

PHOTOSONIX



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# Light and Sound Relaxation

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## Information booklet

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# PHOTOSONIX

## Light and Sound Relaxation Machines

by Jeff Labno and Snež'ana Zdravkova

**About the authors of this book**

**Jeff Labno** has been in the Light & Sound Industry since 1980, when he founded Altered States MindGym. Currently, he is a product specialist at Tools For Wellness.

**Snez'ana Zdravkova** is one of the principal designers of PHOTOSONIX products and written materials.

**More information**

More information about the Light and Sound industry, PHOTOSONIX products and support is available by visiting our web site information center:

[www.photosonix.com](http://www.photosonix.com)

For answers to your questions, help with choosing or purchasing a model please contact our sales and customer service representatives.

**Telephone**

1-800-258-2566 (in the USA)

1-562-981-8000 (International)

**e-mail:**

[info@photosonix.com](mailto:info@photosonix.com)

[www.photosonix.com](http://www.photosonix.com)

**Warranty and Customer Service**

Make sure that you fill-out, and send in your warranty card when you purchase your unit. You can save on postage and register your warranty on our web site: [www.photosonix.com](http://www.photosonix.com)

Systems come with a one year warranty (parts and labor) to the original purchaser.

Your Owners Manual contains full details on how to use your system. If you need help using your unit, contact your dealer.

In addition, our website is a complete customer service resource designed to help you 7 days a week, 24 hours a day. It contains FAQs (frequently asked questions), how to obtain copies of manuals (in case you lose yours), stat sheets (and a comparison chart) on all of our products, details on how to download additional programs, a list of accessories, pricing, shipping, and more.

For service and repair, contact:

[repairs@photosonix.com](mailto:repairs@photosonix.com)

1-800-258-2566 (United States)

1-562-981-8800 (International)

[www.photosonix.com](http://www.photosonix.com)

### Downloading additional sessions

Additional sessions can be downloaded from our web site [www.photosonix.com](http://www.photosonix.com) into PHOTOSONIX models that offer the downloading feature. A custom made computer cord is supplied with these models. Also, a USB port serial adapter (for computers that have no serial port), is available from [www.keyspan.com](http://www.keyspan.com), Keyspan part # **USA-19QW**.

**To download sessions:** first, you will need to download our L/S Librarian software. It is available free from our web site [www.photosonix.com](http://www.photosonix.com). Specific downloading instructions are in the Librarian help section.

### Creating new sessions

Some of our customers, after using their built in sessions will opt to design custom made ones and download those into their unit. This allows them to incorporate the parts of existing sessions they like, change what they don't or design a completely new session.

In order to design sessions, you will need to purchase our L/S Designer software. Make sure you tell us which model machine you own when purchasing to get the correct and most recent revision software.

For more information on downloading or creating new sessions please see the **[download](#)** link on our web site.

## About PHOTOSONIX

Thank you for your interest in Light and Sound Relaxation and our products. If you are looking to purchase a relaxation machine we hope this booklet helps you understand the features, the benefits and the possibilities.

If you have purchased a PHOTOSONIX light and sound system, thank you. We hope that you will enjoy your system for many years to come.

We first began manufacturing electronic equipment in 1981. In 1989, we applied our expertise in microprocessor-embedded technology to manufacturing light and sound systems (also known as AVS "audio visual stimulation" devices). We feel that we have developed the most diverse, and complete line of light and sound relaxation systems. We offer systems for home users who like to keep it simple, for home users who like all the features, for professionals such as therapists, for researchers and for commercial usage.

Our line of relaxation products incorporate many industry firsts, such as: choice of light color for glasses, PVStim glasses for use with eyes open, hemiStim glasses for hemispheric specialization, midiStim for use with brainwave biofeedback, bi-color glasses (using two different colors), downloading sessions from the Internet, units with custom programs for healthcare professionals, dual binaural beats and dual monaural beats, multi-user systems, integrating breath pacing with light and sound, sine wave light technology, and Light Weave™ light technology.

## What Are Light and Sound Systems?

Light and sound systems are electronic devices that enable the user to see a light that pulses, while hearing a sound that pulses at the same frequency as the light.

You wear light glasses and headphones that are connected to the light and sound machine, which has internal programs that generate the light and sound pulses.

