

NeurOptimal®

Rental Guide



www.lifebraintraining.com.au

Contact: Carlie Byrom

info@lifebraintraining.com.au

Phone: 0404 091 510

Congratulations on choosing to rent a NeurOptimal® system and Thank you for choosing us to support you on this journey.

This rental guide will give you an overview of what to expect and answer some frequently asked questions.

And of course if you have any questions, please email us on info@lifebraintraining.com.au or call on 0404 091 510

NeurOptimal® – A Starting Point:

If you have found us and are renting a system it's likely that you have experienced NeurOptimal® before and you already know all about it but if you don't here are some key things to remember:

1. NeurOptimal® does not put anything into your brain or take anything out, it is 100% non-invasive. The sensors are measuring your brain activity and showing your brain information about itself, in turn supporting it to come back to the present moment. Much like when you are driving along the road and you veer out of your lane, the rumble strips remind you to correct your driving, the little interruptions you will hear in the music playing will give your brain the opportunity to correct itself.
2. NeurOptimal® works in background while you work, sleep, read, look at your phone, or simply relax. This is because the system works with your subconscious and therefore there is nothing you can do to make it not work (so long as you are hooked up to it)
3. NeurOptimal® is not a medical device and therefore it not used as a treatment but rather a training tool to support your brain and central nervous system to perform at its optimal potential. As a result no diagnosis is required and it is safe for everyone to use.
Just like training your body at the gym, NeurOptimal® trains your brain. Over the course of the training, using the tracking tools provided, you will start to notice the shifts that are taking place (and we are of course here to support you along the way as well)

What does a session look like?

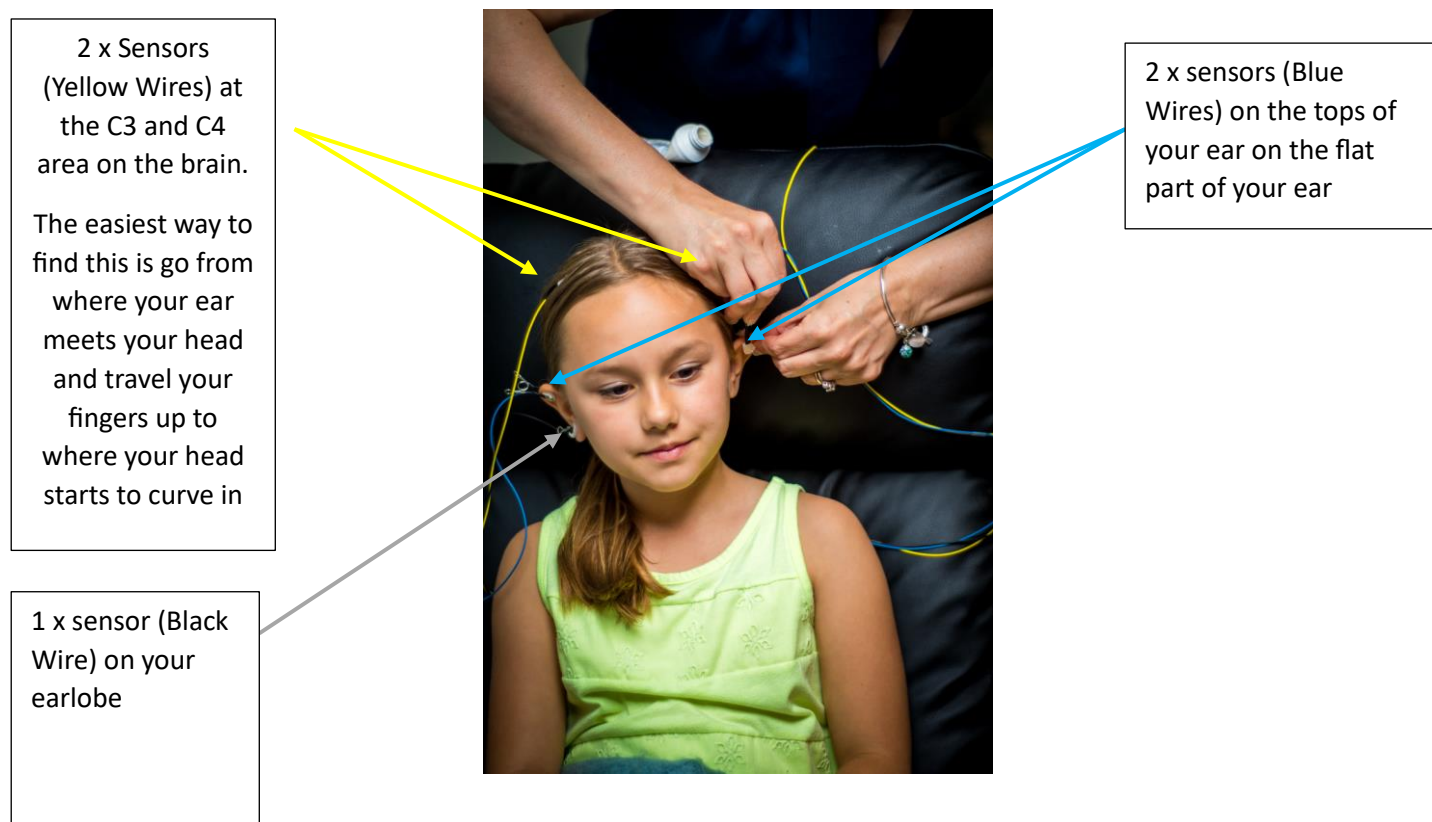
A NeurOptimal® session runs for 33 minutes.

