



Gamma Wave Emitting BIOACOUSTIC MAT™ USER MANUAL

Vibro-Acoustic Therapy System

Sleep, Relax, Renew and Energize



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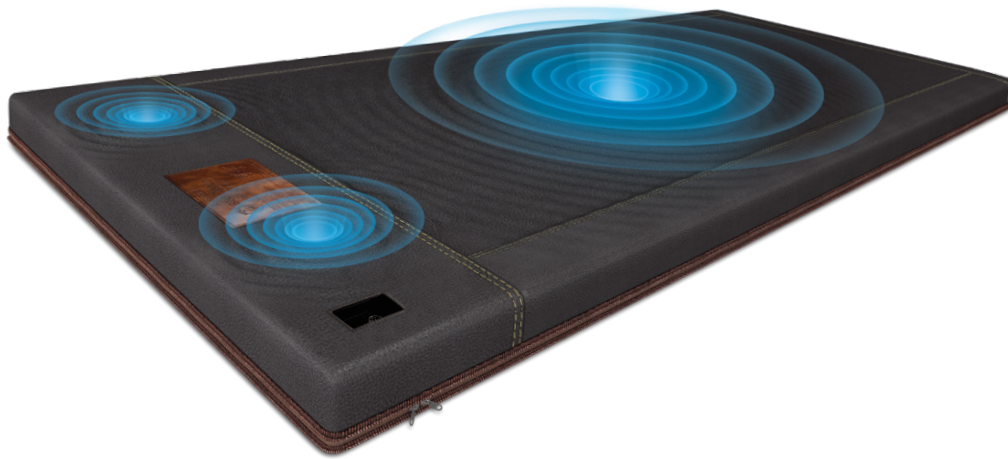
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GROUP



Gamma Wave Emitting BioAcoustic Mat™ User Manual

Vibro-Acoustic Therapy System.
Sleep, Relax, and Renew



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A. Safety Precautions

Read and follow all of the instructions in this manual before using. Proper use of the BioAcoustic Mat™ will prevent harm to the user and damage to private property. Only use the BioAcoustic Mat™ for the purposes specified in this manual.

Danger, to reduce the risk of electrocution:

Do not use or store near water. If the BioAcoustic Mat™ gets wet, unplug it immediately.
Do not alter, change, modify or disassemble the product.
Use proper voltage.
Do not use if the power cord or plug appears damaged.
Do not expose the cord to hot material.

Warning, to reduce the risk of injury or product malfunction:

If you do not feel well due to the BioAcoustic Mat™, stop using it and consult a physician.
Unplug the BioAcoustic Mat™ when not in use or when cleaning.
Never leave the BioAcoustic Mat™ unattended.
Only competent adults should operate the BioAcoustic Mat™.
The elderly and children should be monitored.
Do not use outdoors.
Do not pull or yank on the power cord.
Do not stand or place heavy objects on the BioAcoustic Mat™.
Do not place sharp objects on or near the BioAcoustic Mat™.
Avoid external shocks to the device, such as dropping or striking it with force.

Consult your doctor prior to using this product if:

You are pregnant, have a pacemaker, or have any concerns regarding your health.
Never use this product directly on swollen or inflamed areas or skin eruptions.

Stop using the BioAcoustic Mat™ if it is not functioning properly.

Call Customer Service at (808) 589-2800.

B. Soundtracks

Vibro-acoustic Configuration

(SET 1) ENERGIZE

Guitar, piano, digital sound, bass
Mono and binaural high alpha and
beta entrainment

1. Energize (track length 5:18)

Low pitch 41 Hz - 73 Hz
Peak wavelength 41Hz

2. Energize (track length 4:40)

Low pitch 36 Hz - 61 Hz
Peak wavelength 41Hz

3. Energize (track length 5:55)

Low pitch 36 Hz - 65 Hz

(SET 3) SLEEP

Digital sound
Mono and binaural delta entrainment

1. Sleep (track length 4:58)

Low pitch - 32 Hz

2. Deep sleep (track length 5:00)

Low pitch - multiple between 27.5 - 44 Hz

3. Deep sleep (track length 6:05)

Low pitch - multiple between 34 - 52 Hz

(SET 2) RELAX

Digital ocean, surf, and nature sounds

1. Relax (track length 5:15)

Low pitches centered around 40 Hz, 52 Hz and
68 Hz (34 Hz)
Mono and binaural alpha and theta entrainment
(5 Hz - 8 Hz)

