

Sessions

Each button has 2 session options. The light will glow solid for Option 1 and blink for Option 2.

Energize Energizer (20 min) Super Energizer (18 min)

These sessions are a great way to get going in the morning. Use them as a caffeine-free burst of energy. Try Super Energizer for more energizing results.

Meditate Brain Break (20 min) Deep Meditation (40 min)

The Meditate sessions are a great way to calm down, relax, and re-focus. Brain Break can be used any time for a quick recharge while Deep Meditation is better for unwinding and de-stressing.

Brain Booster Smarter Mind (24 min) Clearer Mind (25 min)

These sessions are used to improve concentration and memory. Clearer Mind is more effective for scattered minds and those with ADD/ADHD.

Sleep Paradise (45 min) Serenity (40 min)

These sessions help guide you from restless wakefulness into sleep. Paradise is for those with busy minds and **tense bodies**. Serenity is most effective for busy minds and **relaxed bodies**. Start with Paradise first and move to Serenity as needed.

Feeling Better Mood Booster (30 min) Meditation with Mood Booster (42 min)

These sessions settle down negative thoughts while boosting happiness. They are best used in the morning, but may be used at any time. Meditation with Mood Booster has a relaxing introduction to calm generalized anxiety.



WARNING

Do **NOT** use the SMART if you have a history of epilepsy, photic epilepsy or any seizure disorder. Refer to your Operator's Manual for more information on Warnings and Precautions.

Clinical research shows that Audio-Visual Entrainment is effective in reducing cognitive decline, ADD, SAD, depressed mood, insomnia and anxiety.



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Start boosting your study time and reducing your stress with the DAVID SMART today!

Quick Start

Find a comfortable spot

Sessions are an average of 30 minutes. Find somewhere you won't be disturbed. Dark, quiet places are better.

Stay hydrated

Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy the first 6-8 times you use the SMART.

Connect power

Insert the 9V battery according to the diagram inside the battery compartment. Or connect the 9V adapter to the 9V jack.

Plug in the eyeset

Connect one end of the eyeset cable to the jack on the left side of the glasses, the other to the eyeset jack on the unit.

Plug in the headphones

Connect the headphone plug to the headphones jack on the unit. Ensure "L" side on left and "R" side on right.

Turn on the SMART

Push and hold the power button until the power light comes on.

Select a session

Press a session button to start that session. Press it again to select the alternate session. See the Session list for details.

Relax and enjoy

The session will begin in 5 seconds. Put on the headphones and eyeset. Close your eyes and relax.

Controls

Volume

Press or hold VOL ▲ or ▼ to adjust the volume level.

Light Intensity

Press or hold INT ▲ or ▼ to adjust the eyeset intensity level.

Tones

Press the cycle button to cycle the tone selection. Tones cycle from Pulse to Binaural Beats to Monaural Beats to Off. All sessions start with Pulse tones.

Heartbeat

Press and hold the cycle button to turn the heartbeat sound on or off. All sessions start with the heartbeat on.

HRV and Breathing

All sessions have a heartbeat soundtrack to help you learn how to breathe deeply and calmly.

To breathe with the session, breathe in for 2 of the heartbeat sounds and breathe out for 2 of the heartbeat sounds.

Power

At the end of a session, the lights and sounds of the session will slowly fade out (Soft Off™) and the unit will turn off.

To end the session early, press and release the power button. The session will fade out and the unit will turn off.

To turn off the SMART immediately, press and hold the power button for 3 seconds.

More Information

Please refer to the SMART Operator's Manual and the DAVID AVE User Guide for more information:
<http://mindalive.com/index.cfm/store/manuals/>

Your First Sessions

Start by preparing your space and yourself. Drink a glass of water before starting and visit the washroom. Make the area around you comfortable: have a place to lie down or recline, arrange cushions or pillows as needed, dim lights, shut out distracting noises as much as possible.

Follow the Quick Start directions and select one of the Meditate sessions. Close your eyes and breathe slowly. You may find that the session puts you to sleep. When the session finishes, rise slowly and allow yourself time to wake up fully.

Continue to use the Meditate sessions for the first few days as you get used to the SMART. Adjust the intensity and volume settings until you find ones that are comfortable for you.

When you are ready to try other sessions, read the DAVID User Guide and fill out the Personal Profile Questionnaire to help evaluate which sessions are most targeted to your life situation.

Battery & Adapter

The SMART monitors the battery level and displays it on the graph when you first turn the unit on and periodically during the session.

If the battery level is blinking 2 bars, we recommend you replace your battery before you run a session.

If the battery level is a blinking 1 bar, the battery **must** be replaced immediately.

The SMART can also be powered by a 9V adapter. Plug the adapter into the 9V jack.