Lights are mounted on the inside of glasses for stimulation. Be sure to keep your eyes closed when doing a session, but it is not dangerous should you open your eyes. It is however, more effective to keep the eyes closed and keep outside distractions away. You hear pulsed sound (that we produce) via the headphones.

You can also add your choice of music or a stimulation tape to the sound we produce, for more effective results, or, for a more enjoyable experience. All PHOTOSONIX models come with a stereo patch cord for this.

Strobe light and sound affect your state of mind (brainwave state), because your brainwaves take on the same frequency as the strobe. There are pre-set programs inside the machine, that allow you to choose from several brainwave states, such as alert, learning/memory, creativity, and sleep.

## Ways to Enhance Your Experience

### Food

Food most definitely affects how you feel. Besides making sure you are not interfering with your goals you can also use it to enhance your sessions.

Many people use coffee to wake them up and stay alert. It definitely enhances doing sessions for focus, learning, memory, and concentration.

Citrus juice give the body a flood of energy. Some fruits are “known aphrodisiacs”, such as pomegranates, apricots, figs, pineapple, mango, strawberries... Aphrodisiacs stimulate the imagination. Eating these fruits is reported to increase the ability to visualize.

Warm milk contains L-Tryptophan, which is an amino acid that helps induce sleep. Some use it with relaxation or sleep programs.

These are just a few examples of how some use foods to enhance light and sound programs.

### **Alcohol**

We strongly, very strongly discourage and suggest you avoid the use of alcohol and/or recreational drugs with any PHOTOSONIX machine or session.

## Ways to enhance the experience

### Choosing Music for Your Session

Using the correct music while doing a program greatly enhances the experience. When it comes to music, everyone has different tastes, so it is impossible for anyone to make recommendations for you. Essentially, just use the music that you truly enjoy!

Certain types of music are very conducive to putting you into a particular state of mind. Nature sounds are reported to be best for general relaxation. Same with the calm and non evasive “New Age” music. Some claim that Jazz, for example, makes them feel very energetic and that classical music brings out an imaginative state. Popular music brings back lots of memories...

### Audio Strobe

Audio Strobe is a technology invented in Germany where encoded onto CDs are frequencies that coordinate the light pulses to flash with music. Our Nova Pro 100 and InnerPulse are Audio Strobe compatible. These CDs come in a variety of styles, such as synthesized music, acoustic instruments, and nature sounds. You will have to try Audio Strobe for yourself to see if this technology is for you. The synthesized CDs sound like sound tracks to movies depicting adventures in outer space. The acoustic CDs are natural instruments and the nature sounds are, just that, nature sounds combined with instrumental themes.

## What are Light and Sound systems?

The frequency ranges of these sessions are based on basic brainwave states (see page 13). They are general guides and they will not work the same for everyone. This is the reason we offer so many sessions and tone combinations in our systems, the variety helps most find what is suitable and enjoyable for them to use.

Strobe light has long been known to change brainwaves, such as looking at the flickering light of a campfire. The same is true for strobe sound, such as taking a walk on the beach, listening to the sound of ocean waves breaking on the shore. In both situations, the result is a more relaxed state of mind.

Light and sound systems uniquely combine these two sensory stimulations. By combining light with sound, brainwave transformation is much more efficient than by just using one of the senses (light, or sound).

While light stimulates the front of the brain (cortex – logical thought process), sound is processed by the back of the brain (limbic – emotional process). The combination of light with sound stimulates both the front and back of the brain at the same time. This helps to balance the activity of the front with that of the back of the brain by increasing the activity of both at the same time.

## Who Uses This Technology, and Why?

Light and sound machines were first used for experimental therapy in the 1970s. Flickering light and sound rather quickly transition people from thinking about their daily concerns to being in a more deeply relaxed state.

Deep states of relaxation were deemed conducive for therapists to help people make positive changes very quickly. Very much like hi-tech self hypnosis. Light and sound technology is now often used in conjunction with hypnotherapy to augment hypnosis programs.

In the mid 1980's, businessmen in the New Age community began to promote this technology as the "ultimate high", because the lights in the glasses produced an amazing array of colors and patterns, with your eyes closed. Meditators also found the kaleidoscopic light show, at times looks like a mandala (spiraling meditation chart), useful to help "quiet the mind."

In the late 1990's, the use of light and sound once again grew amongst therapists to help patients relax, control their stress, practice breath exercises, meditate and recently to help children and adults who suffer from learning challenges, such as ADD (attention deficit disorder).

