

Full Name \_\_\_\_\_ Age/ Sex \_\_\_\_\_ M / F \_\_\_\_\_ Record # \_\_\_\_\_

**USER GUIDE FOR PRE-SET STAND-ALONE THERAPY**

**PROGRAM : MEDITATION**

**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:**

- (Approximately 200-500 million people practice some form of meditation.
- There are different ways to reach a meditative state.
- The practice appears to have an amazing variety of mind, body and soul benefits.
- Research has proven that Meditation helps relieve anxiety and depression, and improve attention, concentration, and overall psychological well-being.
- Science-Based Benefits of Meditation:
  - ✓ Reduces Stress
  - ✓ Controls Anxiety
  - ✓ Promotes Emotional Health
  - ✓ Enhances Self-Awareness
  - ✓ Lengthens Attention Span
  - ✓ May Reduce Age-Related Memory Loss
  - ✓ Enhances Compassion and Kindness for Others and Ourselves
  - ✓ May Help Fight Addictions
  - ✓ Improves Sleep
  - ✓ Helps Control Pain
  - ✓ Can Decrease Blood Pressure

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	MEDITATION										
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	8 Hz (5 min), 6 Hz (5 min), 4 Hz (50 min)										
Brainwave disturbance in	Mainly Theta band										
Brainwave abnormality seen	Decreased Theta frequencies										
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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**RECORD SHEET**

Session No.	Date mm/dd/yy	Week No.	Duration Min.	Symptom Decrease	Progress %	Remarks

(Print more sheets to cover additional sessions)

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