# QUICK START GUIDE ALPHA-STIM® AID

for treating anxiety and insomnia



For how-to videos and an Alpha-Stim Health Tracker App™, scan with your phone

## BEFORE YOU START

- Clean ear lobes with mild soap and water, alcohol pads or antibacterial wipes and allow skin to dry



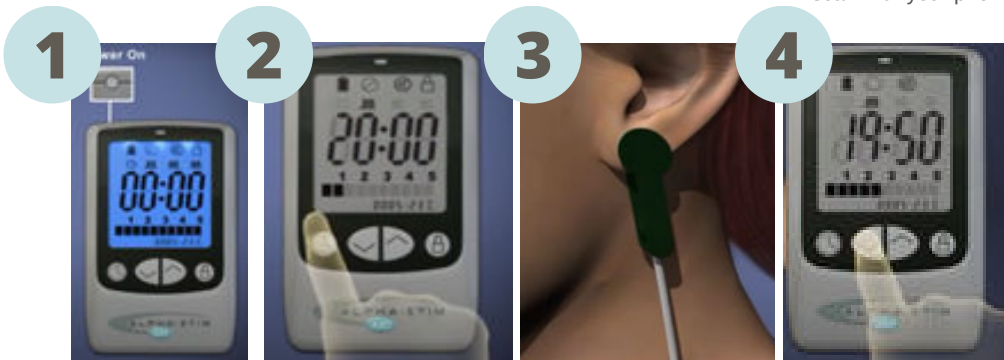
- Saturate new Earclip Electrode Pads (EEPs™) thoroughly with several drops of Alpha-Stim Conducting Solution

## ALWAYS COMPLETE YOUR TREATMENT

- When the timed session ends, and a “heavy” feeling is still experienced, resume treatment until heaviness lifts and a light feeling develops

## AFTER TREATMENT

- Remove and discard earclip pads
- Clean earclips with alcohol, let dry, and replace 4 earclip pads for the next treatment



1. Power on device

2. Set timer to 20 minutes if the current is at 2.5 or higher or 1 hour if the current is at 2 or lower

3. Apply one Earclip to each earlobe (pre-wet with conducting solution)

4. Increase current until a slight dizzy feeling is experienced, then decrease immediately until the dizziness stops

For free clinical support, call 1-800-367-7246