

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

USER GUIDE FOR PRE-SET STAND-ALONE THERAPY

PROGRAM : IMPROVE SLEEP

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 your mobile device.

RELATED INFORMATION:

- Sleep is a vital indicator of overall health and well-being.
- Sleep helps restore the immune, nervous, skeletal, and muscular systems. These are vital processes that maintain mood, memory, and cognitive function, and play a large role in the function of the endocrine and immune systems.
- Sleep occurs in repeating cycles, in which the body alternates between two distinct modes: REM (rapid eye movement) sleep and non-REM sleep. It is important for the body to complete the entire cycle otherwise sleep deficiency will occur.
- Sleep is extremely important to maintaining a healthy lifestyle and mindset, which is why we spend up to one-third of our lives asleep.
- As we move to deeper sleep, our brainwaves decrease in frequencies. Bellabee's sleep mode helps the user's brain switch to the lower frequencies to improve sleep.
- A well-known feature of sleep is dream, an experience typically recounted in narrative form.
- Most of us know that getting a good night's sleep is important, but too few of us actually make those eight or so hours a priority.
- General symptoms of sleep disorders include:
 1. Difficulty falling or staying asleep
 2. Daytime fatigue
 3. Strong urge to take naps during the day
 4. Irritability or anxiety
 5. Lack of concentration
 6. Depression
- Sleep Debt: a term used to describe cumulative sleep loss resulting from ongoing sleep deprivation. A large sleep debt may lead to mental or physical fatigue.
- Insomnia is the most common sleep disorder.
- 50% of adults experience occasional symptoms of insomnia.
- 20% of males experience insomnia while 27% of females experience insomnia.

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	IMPROVE SLEEP										
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	5Hz x 5 min, 3.5Hz x 5 min, 2Hz x 50 min										
Brainwave disturbance in	Theta and Delta										
Brainwave abnormality seen	Decreased Theta and Delta										
Brainwave change required	Normalization of Theta and Delta										
Dominant frequency (DBF)	2 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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