Sensors are placed on your ears and head and they are plugged into the zAmp which feeds the information into the system and your training begins.

You will hear slight blips or interruptions in the music, this is all part of the training, as NeurOptimal® dances with your brain and Central Nervous System training with it, supporting it to become more flexible and resilient.

Placement of Sensors

There are 5 sensors in total. The zAmp is labelled so you will see which wires need to go where and on what side of your head. A handy tip is the more paste you use the easier it is to get off and better conductivity you will have.



Sensor Placement can be intimidating but it shouldn't be. We say "close enough is good enough" and this is true. If a sensor falls off during the training, it's not a problem, just stick it back on.

Feel like you need to watch someone do it? Follow this link to a video demonstrating a self hook-up:

<https://www.youtube.com/watch?v=i7AzqO7ZC8I&t=14s>

Equipment Checklist



Tablet that runs
NeurOptimal®

Ten20 Paste for
use with sensors

zAmp – connects
the sensors to the
tablet

Sensors

We will also provide the following equipment as part of your rental:

1 x charger for the tablet

Another set of sensors (so you will have 2 sets in total)

1 x USB cable that connects the zAmp to the tablet

2 x USBC adaptors one for the cable connect the zAmp to the tablet and another one incase you would like to use headphones with the system.

1 x headphone extension cord

Please note: we recommend that the system be used with headphones, however as headphones are such a personal item, these will not be supplied as part of the rental. If you choose to use headphones you will need to use our adaptors provided.

So you have the system now what?

1. System Set up:

Take the tablet out of the box and turn it on and connect it to your home Wi-Fi

You will notice little coloured stickers – these have been placed for you to follow where the cables get plugged in. Just match up the colours with each other and the system will be plugged in for you.

