



For additional accessories and more operating information, please refer to Premier Operator's Manual at [www.mindalive.com/manual/premier](http://www.mindalive.com/manual/premier)

### WARNING

Do **NOT** use AVE if you have a history of epilepsy, photic epilepsy, or any seizure disorder.

Do **NOT** use CES if you have a pacemaker. CES delivers electrical current through the body and could interfere with pacemakers.

Refer to the Premier Operator's Manual online for more information on warnings and precautions.

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# DAVID Premier



## Quick Guide

### What's Included

- ✓ Premier Unit
- ✓ MicroSD Card
- ✓ Spectrum Eyeset
- ✓ Spectrum Eyeset Cable
- ✓ Eyeset Case
- ✓ Headphones
- ✓ CES Earclip Cable
- ✓ USB Wall Plug
- ✓ Carry Bag
- ✓ USB 2.0 Micro-B Charging Cable

### Charging Your Premier

Fully charge your Premier by plugging the charging cord into



Solid—Full Battery



Solid—Low Battery  
Flashing—Charging



Solid— Battery Dead  
Flashing—Error

### Setting Up Your Premier



Plug eyeset into eyeset port.



Plug headphone into headphone jack.  
Ensure L is on your left ear and R is on your right ear.



Plug CES Earclip Cable into CES Stim port. Dampen earlobes with water, saline solution, or electrode gel, then attach black earclip to left earlobe and red earclip to right earlobe.

Go to the Premier Operator's Manual online at [www.mindalive.com/manuals/premier](http://www.mindalive.com/manuals/premier) for additional operating information including precautions.

## Starting a Session

1.



Press and hold to turn on device.

Press to view session library categories.

After first session, your new starting menu will be:

**Recently Used Sessions**

3.



If desired, press and hold to see functions any time is visible.

All functions may be changed during a session EXCEPT Audio File. See page 6 for functions changes in Basic Mode.

Press when ready to start session.

2.



Use and to move forward and back through session types, categories, and lists.

Use any up and down arrows to scroll through session lists.

4.



Your session has started!

Screen will shut off while session is running. Press to light screen.

Soft Off™ will occur at end of session. Or press to initiate Soft Off™ early.

Press and hold to end session immediately.

## Session Library Types

### Audio Visual Entrainment: AVE

- Relaxation
- Meditation
- Sleep
- Body Booster
- Mood Booster
- Brain Booster
- Performance
- Energize
- Gamma – high frequency sessions
- Ganzfeld – solid light sessions
- Research

### Cranio-Electro Stimulation: CES

- Sub-Delta
- Delta
- Theta
- Alpha
- Beta 1
- Beta 2
- High Frequency
- Research

### Cranio-Electro Stimulation: 50% CES

- Sub-Delta
- Delta
- Theta

### Microcurrent Electro Therapy: MET

- MET Delta 0.5 – 3 Hz : 20 min, 45 min, 3 hr

### Transcutaneous electrical nerve stimulation: TENS

- TENS Sub-Delta 1.0 Hz
- TENS Delta 0.5 – 3 Hz : 20 min, 45 min, 3 hr

### Transcranial Direct Current Stimulation: tDCS

- tDCS various mA sessions available

*Check out the full manual for more information on sessions*



## Helpful Hints

- ◆ Drink a glass of water at least 15 minutes before your session.
- ◆ Find a comfortable, quiet place. While session is running, remain reclined with eyes closed.
- ◆ When session time is up, the lights and sounds will gradually fade out (Soft-Off).
- ◆ AVE Recommended Starter Session: Alpha Relaxer
- ◆ CES Recommended Starter Session: Beta 1 (SMR)

## Default Settings

Each session in the Premier is designed with its own preset functions. This programming is referred to as “**Default**” under each function. However, these can be changed and saved to accommodate preferences.

For example: During the Brain Booster Session, the eyeset color will change between blues, greens, and yellows. You may change this to a single color for the entire session and save the preference for future sessions.






The Premier will remember your selections. You can return each function to Default by pressing and holding  when this symbol  is visible.

### Function Changes

The following functions may be changed within a session:

- Audio File (see page 5) - must be selected before a session begins
- Audio File Volume
- Tone Type—Pulse, Monaural, Binaural, or Off
- Heartbeat On/Off
- Left/Right Eyeset Color (see page 5 for color choices)
- Electro Stim Mode—Sync or 100 Hz

#### Sample: Audio File Function Change


1. Select Audio File with .
2. Use any arrows to scroll through the audio options.
3. Once you decide on a background sound, press  to save selection.
4. Some Audio Files may be too loud. Press any down arrow for the next function, which is Audio File volume. Press  to select.
5. Use any arrows to change the audio volume. Press  to save selection.
6. When done, press  to get out of the function menus and back to the session selection.

## Button and Icon Descriptions



**POWER**—Press and hold to turn on and off. Press during session to Soft Off™. Press for previous screen.



**SELECT**—Press to select or press and hold to view functions when  icon is visible. See manual online for more information adding audio files, changing eyeset color, tones, and more.