2. Relax (track length 4:40)

Low pitch - 36 Hz
Binaural alpha, and theta entrainment

3. Relax (track length 5:35)

Low pitch - 32 Hz
Binaural alpha, and theta entrainment

(SET 4) STRESS RELIEF

Piano, flute, digital sound

1. Stress relief (track length 3:30)

Low frequencies - 36 Hz - 41 Hz
Mono and binaural theta entrainment 4 Hz - 6 Hz

2. Stress relief (track length 3:00)

Low frequencies - 32 Hz - 65 Hz
Mono and binaural theta entrainment 4 Hz - 6 Hz

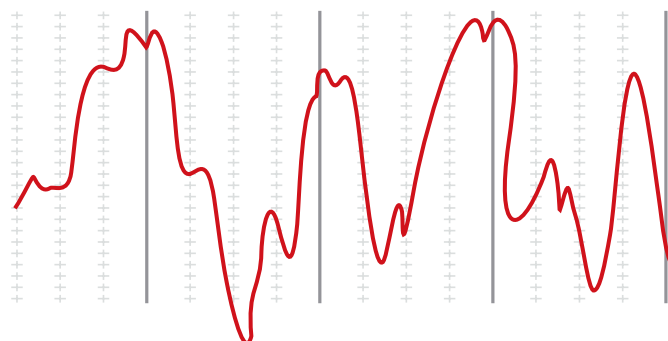
3. Stress relief (track length 3:40)

Low frequencies - 27.5 Hz - 55 Hz
Mono entrainment at delta, theta and alpha.
Binaural theta entrainment 4 Hz - 6 Hz

432Hz, 528Hz, 74d1Hz 40Hz Gamma Wave Emitting

Delta wave (0.5-4.0 Hz)

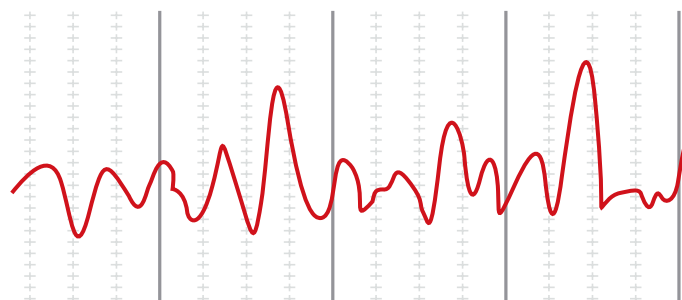
Delta waves are associated with the deepest levels of physical relaxation. Delta is the rhythm of dreamless sleep and its presence usually corresponds with physical rejuvenation and healing.



Theta wave (4.0-7.0 Hz)

Theta waves reflect a state of mind that is attuned to intense creativity, visualization, and subconscious problem solving in a non-sleep state, as well as emotional healing in the sleep state.

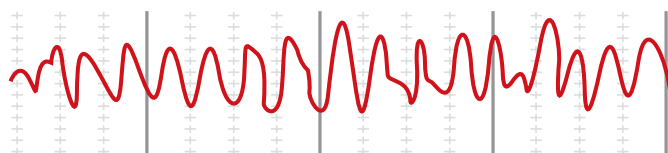
Theta waves are produced during deep meditation, dreaming and daydreaming.



Alpha wave (7.0-12.0 Hz)

Alpha waves indicate an alert state with a quiet mind (e.g. a person who has completed a task and sits down to rest is often in an Alpha state).