2. To open NeurOptimal® – double click on the NeurOptimal® icon which is at the bottom of the screen.

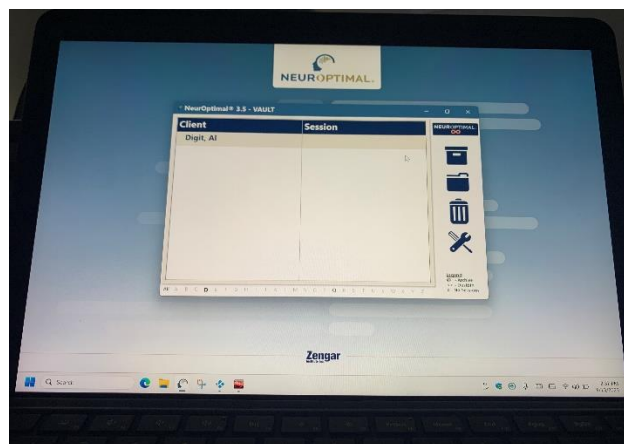


NeurOptimal® Logo is the head shaped logo here

The system can take some time to launch while it checks for updates, so you can place the sensors while you wait.

3. Apply the sensors: Follow the guide to apply the sensors as outlined on page 3. Don't worry about if the sensors are in the perfect position, as the session will still run perfectly if you have the sensors in the vicinity of where they need to be.

4. You should see a screen similar to below. You will see the name AAA Renter (Instead of AI Digit). DOUBLE CLICK (OR TAP) on AAA Renter and the session will start.



Note: Do not press the Play button, as this will just play the music, it won't start the session. You will know the session is starting as the zAmp will "click" on but also the screen will tell you that it's starting your session.

5. Sit back and relax, knit, read a book, do whatever you like and enjoy.

6. The Session is over. Now What?

At the conclusion of the session the music will stop and the zAmp will click off

Take the USB out of the zAMP, this will give you freedom to move around if you need to.

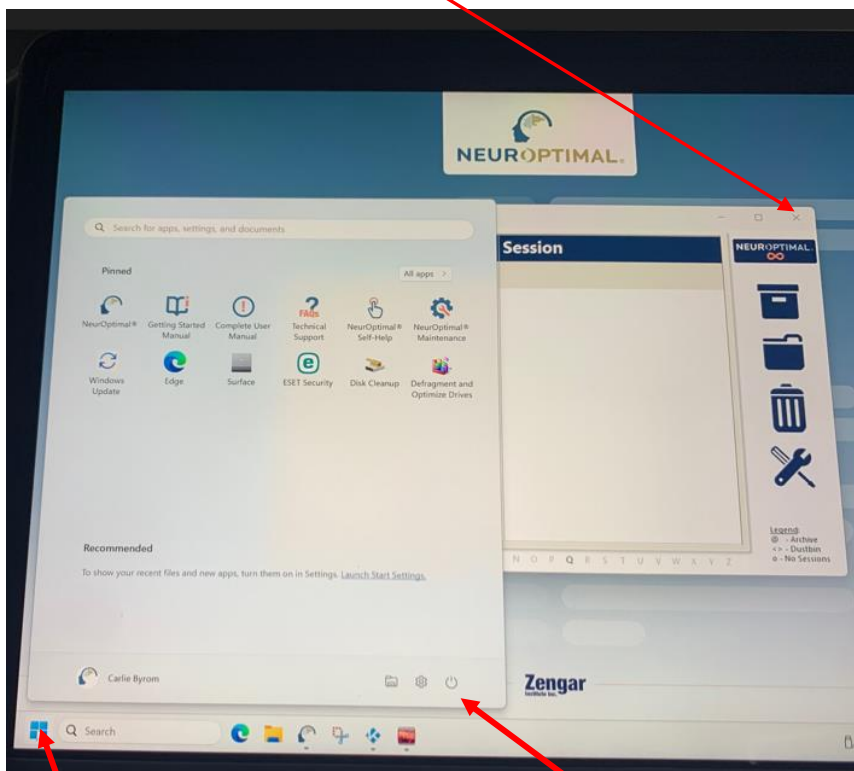
Remove the sensors and wipe them with a baby wipe or tissue. It's best to remove the paste from your head with the addition of warm water and a baby wipe/tissue (the paste dissolves well with the warm water)

Take the zAmp off and place in a secure place for your next session.

7. Close the program : At the end of each session please close the program and shut down the tablet.

Please note – To it is important to shut the tablet down after each use.

