

mindalive<sup>inc</sup>



# [ OPERATOR'S MANUAL ]

Usage and care of your AVE device

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# WARNING

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All persons who:

- a) have a history of epilepsy, photic epilepsy or any seizure disorder,
- b) suffer from any mental disorder or psychiatric illness,
- c) are currently using any drugs (prescription or recreational),
- d) are under the influence of alcohol,
- e) have had any head injuries,
- f) have ever had a seizure of any kind,

should not use the DAVID ALERT unless under the supervision of a health care provider qualified in the safe detection of seizures.

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## NOTICE TO HEALTH CARE PROVIDERS

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It is the responsibility of the health care provider to complete a proper intake addressing these concerns mentioned above. Mind Alive Inc., its employees, suppliers and distributors are exempt of any liability in damages resulting from a seizure or psychiatric condition that may occur from prescribing this device.

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**THE DAVID ALERT IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. HOWEVER, RESEARCH SUGGESTS THAT THE DAVID ALERT IS AN EFFECTIVE RELAXATION AND MEDITATION TOOL.**

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The DAVID ALERT is a non-invasive tool.  
All resulting effects are produced in the brain solely by  
audio and visual stimulation.

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Tru-Vu Omniscreen Eyesets protected under U.S. Patent 5,709,645

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Mind Alive Inc.  
Edmonton, Alberta, Canada

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GO ONLINE TO VIEW THIS MANUAL AT  
[www.mindalive.com/manuals/alert\\_ii\\_manual.pdf](http://www.mindalive.com/manuals/alert_ii_manual.pdf)

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## INTRODUCTION

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The DAVID ALERT (**A**ttentive **L**iving through **E**nergizing **R**egenerative **T**echnology) integrates the necessary principles of audio/visual stimulation to safely and effectively guide the user into desired states of relaxation and attention, ideal for those with ADD/ADHD and/or cognitive decline.

The DAVID ALERT is non-invasive and no electrical current is passed through to the user. All resulting effects are produced in the brain solely by audio-visual stimuli. The portability of the DAVID ALERT lends itself to easy travel (airport X-ray machines will not harm the DAVID ALERT).

For best results, we recommend that you drink a glass of water 15 minutes before a session. Ensure that your environment is conducive to relaxation. For example, be sure that you will not be interrupted, you are wearing comfortable clothing, there is no excessive noise and the room is set at a comfortable temperature. You should be sitting down in a reclined position or lying down. Although you may keep your eyes open or closed, most people enjoy the sessions with their eyes closed.

**In order to obtain maximum enjoyment and benefits from your DAVID ALERT, please read this operator's manual thoroughly.**

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### COMPONENT LIST

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- ✓ DAVID ALERT – Serial Number \_\_\_\_\_
- ✓ Tru-Vu Omniscreen Eyeset (white) with Carry Case
- ✓ Headphones
- ✓ Stereo Patch Cord
- ✓ Carry Bag
- ✓ 9-Volt Alkaline Battery
- ✓ 9-Volt DC Power Adapter
- ✓ DAVID ALERT Operator's Manual
- ✓ DAVID ALERT User's Guide

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### ADDITIONAL ACCESSORIES

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- Extra User Package (eyeset, headphones and splitter cords)
- Tru-Vu Omniscreen Multi-Color Eyeset
- Tru-Vu Omniscreen Viewhole Eyesets (for eyes open use, available in white, blue, green, and yellow)
- DAVID Session Editor

## WARNINGS

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**If you are an epileptic, photic epileptic or have any history of seizures:** We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the DAVID ALERT unless under the supervision of a health care professional who is qualified in the safe detection of seizures.

**If you have had a brain injury or suffer from any mental disorder or psychiatric illness:** We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the DAVID ALERT unless under the supervision of a qualified health care professional.

**If you are taking drugs or using alcohol:** We recommend that people currently using drugs and/or excessive alcohol consumption not use the DAVID ALERT unless under the supervision of a qualified health care professional.

**If you are a first-time ALERT user:** We advise that you always remain seated or reclined while using the DAVID ALERT. We also suggest that new users begin sessions with low brightness in the eyesets. If at any time during a session, you begin to feel vertigo, nausea, euphoria, “déjà-vu”, or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or discontinue the session.

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IT IS THE RESPONSIBILITY OF THE HEALTH CARE PROVIDER TO COMPLETE A PROPER INTAKE, ADDRESSING THE CONCERNS MENTIONED ABOVE. MIND ALIVE INC., ITS EMPLOYEES, SUPPLIERS AND DISTRIBUTORS ARE EXEMPT OF ANY LIABILITY IN DAMAGES RESULTING FROM A SEIZURE OR PSYCHIATRIC CONDITION THAT MAY OCCUR FROM USING THIS DEVICE.

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## PRECAUTIONS

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**Traumatic Childhood Experiences** - The DAVID ALERT can cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

**Somnatic Shock** - If abruptly returning to a normal conscious state, a mild case of somnatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a mild headache. All preset sessions in the DAVID ALERT are programmed to end with the lights fading out (Soft Off™) to avoid somnatic shock.

**Orthostatic Hypotension** - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

## WARRANTY AND CARE

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The DAVID ALERT is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the DAVID ALERT for service are the responsibility of the customer.