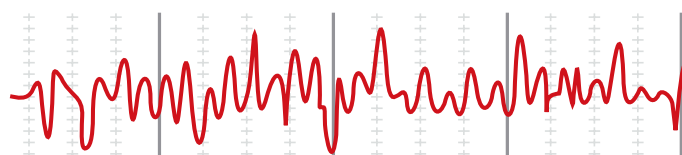
Increased Alpha is often present in the brainwaves of people who practice meditation, yoga, and tai chi.



Beta wave (12.0-27.0 Hz)

Beta waves are associated with normal waking states that we experience from day to day at work and play. In Beta states, we are highly alert and focused – busy computing, arranging, and organizing – making sense of the external world.

Beta is increased in moments of stress or anxiety, enabling us to manage situations and solve immediate problems.



DIAL IN WITH THE BIOACOUSTIC MAT™ AND SYNC YOUR MIND TO BINAURAL BEATS

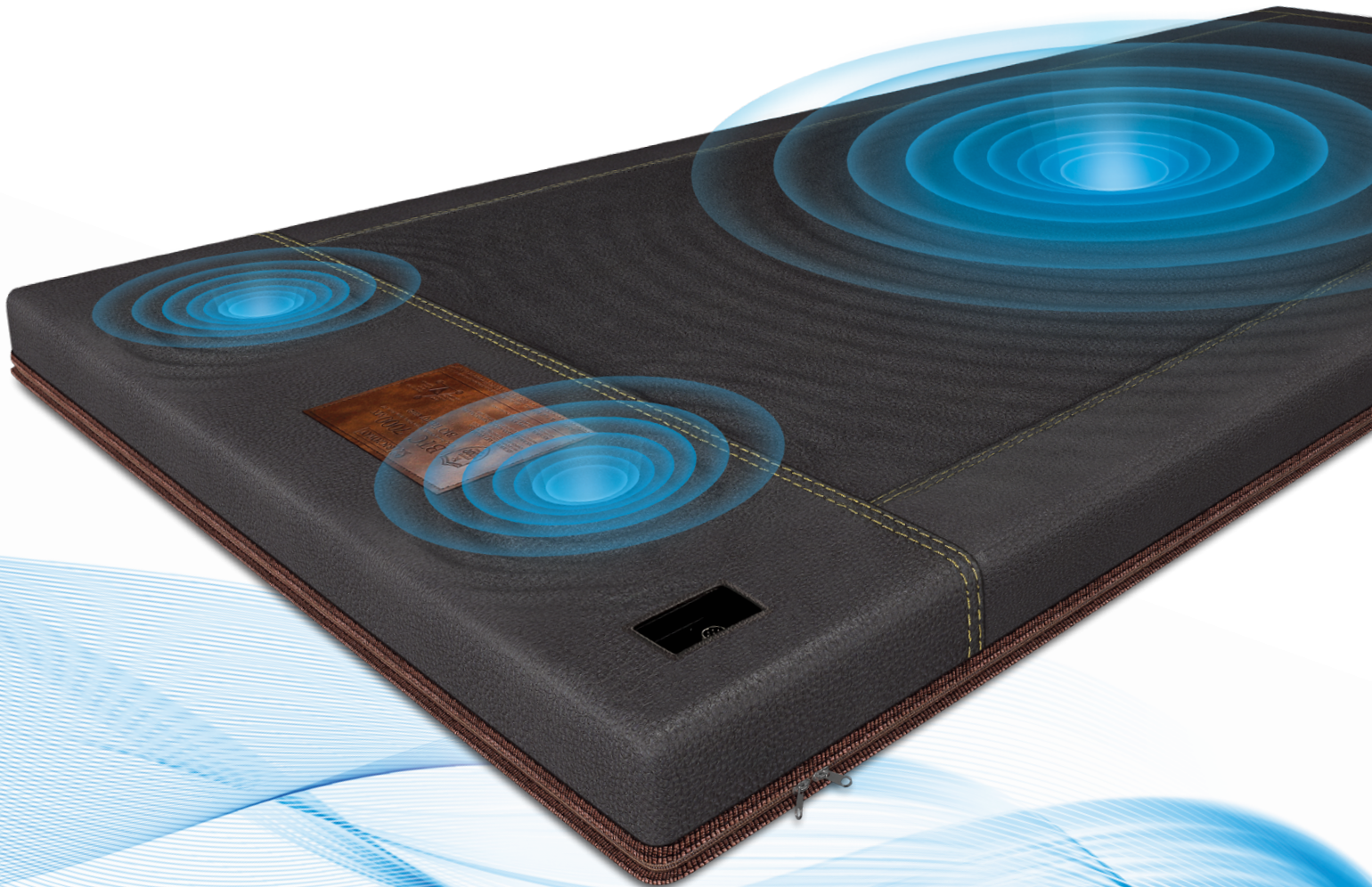


If you ever found yourself tapping your feet to the beat of a song, you have the basic idea of entrainment.

**It is a physics principle where one rhythmic system falls in line with another.
It is our body's way of going with the flow.**

From a physics stand point, less energy is required when one system falls in line with another. The human brain is a complex system and is made up of an immense neural network which sends and receives signals. It shapes our entire reality. The pulses are rhythmic in nature and can be temporarily subject to entrainment.

The BioAcoustic Mat's™ music is embedded with specific frequencies that coax our mind into different therapeutic states. The carefully constructed tracks stimulate healthy neural activity in the brain by controlling the number of sounds the ear hears per second and by playing a slightly different pitch in each ear. This results in our mind syncing with the rhythm and our body becoming more relaxed or energized.



REBOOT AND RESTORE WITH THERAPEUTIC SOUNDS AND VIBRATIONS