Step 1 : To Close the Program. Click the X at the top of the NeurOptimal® Session screen (Also known as The Vault)



To Shutdown the Tablet

Step 2: To do this first choose the windows button shown here

Step 3: Select the power button and choose the shutdown option

How do I know if it's doing anything?

There are 4 tools that we will provide you with to help you track your progress and this is how you will know that the system is making changes in your life. These tools will be emailed to you in your rental correspondence.

We encourage you to take some time before the training to fill these out.

GOALS

Set some time aside before you start and set yourself some goals that you would like to achieve in training with NeuroOptimal®

Some examples could be: Manage stressful situations better, improved attention and focus, more confidence



SETTING YOUR GOALS

FILL THIS OUT BEFORE YOU START YOUR TRAINING WITH NEUROPTIMAL®

I will know NeuroOptimal® is working if...

1.
2.
3.

Put this in an envelope with your Checklist of Concerns and don't look at it until after you have filled in your next set of forms!

www.neurooptimal.com

THE ONE HUNDRED

The One Hundred list is a list of one hundred things that you can tick which will help you track your brain's perception after training with NeurOptimal®. When using this checklist, think about the last week and use this as your guide, it's also fine to add any other comments that you need. These are YOUR training tools.

Note: *NeurOptimal® is not a medical device and therefore cannot diagnose or treat any disorder or abnormal physical state – this checklist is for reference and tracking purposes only.*

TRACKING YOUR SHIFTS: THE ONE HUNDRED

NAME:

DATE:

PRE/ONGOING/POST:

Please check off any item that represents how you are feeling so you can track brain perception following your use of NeuroOptimal[®]. If you are unsure, use the past week as your guide. It's fine to add comments if you wish. Please note that NeuroOptimal[®] does not diagnose, treat, mitigate or cure any disease, disorder or abnormal physical state. This checklist is provided for tracking and reference purposes only. If you require a diagnosis or treatment for any of the below feelings, you should seek medical advice.

- | | | |
|--|---|--|
| 1. Itchy or irritated nose, sneezing | 37. Difficulty going to the bathroom | 70. Difficult to complete studies or work |
| 2. Wheezing | 38. Eat when not hungry, or not feeling hungry | 71. Get into trouble at school or work |
| 3. Catch cold too often | 39. Trouble eating sweets | 72. Mix up numbers or letters sometimes |
| 4. Run down | 40. Urges to eat sweet things | 73. Difficult to know how things fit together |
| 5. Tired | 41. Sensitive to heat or cold | 74. Difficulty with some subjects |
| 6. Awake too long when you go to bed | 42. Slowed down or speeded up | 75. Need to go to the bathroom but hard to start |
| 7. Waking up during the night | 43. Moody at certain times of the month | 76. Lose your urine sometimes |
| 8. Waking up before you want to | 44. Hot flashes | 77. Difficult to control going to the toilet |
| 9. Difficult to wake up in the morning | 45. Problems from being of a "certain age" | 78. Stinging sensations when going to the bathroom |
| 10. Bad dreams | 46. Not interested in your partner | 79. Drink too much sometimes |
| 11. Difficulty breathing at night | 47. Too interested in your partner or other people? | 80. Smoke cigarettes |
| 12. Out of bed but not knowing how you got there | 48. Stiff and sore | 81. Concerns about eating |
| 13. Skin difficult to manage | 49. Areas that really hurt when touched | 82. Need caffeine to get going |
| 14. Hair weaker or less lustrous than you'd like | 50. Muscles hurt | 83. Enjoy marijuana |
| 15. Nails weak, flaking or tearing | 51. Fatigued | 84. Habits that concern you |
| 16. Blurry vision at times | 52. Pains in your head | 85. Moody |
| 17. Areas where you can't see anything | 53. Going to pass out | 86. Feeling low or flat |
| 18. Spots floating in front of you | 54. Lose consciousness | 87. Feel sad |
| 19. Difficult to hear | 55. Difficult to remember things | 88. Concerned about things |
| 20. Ringing in your ears | 56. Difficult to find your words | 89. Feel terrified sometimes |
| 21. Ears hurt inside | 57. Difficulty reading | 90. Mutt about things |
| 22. Smells seem different or lost | 58. Difficult to speak sometimes? | 91. Thoughts you'd like to stop but can't |
| 23. Nose gets blocked | 59. Shaky | 92. Need to do things over and over |
| 24. Grinding your teeth | 60. Weak | 93. Eat more food than you can comfortably eat |
| 25. Things taste different | 61. Too active | 94. Careful to never eat too much |
| 26. Voice hoarse or sore | 62. Can't balance on one leg | 95. Make yourself throw up |
| 27. Can't get enough air | 63. Moving your head or saying words you don't intend | 96. Difficult to do things you'd like to do |
| 28. Heart too fast or jumpy | 64. Difficulty paying attention | 97. Others are against you |
| 29. Pulsing or throbbing in your head | 65. Easily distracted | 98. Get into trouble for your behavior |
| 30. Heart skips a beat | 66. Make a lot of mistakes | 99. Feeling angry |
| 31. World spinning around you | 67. Disorganized | 100. Overwhelmed |
| 32. Might throw up | 68. Difficult to complete tasks | |
| 33. Tummy hurts | 69. Lose your train of thought | |
| 34. Gassy, bloated | | |
| 35. Sensitive digestion | | |
| 36. Upset stomach | | |