## Ways to enhance the experience

### Adding music

To mix in music with a session, you use the stereo patch cord included with the system. This cord has two male plugs, one at each end, 1/8<sup>th</sup> inch size. You can buy a 1/4 inch adapter plug at any electronic store so that you can use your machine with stereo systems that use larger jacks.

Plug the cord into the headphone jack of your sound system. Plug the other end into the "EXT" (stands for EXTERNAL audio source) jack of your system. Now, turn the volume of your sound system to a comfortable level, and then turn down the volume of the sound on your L&S unit so that it is approximately 15% of the volume of the music. You want the sound from the L&S unit to be in the background of your music.

If you do not do this, the two sounds will be in conflict and create dissonant sound combinations which are not pleasing to the ear. Essentially, adjust the two levels so that they are pleasing to your ear. You will still get satisfactory brainwave entrainment, or mind state change from the pulsed sound, no matter the volume setting.

### Choosing a Body Rest Position

Choose resting body position that best suits your needs is easy, make yourself comfortable. Reported variations are:

**Sitting upright** in a chair – beta and alpha programs for **focus**

**Reclining** in a chair – theta programs for **visualization**

**Reclining or lying down - meditation**

**Lying down** – for **deep rest** and/or **deep rest**

### Ways to enhance the experience

Dr. Tom Budzinsky, Ph.D., has done a lot of research using light and sound machines. He found that light and sound sessions quickly put you into a detached state of relaxation he calls, “the twilight state.” Within this twilight state, he determined that you can then more effectively benefit from behavioral modification tapes, learning tapes, enjoyment of music... in other words, use tapes and CDs to direct your mental processes while doing a light and sound session (see the section on choosing music). You will get much better results than just choosing a program based on its name.

Listening to behavioral modification tapes or CDs has always been very popular with light and sound systems because the session quickly takes you into a deep relaxed state, one that is conducive to absorbing information, and suggestions for making positive changes. Theta sessions are reported to be the best, because they encourage a mind state such you can more readily visualize, or see clearly the suggestions you are listening to.

When using motivational material chose a session you like and adjust the run time to match the material.

### Who Uses This Technology, and Why?

Medical doctors are now beginning to look at light and sound to help patients with special challenges.

We are not, however, a medical institution and although we donate our equipment for research and testing, Light and Sound technology is far from being able to offer any machine or method for specific medical problems. If you have any of those, please consult your medical doctor.

Light and Sound is basically a relaxation and stress reduction tool. There are many benefits from stress reduction in general but none we can specifically tell you that will work the same for everyone. We hope you try it and find it enjoyable, as many of our customers have.

People report using our systems in the following ways:

- Businessmen for stress reduction
- Students for studying
- Musicians to add creativity and depth to music
- Artists to help visualize new color combinations
- Busy people for mental escape
- Writers to free-up creativity blocks
- Meditators to stop “mental chatter”
- Sports trainers to enhance performance
- To help with sleeping
- Athletes to help visualize goals
- To help with meditation

## Warnings and Precautions

Our systems are not medical devices and should not be considered as such. They are not intended for any medical purpose, and are not approved by the FDA for such purposes.

Flickering light may cause seizures in anyone with photo-epilepsy. If you have any such concerns, consult your medical doctor.

Certain medications, and/or medical conditions, can cause light sensitivity. Be sure to adjust the light intensity at the beginning of each session, so that your eyes are comfortable.

For any other concerns, consult your medical doctor.

More detailed information on seizure risks is posted on our web site [www.photosonix.com](http://www.photosonix.com) and is also written in all our user manuals.

## How Often Should I Use A Session?

People report doing sessions anywhere from several times a day, to several times a month. The main concern beginners have is overdoing it, and can it result in negative side effects.

For perspective, consider that from the time you wake up until you go to sleep, your brain is continuously engaged in processing light and sound from sunlight, radios, television, sirens, car headlights, alarm clocks, artificial light, traffic and in addition, the intensity of these light and sound events varies dramatically; sunlight versus artificial light, sirens versus an alarm clock. The brain is very well adjusted to quite a variety of different light and sound stimulus that constantly change, vary in intensity, and that last for prolonged periods of time. From this perspective, it would be very difficult to over do it.