Feel the pulses of the BioAcoustic Mat's™ healing energy.

Vibro-Acoustic relaxation is not just for the brain. It also provides deep physical cellular stimulation to the skin, muscles, and joints.

Research has shown that relaxing music helps reduce stress. However, with the BioAcoustic Mat™, you not only hear the music but feel it as well. Like a massage, the vibrations from the BioAcoustic Mat™ calms the body and feels good. Vibro-Acoustics from the BioAcoustic Mat™ relaxes you in two ways.

First, powerful low frequency speakers and transducers are used to help deliver a deep acoustic cellular massage. The lower frequencies are used to massage large muscles and the higher frequencies for smaller muscles.

Secondly, these sounds affect brain activity to help contribute to a state of mental well-being. Professors and researchers have collaborated to create beautiful soothing music which are designed to help you reach a calming sense of tranquility. The music is composed and designed in way to complement the frequencies emitted by the speakers. The vibrations stimulate the nerves in the spine, brain stem, and limbic system that drives emotional response, and activates the auditory nerves that connect to your muscle tissue, and the low frequency bass causes the muscle tissue to be at ease.



SOUND THERAPY

BioAcoustic Mat™ music is organized into 4 categories to help you renew or relax your body, prepare you for sleep, or to relieve stress.

Each BioAcoustic Mat™ contains 12 tracks developed by Vibro-Acoustic expert, Dr. Lee Bartel. The therapeutic music was created in the Delta, Theta, Alpha, Beta, or Gamma wavelengths for entrainment.