Note: Any concerns mentioned are intended as examples only and not meant to suggest that NeuroOptimal[®] treats, mitigates, cures, or diagnoses any listed concern. Instead, identified concerns and medication use are one of many ways to measure shifts in brain functioning and perception. NOT FOR USE IN CANADA.

www.neurooptimal.com

TRACKING YOUR SHIFTS

This form lets you rate the duration, intensity and frequency of any concerns you have had and will allow you to notice any changes (or shifts) that have occurred.

For example: if you felt you were anxious, you would list Anxiety in column 1, then identify how long it lasts and write this under Duration. Under intensity, you would give it a rating from 1-10 and then note under frequency how often it occurs.

It is best to use this tool at the start of the training and then revisit it every 5 – 10 sessions so you can check in to see what is shifting.

TRACKING YOUR SHIFTS

Fill this out before you start training and then every fifteen sessions.

NAME: _____ DATE: _____

SESSION # _____ MY QUALITY OF LIFE ON A SCALE OF 0-10 IS: _____

ITEM Pick the items that you would most like to see shift	DURATION How long did it last? Do not count when you were sleeping	INTENSITY How strong was it 0-10	FREQUENCY How many times did you feel this way in the past week, or how many days out of 7?
1.			
2.			
3.			
4.			
5.			


Note: Please note that NeuroOptimal[®] does not diagnose, treat, mitigate, prevent or cure any disease, disorder or abnormal physical state, nor does it restore, modify or correct the body's structure or functioning. Information provided is for reference and tracking purposes. NOT FOR USE IN CANADA

www.neurooptimal.com

PRE AND POST BASELINE

There are 2 types of forms for this (one for Adults and one for Children). These are to be used as a way to check in and see how you are feeling right before and then again, right after the session.

It can be handy to make notes of any differences you have noticed since your last session and keep these to look back on.



PRE-SESSION EVALUATION	
NAME:	DATE:

- 1 How do you feel today?
- 2 What symptoms do you have? please rate them 0-10: (e.g. head stuffy, headache, feeling down etc).
- 3 What medications are you taking?
- 4 How "good" do you feel overall 0-10?
- 5 Have you noticed any effects since your last visit that you think might be related to your shifts?



PRE-SESSION EVALUATION	
NAME:	DATE:

- 1 How do you feel today?








 VERY HAPPY HAPPY SAD VERY SAD ANGRY DON'T KNOW
- 2 Did you fall asleep fast last night?
Did you stay asleep?
- 3 Did you wake up feeling happy?