The most conservative approach is to limit sessions to a ½ hour, every other day. After 1 to 2 weeks, you will have enough personal experience to decide for yourself session lengths, and how often you should do them. If your health is poor, diminish the program length to 15 minutes until you get a better understanding of how they affect you.

There is no really good answer to help every individual because there are so many different possibilities. There are people who do sessions that last hours, while others prefer session that last just 5 minutes. Some people do sessions many times a day, yet others just a few times a month. To find out what works for you, start slow, pick short sessions, gage your comfort level and go on from there. Enjoy.

## Getting The Best Results From Sessions

When you do a session can be a major factor as well. Doing sessions during daylight hours produces richer colors, whereas at night, the light show is much more subdued. This happens because the eyes have two types of light processing mechanisms; cones, and rods.

During daylight hours, the cones are active. They function to process colors. At night, the rods are active. They function to process light intensity. When the sun sets, the color processing cones, shut down, and the light intensity processing rods become dominant. You will thus see more colors and patterns when doing a session during daylight hours versus at night.

A simple way to enhance the light show, irrespective of time of day, is to do some basic eye exercises for a minute at the beginning of each session. After you start your session, simply roll your eyes clockwise and then counterclockwise (with eyes closed). This sensitizes many more cells in the retina that are sensitive to light, resulting in a light show with more dimensionality.

Another way to enrich the light show is to use aromas. Some report that smelling aromas while doing a session, quickly changes the light show. We are told that words can not do justice to the experience, so you will have to see for yourself.

## Selecting a Machine

Looking at the list of features for each machine, contrasting and comparing them, can sometimes be confusing but it doesn't have to be if you simplify your general needs.

Here are some basic questions you should ask yourself (you can always contact us with more questions) to help you get started.

The best way to decide on a suitable model for your needs is to look at the features and select the machine with features that you anticipate using. Ask yourself, are you the kind of person who anticipates growing with the system and would like the top of the line model with most session choices and features. In this case you need to be looking at the Nova Pro 100. If you would rather start with a simple system and later change it when ready for one with more features, you need to start with the Luma 10. If you are comfortable with computers and would like a downloadable system to which you can add sessions from our web site, your choice is the Nova Pro 100, InnerPulse and the Muse Sharp.

Here are some more short guidelines to help you select:

- **Personal use (simple)** – Luma 10
- **Personal use (maximum capability)** – InnerPulse
- **Personal and Commercial (for two people)** – Nova Pro 100
- **Researchers and Therapists** – Nova Pro 100
- **Therapists (customizing for patient use)** – Pro Tutor2

## Selecting a Machine

**Personal use (simple - Luma 10):** for home use, most people just want the basics, a machine that has a complete menu of program choices to suit every possible need. Actually, most people don't use most of the features that are available in machines. If you like to keep things simple, then choose the Luma 10. It is also very compact for travel.

**Personal use (maximum capability - InnerPulse):** this is for people who love to use new technology. This system has all the latest features; improved sound quality, gentle pulsing light (sine waves), and breath pacing sessions. It is also very compact for travel.

**Personal and Commercial use (for two people - Nova Pro 100):** when you want to use the machine with a loved one or working with the public, you want a sophisticated looking unit made of durable material with great capability. This is the Nova Pro 100, it is made of metal, not plastic, has lots of sessions (100), and you can do sessions for two people at the same time.

**Researchers (Nova Pro 100):** this is a great sophisticated looking machine that can withstand hours of use on-the-go. Its internal rechargeable battery means you can use it in the field continuously for six hours.

**Therapists (Pro Tutor):** this machine allows you to determine exactly the type of programs that you add to the unit. For example, if you want your patient only to have focus programs, you can limit the programs you download to just those that you want your patients to use.

## Getting The Best Results From Sessions

We strongly suggest you try a variety of the sessions that are available and you are comfortable with, because we believe that, as many others before you, you may also find yourself pleasantly surprised with the vast difference in experience options they offer.

**Enhancing the colors and patterns** that you see with your eyes closed is a pleasant undertaking. There are those who say, "why bother", because entrainment occurs irrespective of the light show.

Most people will use their machine more often if they see magnificent colors and patterns while doing a session. That means, more enjoyment, and more benefits.

For some people, using bright light LEDs produces the best quality light show. If you have light glasses that have dim LEDs and see the flickering of light but not necessarily rich colors and patterns, you can try and upgrade your light glasses to a brighter version in order to introduce rich colors into your experience. The TruWhite glasses are reported to evoke the best visuals.

