



ALPHA-STIM® AID

QUICK START GUIDE

for treating anxiety and insomnia



To watch instructional videos, scan with your phone

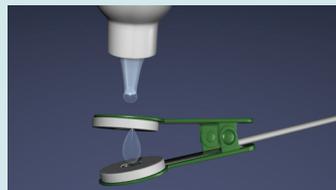
HOW TO USE EARCLIPS

for treating insomnia and anxiety



BEFORE YOU START

- Clean ear lobes with mild soap and water, alcohol pads or antibacterial wipes and allow skin to dry.
- Saturate new Earclips Electrode Pads (EEPST[™]) thoroughly with several drops of Alpha-Stim[®] Conducting Solution.



1



2



3



4



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 saturated Earclip to each earlobe (pre-wet with several drops of Alpha-Stim® Conducting Solution).
4. Increase current until a slight dizzy feeling is experienced, then decrease immediately until the dizziness stops.

AFTER TREATMENT

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

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.

For help with how to use your Alpha-Stim, call 1-800-367-7246



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