ENERGIZE	RELAX	SLEEP	STRESS RELIEF
Guitar, piano, digital sound, bass Mono and binaural high alpha and beta entrainment ENERGIZE TRACK 1 [TOTAL TRACK LENGTH 5:18] Low pitch 41 Hz - 73 Hz Peak wavelength 41Hz ENERGIZE TRACK 2 [TOTAL TRACK LENGTH 4:40] Low pitch 36 Hz - 61 Hz Peak wavelength 41Hz ENERGIZE TRACK 3 [TOTAL TRACK LENGTH 5:55] Low pitch 36 Hz - 65 Hz	Digital ocean, surf, and nature sounds RELAX TRACK 1 [TOTAL TRACK LENGTH 5:15] Low pitches centered around 40 Hz, 52 Hz and 68 Hz (34 Hz) Mono and binaural alpha and theta entrainment (5 Hz - 8 Hz) RELAX TRACK 2 [TOTAL TRACK LENGTH 4:40] Low pitch – 36 Hz Binaural alpha and theta entrainment RELAX TRACK 3 [TOTAL TRACK LENGTH 5:35] Low pitch – 32 Hz Binaural alpha and theta entrainment	Mono and binaural delta entrainment SLEEP TRACK 1 [TOTAL TRACK LENGTH 4:58] Digital sound Low pitch – 32 Hz SLEEP TRACK 2 [TOTAL TRACK LENGTH 5:00] Digital sound Low pitch – multiple between 27.5 – 44 Hz SLEEP TRACK 3 [TOTAL TRACK LENGTH 6:05] Digital sound Low pitch – multiple between 34 – 52 Hz	Piano, flute, and digital sound STRESS RELIEF TRACK 1 [TOTAL TRACK LENGTH 3:30] Low frequencies – 36 Hz – 41 Hz Mono and binaural theta entrainment 4 Hz – 6 Hz STRESS RELIEF TRACK 2 [TOTAL TRACK LENGTH 3:00] Low frequencies – 32 Hz – 65 Hz Mono and binaural theta entrainment 4 Hz – 6 Hz STRESS RELIEF TRACK 3 [TOTAL TRACK LENGTH 3:40] Low frequencies – 27.5 Hz – 55 Hz Mono entrainment at delta, theta, and alpha Binaural theta entrainment 4 Hz – 6 Hz

C. Product Components

BioAcoustic Mat™ Professional and Single will come with the following components.