POST-SESSION EVALUATION	
-------------------------	--

- 1 How do you feel at the end of your session?
- 2 Are any of your symptoms remaining? Please rate them 0-10:
- 3 How "good" do you feel now 0-10?
- 4 In what way do you feel your training is helping you?
- 5 Comments?

www.neuroptimal.com



Adult Pre Session Evaluation Form



POST-SESSION EVALUATION	
-------------------------	--

- 1 How do you feel after your session?








 VERY HAPPY HAPPY SAD VERY SAD ANGRY DON'T KNOW
- 2 Did you enjoy your session?
- 3 When would it feel good to come back for another session?

www.neuroptimal.com



Childrens version

Frequently Asked Questions?

What can I expect after my first session?

Do not expect anything, the training is individual to you and as a result will be different for you than it is for someone else.

If you are expecting something to happen, this can decrease your ability to see that something maybe shifting in another area.

Keep an open mind and be surprised as you embark on this journey.

How often do I need to do a session?

Rely on how you are feeling.

You know yourself better than anyone. Once a week is what most people do when they are doing out of home rental.

But those renting the system have the luxury of training every day if they want to.

More does not necessarily mean better, but rather regular training is what will assist your brain to be more resilient and flexible in the chaos of life. Remember this is a training program, not a treatment so just using the system is the important step that will lead to change.

Is there an age limit or groups of people that shouldn't use NeurOptimal®?

No. We have had people using NeurOptimal® while pregnant, children have used it, babies, teens, elderly. Some people have even used it on their animals

Because NeurOptimal® is a training system it is irrelevant the person's age, gender, diagnosis or symptoms

The software is working with you and all results are individual to you.

Does NeurOptimal® cause side effects?

Side effects occur when something been introduced and as a result change has been made. An example of this would be taking medication for the first time and you notice a side effect.

NeurOptimal® does not add anything to your body or force any changes. All shifts that occur are a result of your brain and central nervous system choosing what to do based on the information that the system gives it.

As our body notices and responds to these shifts take note of what you are feeling in the tracking tools and we suggest that you keep training as the system leads you on a journey towards a calmer, more flexible self.

If you have any further questions, please do not hesitate to contact Carlie via email at: info@lifebraintraining.com.au or on 0404 091 510

Do I need to be watching the screen for it to work?

No, you can read, play games (without audio), sleep, knit. You can even work. NeurOptimal® works by using blips in the audio running through the system, so as long as you can hear the audio running through the program, it is working.

Returning the System

Your rental has come to an end and it's now time to return the system.

Please follow the below instructions to ensure that the returning process runs smoothly:

1. You will find in the case a prepaid envelope that is marked with Life Brain Training's address
2. Open up your tablet and take a photo of the NeurOptimal screen.
3. Take a photo of all of the equipment that was in the carry case provided, including any left over paste and then pack it securely inside the cas.
4. Securely place the tablet on top of the equipment and take another photo. Note: the lid of the case should close snugly.
5. Place the carry case in the prepaid envelope.
6. Go to your local Australia Post Office and hand them the case at the counter and ask for a lodgement receipt. Please take a photo of the lodgement receipt
7. Text all the photos to Carlie on 0404 091 510

Loved Renting Your NeurOptimal® system?

Did you love renting your NeurOptimal® system and not sure what to do now? Contact us to talk about renting the system again, or even purchasing your own system.

Do you feel like you need a one-off session as a top up – give us a call and we can arrange an appointment if you are in Sydney or connect you with a local NeurOptimal® trainer if you are interstate.

Do you know other people who would benefit from training with NeurOptimal®? Give them our details and we would be happy to assist them on their own personal journey to transformation.

Website: www.lifebraintraining.com.au

Email: info@lifebraintraining.com.au

Phone: 0404 091 510

We hope that you enjoy using NeurOptimal® as much as we have and we would love to hear about your journey. If you would like to share it, please email us on: info@lifebraintraining.com.au