**VOL** Use up and down arrows to adjust volume of headphones and to scroll through menus.



**BRT** Use up and down arrows to adjust brightness of eyeset and to scroll through menus.



**INT** Use up and down arrows to adjust intensity of electro-stim and to scroll through menus.



2.35 mm electro stim port



Two Spectrum™ eyeset ports



3.5 mm stereo audio input jack



3.5 mm stereo headphone jack



USB 2.0 micro-B charging port



MicroSD memory card slot

## Our Technology

### Audio-Visual Entrainment (AVE)

**AVE** uses pulses of light and sound at specific frequencies to gently and safely guide the brain into various brainwave patterns. This induces healthy dissociation breaking the HPA axis, increases cerebral blood flow, balances neurotransmitters, and many other benefits along with altering your brainwave frequencies to improve brain performance, boost mood, and improve sleep.

### Cranio-Electro Stimulation (CES)

**CES** is a non-invasive brain stimulation that applies a small pulsed electric current across your head. This small electrical stimulus which is applied laterally across the cranium stimulates endorphin, serotonin, and norepinephrine neurotransmitter production.

### 50 % Cranio-Electro Stimulation (CES)

The **50% CES** duty-cycle means that the stimulus is on for half of the time at all frequencies. This is a much stronger stimulus than a standard pulse. The effect is most pronounced in delta and sub-delta frequencies.

### Microcurrent Electro Therapy (MET)/Low Intensity TENS

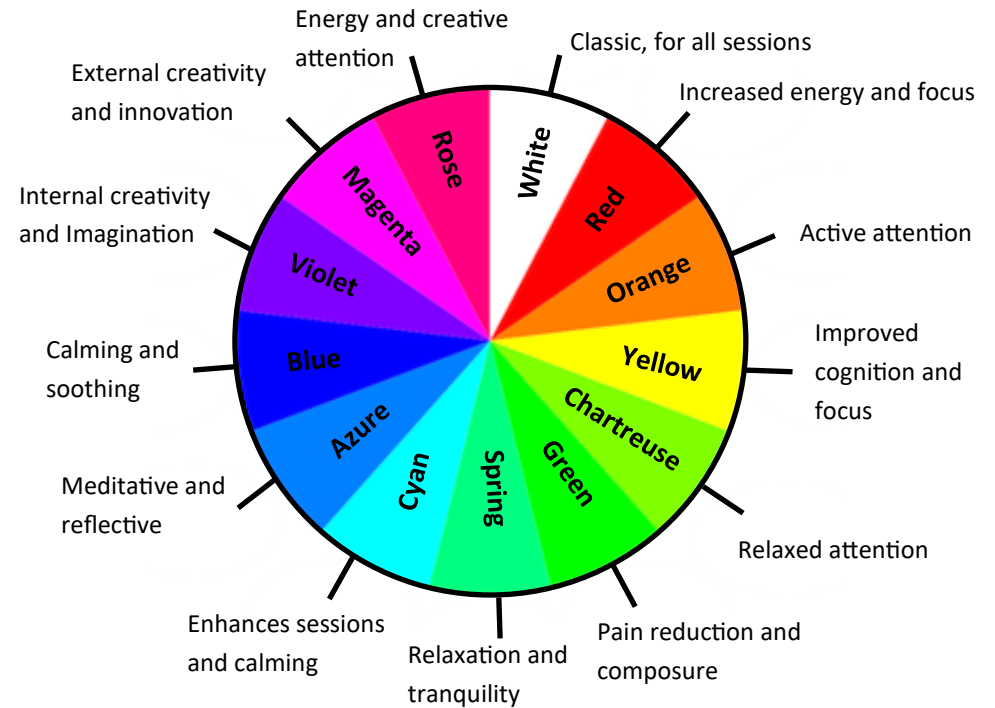
**MET** uses electrodes directly along a muscle to break down knots and fatigue in muscle. It is delivered at approximately 500 microamps in the 0.5–3 Hz range which may be most effective for pain.

**Micro-TENS** It may be used for relaxing any muscle that is fatigued or in spasm. These sessions are similar to MET, but stronger in intensity.

### Transcranial Direct Current Stimulation (tDCS)

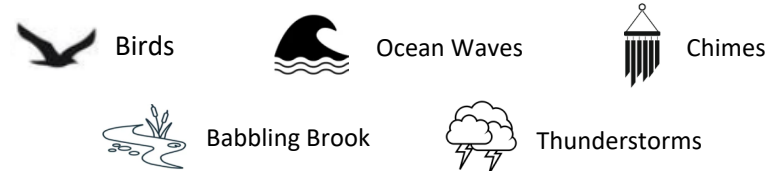
**tDCS** is DC current applied over the scalp with the intention of altering neuronal activity, and has been found to be effective in modulating spontaneous neuronal firing.

## Eyeset Color Options




Brightness may be changed with + and - buttons on eyeset or with BRT buttons on device. This is only available through Eyeset Jack 1.

## Audio File Options



 **Brown Noise** — Boosts lowest frequency brainwaves for soothing

**White Noise**—For relaxation

 **Pink Noise**—Boosts lower frequency brainwaves for sleep

Choose your favourite audio or download personal audio files to the SD memory card provided with your Premier.