Mat



Controller



Power adapter



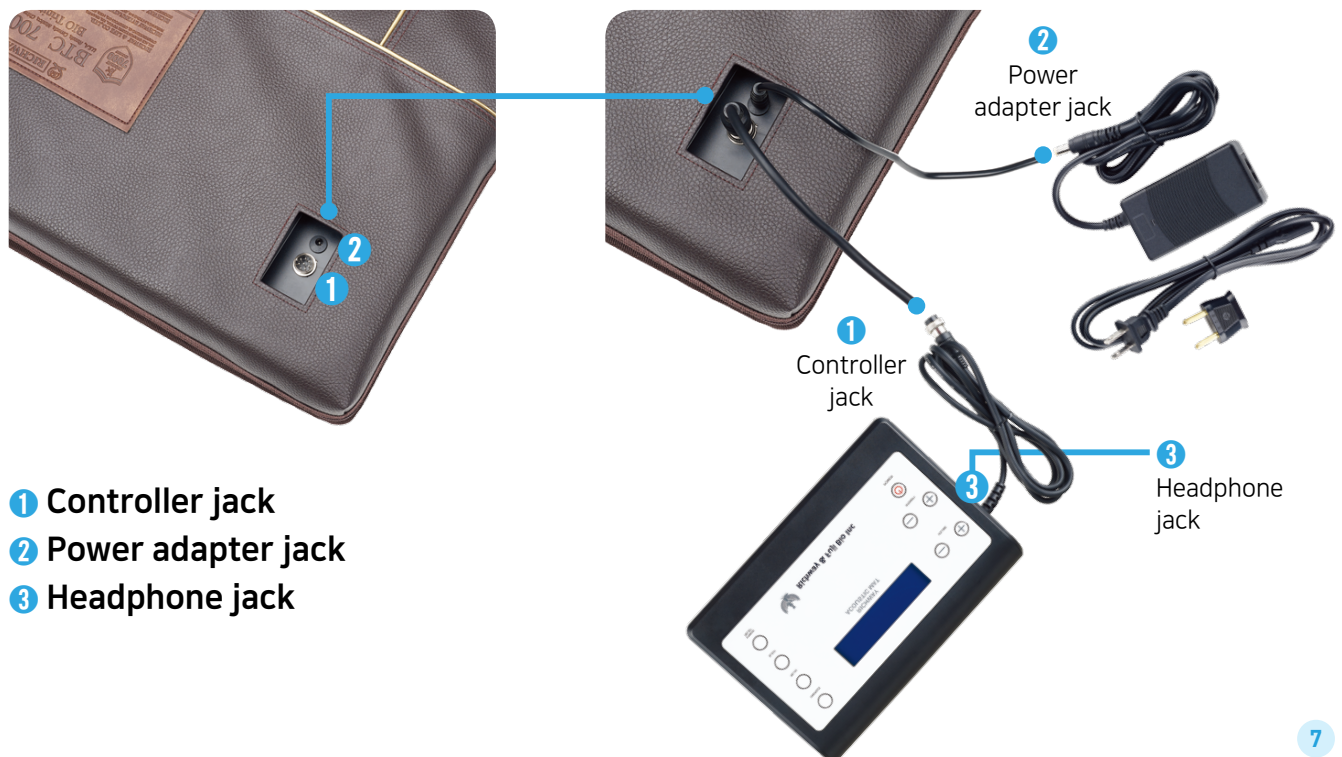
Bag



User's guide

D. Product Features

BioAcoustic Mat™



E. Adjusting



NOTICE • If you do not set the timer or change the soundtracks, the session will repeat itself.

Adjusting the vibration's intensity

The BioAcoustic Mat™ provides low frequency vibrations. To increase the intensity, press the + button. To decrease the intensity, press the – button.

Adjusting the volume

When changing the volume, press the + Volume button to increase the volume, and press the – Volume button to decrease the volume.

Timer

The timer is set to automatically operate for 1 hour and then turn off.

After pressing the power button to turn off the controller and then turning it back on, it is always automatically set to 2 hour.

F. Product Operation

Selecting the Soundtrack

1. Press and hold the power button down for one second to turn on the unit. The BioAcoustic Mat™ will automatically start on the Energize therapy soundtrack. It will be displayed on the controller's display window. You can adjust the intensity or volume to the desired level. (See page 11)
2. If you leave it on the Energize therapy session, the BioAcoustic Mat™ will automatically play the three Energize therapy soundtracks.
3. To play Energy therapy session track two, press the Energize button again.
4. To play Energy therapy session track three, press the Energize button again.
5. When you press the Energize therapy session button after track three, the Energize therapy session will reappear on the display screen. Energize tracks one, two, and three will begin to play on repeat.