## Getting The Best Results From Sessions

Matching sessions to your needs or likes is mostly a personal preference and at times a trial and error journey. When choosing a session, many people opt for one based on the name of the session or the session category. A session that may, “lucid dreaming”, for example. However, most should not expect to be able to do lucid dreaming after doing that program. Why?

Programs are grouped into libraries, which are based on themes such as meditation, relaxation, sleep, creativity... Programs are grouped into these libraries based upon the brain entrainment frequencies that dominate that program. For example, if the main dominant frequencies are in delta, 0.5 – 4 Hertz, then this program will be in the sleep library.

Libraries are a convenient way to help you target, and hopefully achieve your goals, such as focus, memory, creativity, and relaxation etc. Unfortunately, individual brainwave states are much more unique than that and not at all that simple. Different people will have different results using the same program. Most also report different results using the same program at different times.

When sleeping, for example, brainwaves are very slow, 0.5 – 4 Hertz. While “sleep” sessions emphasize and aim for this frequency range, falling asleep in another matter. Some people fall asleep with an alpha or theta frequency range. This occurs because each of us has a unique brainwave states profile somewhat like a fingerprint. No two people are the same.

## Selecting the Color of the Glasses

We offer quite an array of different colors of light glasses that you can select from. Currently the most popular color is the white light, or TruWhite™ glasses, but other colors are available as well. The glasses are divided into 3 categories: **Standard, Premium and Specialty**. The Standard and Premium categories are divided by color and intensity range and the lights are mounted in dark lens glasses (to diffuse outside distractions). These are used with the eyes closed.

The **Standard** category includes Red, Green, Yellow and Amber/Orange colors and are all in the 300 mcd (milli candles) range of brightness.

The **Premium** category includes TruWhite, Cool Blue, Ultra Green and two combination colors the Indigo (Red and Blue) and Spectrum Pro (Red and ultra Green). The premium color glasses are in the 1200 mcd brightness range and thus cost more.

The **Specialty** glasses include colors from both categories but are used for special reasons, mostly research. The choice of colors is Red, Green, Yellow, Orange/Amber, TruWhite, Cool Blue and Ultra Green. They come in pvStim (peripheral vision stimulation) and hemiStim (hemispheric stimulation) versions and the lights are mounted in clear lens glasses.

The intensity (no matter the color) is always determined by the users personal comfort level, brighter is not better or vice versa. Find the intensity comfort level with a color that soothes you and you have a great start, you can always get other colors to try out later.

## Selecting the Color of the Glasses

### How the different colors of light are reported to work

First you should know that any color will work for basic brainwave entrainment because it is the frequency of the strobe that affects the outcome. Some colors, however, are reported to offer better visuals and some are simply just more comfortable for users.

Light, when entering the eyes, has an effect on the neurotransmitters, or chemistry of the brain and quickly affects how you feel. The use of the correct color for a certain program, can therefore be more efficient in producing the results that you want.

Here are a few examples. For everyday common use, white is the best choice, it has the broadest spectrum. If you are buying a relaxation machine to help you with self hypnosis/sleep, then blue is reported to work better than any other color. If you are buying your system for mental focus, then red and yellow may get you results the fastest. If you find the red harsh the green will be more suitable.

It is interesting to note, for example, that a renowned biofeedback researcher, Dr. Barbara Brown, noted that the use of strobe red light did not work well for entrainment in extremely right-brained people, but instead caused some anxiety. This suggests that if you are an artist, or an abstract thinker, you might not want to choose red light glasses.

## Choosing a Session

### Specialty Categories and fun sessions...

**Meditation** sessions, however, are a bit different from the other states. These are session designed to use the Schumann Resonance. This is a frequency generated by mother-nature in our atmosphere caused by thunder and lightning storms around the world. This activity causes the magnetosphere to oscillate, or pulse at a frequency between 7.80 and 7.85 Hertz (cycles per second).

Meditators believe that when you correlate this frequency to brainwave activity, it produces a state of mind that is right between consciousness and unconsciousness. In other words, it puts you in a state of mind where you are neither alert, nor asleep, the ideal mind state for meditation.

**Entertainment** sessions are ones that make lots of different changes in brainwave states and sometime tones within one program. The more changes in Hertz, programs make, the more visuals you tend to see with your eyes closed. That is why they are know as entertainment programs. The result is often very uplifting.

