

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

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

**PROGRAM : ANTI-STRESS**

**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:**

- Stress and related problems are on the rise due to our lifestyle choices and other causes.
- Stress is the feeling of emotional or physical pressure. It can come from any incident or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.
- In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.
- Stress is unhealthy when it becomes severe and prolonged.
- Over 70% of people experience physical or psychological symptoms of stress.
- 33% of people feel they are living with extreme stress.
- The World Health Organization says stress has become a 'Worldwide Epidemic'.
- Prolonged stress has short and long-term effects.

Short Term Effects:

- ✓ Headache
- ✓ Fatigue
- ✓ Difficulty sleeping
- ✓ Difficulty concentrating
- ✓ Upset stomach
- ✓ Irritability

Long Term Effects:

- ✓ Depression
- ✓ High blood pressure (hypertension)
- ✓ Abnormal heartbeat (arrhythmia)
- ✓ Hardening of the arteries (atherosclerosis)
- ✓ Heart disease
- ✓ Heart attack
- ✓ Heartburn, ulcers, irritable bowel syndrome
- ✓ Upset stomach - cramps, constipation, and diarrhea
- ✓ Weight gain or loss
- ✓ Changes in sex drive
- ✓ Fertility problems
- ✓ Flare-ups of asthma or arthritis
- ✓ Skin problems such as acne, eczema, and psoriasis

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	ANTI-STRESS	
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	10 Hz (5min), 8 Hz (5 min), 6 Hz x (50 min)	
Brainwave disturbance in	Alpha, (High) -Theta	
Brainwave abnormality seen	Decreased Alpha and (High)-Theta, Increased (Low)-Theta and Beta	
Brainwave change required	Normalization of Alpha and (High) -Theta	
Dominant frequency (DBF)	6 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

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

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(Print more sheets to cover additional sessions)

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