ENERGIZE
THERAPY SESSION

ENERGIZE
THERAPY TRACK 1

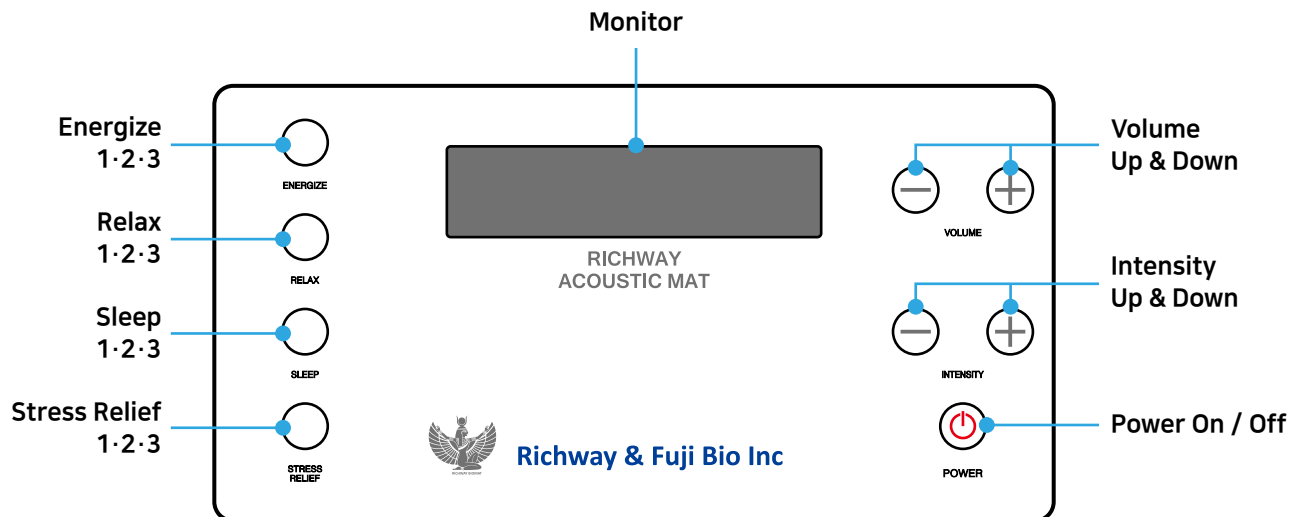
ENERGIZE
THERAPY TRACK 2

ENERGIZE
THERAPY TRACK 3

ENERGIZE
THERAPY SESSION

G. Instructions for Using the BioAcoustic Mat™ Controller

Press the Power button, and you have set the desired volume, mode, and intensity. The Acoustic Mat will begin to sound up and operate according to your settings.



Controller

1. Power On:

Plug the power adapter into an electrical outlet. Connect the power adapter to the controller.
Press the power button on the controller to turn it on.

2. Power Off:

After the session is complete, press the power button to turn off the controller.

3. Bluetooth disconnect:

When press the power button to turn off the controller then Bluetooth will be disconnected. For comprehensive details, please see Section H on page 10.

4. Adjusting Volume :

Use the Volume adjustment buttons (+/-) to set your desired Volume.
The Volume will be displayed on the screen.

5. Adjusting Vibration :

Use the Intensity adjustment buttons (+/-) to set your desired Vibration.
The Vibration will be displayed on the screen.

6. Selecting Mode:

Choose and press the mode button to choose from the following options:

Energize, Relax, Sleep and Stress Relief.

Each mode includes three different music tracks to enhance your experience. Each mode is designed for different therapeutic effects.

7. Timer:

The device automatically shuts down every 2 hours.

Note: Changing the music mode resets the 2-hour timer.

8. Safety Tips:

Do not use the Acoustic Mat for more than the recommended time. Ensure the mat is placed on a flat, stable surface. Keep the controller and mat away from water or other liquids.

9. Maintenance:

Clean the mat and controller with a soft, dry cloth. Do not use harsh chemicals or immerse the controller in water. If you experience any issues or need further assistance, please refer to the user manual or contact customer support.

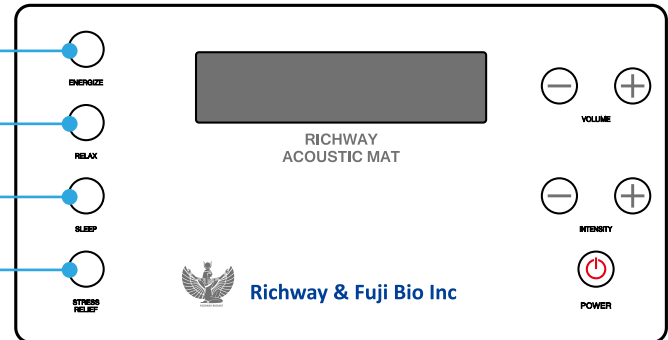
H. Using an External Sound Source Bluetooth connection

Operating

The acoustic mat allows you to play external music using Bluetooth. To use the Bluetooth feature, follow these steps:

When you press the Energy and Relax buttons simultaneously, the Bluetooth connection will be disconnected, and the device will switch to internal music mode.

When you press the Sleep and Stress Relief buttons simultaneously, the device will enter Bluetooth pairing mode, allowing it to connect with your phone



I. Using Headphones

You can connect your headphones to the BioAcoustic Mat™'s controller and listen to music without disturbing others.

Operating

Connect your headphones to the headphone jack located on the side of the BioAcoustic Mat's controller, next to the power port. Adjust the volume using the '+' and '-' buttons on the controller.



NOTICE • Use high quality headphones to get the most out of your BioAcoustic Mat™ experience.

J. Useful Information

- ❶ Before cleaning the product, be sure to turn off the power and unplug the power cord.
- ❷ When wiping the outside of the product, use a damp cloth with soap or mild detergent.
- ❸ Do not use strong chemical detergent, as it may damage the plastic or cushion area.
- ❹ Do not stand or place heavy objects on the BioAcoustic Mat™.
- ❺ Store in a cool dry area.



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