**PPP “Personal Preference Program”** is a personal setting we offer on some of our machines that allows you to set any one frequency you find you like (or would like to try) as well as different frequency arrangements you would like in one session. Also handy when wanting to try and see what certain frequencies feel like.

## Choosing a Session

### General Categories

To choose a session, just look in your Owners Manual at the menu of options available. First, consider your overall mood and what you may try to accomplish, such as relaxation, learning, focus etc. and then go to the category of sessions that best addresses your overall mood, and then choose a session within that category.

There are actually only four types of brainwaves and brainwave states. The four states and their general frequency range are:

<b>Brainwave/State</b>	<b>Hertz or cycle per second (c/s)</b>
<b>Beta</b> Alert/focus	13+ Hertz
<b>Alpha</b> Memory/learning	8 – 12 Hertz
<b>Theta</b> Dreaming/visualization	5 – 7 Hertz
<b>Delta</b> Sleep/clear mind	0.5 – 4 Hertz

The session libraries are variations of frequency arrangements in these four brainwave states.

Not all frequency arrangements in our sessions work the same for everyone, the human mind is much more unique than that. Some relax with Beta state sessions, some reach a dreamy state with Delta state sessions. This is the reason we offer so many different choices, this allows everyone to sample variations and find which work best.

## Bi-Color Glasses

We also have bi-color light glasses that combine two different colors of light in each eye at the same time. These combinations are Indigo (blue and red), and Spectrum Pro (green and red). When you combine two colors, you are blending and benefiting from two separate effects; however you are also creating an entirely new effect which results in the synergy of the two colors.

### Using Indigo glasses (blue and red)

In these glasses you are getting the restful effect of blue, and at the same time, the energizing effect of red. While most single colors produce vivid colors and patterns with your eyes closed (except soft green), the visuals fade rather quickly when using Indigo glasses. When using a theta program for a visual state of mind, many people report being able to see crystal clear and lucid images of what ever they are thinking about.

Try experimenting with the Indigo glasses by thinking of simple things like “ocean”, or “forest.” See if these images appear strikingly real in your “mind’s eye.” Then progress to more complicated imagery.

### Using the Spectrum Pro glasses (green and red)

These glasses produce some amazing iridescent colors, called dichroic colors. These colors are the ones you see on dragon flies and humming-birds. The colors and patterns you see take on a magical quality. The reported results of using them are that you feel very “up” and “happy”.

## Color Track™ glasses

The ColorTrack glasses allow the change of color choice with a click of a button.

You can scroll through the color choices during a session. Without having to take the glasses off.

You can choose one of 20 colors, during a session.

You can choose two options of running a different color in each eye, during a session.

You can also use the ColorTrack setting, where the color will track (and change with) the frequency changes, during a session.

And the glasses remember to start with the color choice and intensity you used previously.

[All at your fingertips, on the glasses!](#)

PS. For those interested in specifications, the glasses are capable of producing 15,625,000 distinct colors. That's 250 values per color.

### Upcoming Upgrades:

AC Adapter Power: downloading of more color choices plus ZeroF™ (zero frequency, constant color) capability!

## Getting Started (Quick-Start)

Our systems come equipped with everything you need to get started; internal programs, light glasses, headphones, music patch cord, users manual, warranty card, internal rechargeable or removable “start up” batteries and computer cable for the “downloadable” models.

Getting started is as simple as putting in the batteries or plugging it in to the wall, selecting a program, adjusting the light and sound intensity, and taking the time to enjoy your session.

When setting up to play a session, there are a few simple things that you can do to make it more effective:

1. Start by unplugging the phone, and/or designating a “do not disturb” area. You want to make sure that you will not be interrupted. Dim the lights in the room if you want to.

2. Make sure you adjust the brightness of the lights, and the volume of the sound beforehand. You want to make sure that your eyes are comfortable. If the light is too bright, they will react, such as a gentle twitch.

3. Select a session and press PLAY. To choose a session, look in the owner's manual, first choosing a theme (program library) that best suits your goals, such as focus, learning, visualization, meditation, or sleep and try any program you like. If for some reason you do not like the program you're using, stop it and select another one.

4. After you press PLAY the unit will count down from ten and start a session. Close your eyes. Enjoy the session.

6. You can also add your favorite music to the experience (see page 20).