

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

USER GUIDE FOR PRE-SET STAND-ALONE THERAPY

PROGRAM : AUT-ME

BELLABEE SET-UP INSTRUCTIONS:

1. Download the Bellabee apps from Google Play or the Apple store.
2. Connect the Bellabee headband to your mobile device earphone jack.
3. Turn the mobile device volume setting to maximum.
4. Put the Bellabee band around your head as instructed.
5. Run the desired app program on the mobile device.

RELATED INFORMATION:

- This setting is supportive for Autism Spectrum Disorder.

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

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DATA INPUT	Aut-Me										
Reason for Use											
Baseline symptom rating	1	2	3	4	5	6	7	8	9	10	(1 = mild; 10 = severe)
Initial response seen	after _____ sessions										
Improvement/end result	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
PROGRAM	PRE-SET/ STANDALONE										
Pre-set protocol	4 Hz (60 min)										
Brainwave disturbance in	Theta										
Brainwave abnormality seen	Decreased Theta										
Brainwave change required	Normalization of Theta										
Dominant frequency (DBF)	4 Hz										
SUGGESTED GUIDELINES	Average					(Range)					
Duration of each session	60 min					(40-80 min)					
Sessions per week	6					(2-14)					
Initial response after	20-30 sessions					(2-60)					
Total sessions required	30-50					(20-Unlimited)					

[Further Information](#)
[About Brainwaves](#)
[For Therapy Providers/ Combination Therapy](#)

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