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TO ACTIVATE YOUR WARRANTY PLEASE REGISTER ONLINE AT [www.mindalive.com/registration.htm](http://www.mindalive.com/registration.htm) OR CALL US AT 1 (800) 661-MIND (CANADA AND U.S. ONLY) OR (780) 465-6463

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This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other than normal use
- improper battery installation
- physical damage to cords for headphones and Omniscreen™ eyeset
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the DAVID ALERT.

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### RETURNING FOR REPAIRS

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**Should your DAVID ALERT require repairs, please contact us via email ([info@mindalive.com](mailto:info@mindalive.com)) or phone to obtain a warranty/repair authorization number and important shipping instructions.**

When returning your device for repair, be sure to surround the DAVID ALERT with at least one inch of tight packing on all sides in a strong carton. Neither Mind Alive Inc. nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton "**FRAGILE, HANDLE WITH CARE.**" Include a copy of your sales receipt, a brief written description of the problem and a daytime contact number. All postage, insurance and shipping costs incurred in returning the DAVID ALERT for service are the responsibility of the customer.

***If you have any questions, require assistance, or wish to receive information on new product developments and research currently being conducted at Mind Alive Inc., visit our website at [www.mindalive.com](http://www.mindalive.com) or call toll free at 1-800-661-MIND(6463). Outside Canada and the U.S. call (780) 465-6463.***

## WARRANTY AND CARE

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### FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

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**Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer.** Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents ***“RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY”***.

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### CARE AND MAINTENANCE

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Use a soft, slightly moistened cloth (use water or mild detergent) to clean the DAVID ALERT. Do not clean with any solvents. Do not subject the DAVID ALERT to static electricity. Do not place the DAVID ALERT near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the DAVID ALERT, turn it off immediately. If liquid does enter the electronics, we advise that the DAVID ALERT be checked by authorized personnel before commencing operation.

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### DISCLAIMER OF LIABILITY





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Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the DAVID ALERT whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the DAVID ALERT, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the DAVID ALERT either at the premises of Mind Alive Inc. or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

## ICON DESCRIPTIONS

Icon	Control
	<i>Power</i> Turn the ALERT on/off Initiate manual Soft Off™
	<i>Start Session/Tone and Heartbeat Control</i> Starts the currently selected session Cycle through the available tones Turn the heartbeat on/off
<b>VOL</b> 	<i>Volume Control</i> Increase or decrease the loudness of the tones and heartbeat
<b>INT</b> 	<i>Intensity Control</i> Increase or decrease the brightness of the eyeset lights

Icon	Connection
	9-Volt DC Power Adapter
	Audio Input (3.5mm, stereo)
	Headphones
	Tru-Vu Omniscreen Eyeset

## ICON DESCRIPTIONS

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### Icon

### Session Group *(see page 11 for descriptions)*



#### **Meditator**

Relaxation and Dissociation



#### **Left Hemisphere**

Improve Mood and Logical Thinking



#### **Right Hemisphere**

Settle Hyperactivity



#### **Left and Right Hemispheres (Whole Brain)**

Balance instability with Alpha, Beta, and SMR



#### **Toolbox**

Extra Sessions



#### **Plus**

User Designed

## QUICK START

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### Find a comfortable spot

Sessions are an average of 20-30 minutes. Find a place where 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.

### 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

One end of the eyeset cable connects to the jack on the left side of the glasses, the other to the 🕶️ jack on the unit.

### Plug in the Headphones

Connect the headphone plug to the 🎧 jack on the unit.

### Turn on the ALERT

Push and hold 🔌 until the power light comes on.

### Select a Session

Tap 🔌 to select a session group (the lit icon). Tap the VOL or INT ▲ or ▼ to highlight a session number. Press 🎵 to start the session. See the session list for details (*page 11*) or refer to the DAVID ALERT User's Guide for help in selecting a session.

### Relax and Enjoy

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

*The DAVID ALERT comes with a user guide that contains additional information about the sessions and protocols included in the device. Please refer to the user guide for details on how to get the best experience from the DAVID ALERT.*

## SESSION CONTROLS

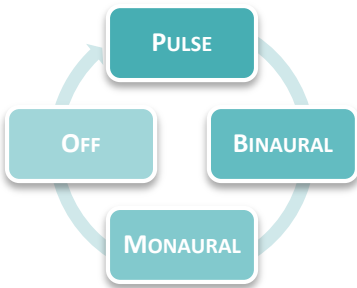
### VOLUME

The Volume level affects both tones and the heartbeat together. There are 30 volume levels. To adjust the volume, press and release or press and hold the VOL ▲ or ▼ buttons. The Graph will display the volume level. The volume cannot be adjusted during Soft Off™.

### INTENSITY

The Intensity level affects the brightness of the lights in the eyeset. There are 15 eyeset intensity levels. To adjust the intensity, press and release or press and hold the INT ▲ or ▼ buttons. The Graph will display the intensity level. The intensity cannot be adjusted during Soft Off™.

*All of the ALERT's buttons are raised to help you find them easily with eyes closed.*



### tone SELECTION

There are three (3) different tone options available in the ALERT: Pulse Tones, Binaural Beats, and Stereo Monaural Beats. Tones may also be turned off. All sessions start with Pulse Tones. Press and release the Tone button (🎵) to cycle through the tone options.

### HEARTBEAT SELECTION

All sessions start with the heartbeat on. The heartbeat can be used to help modulate breathing for improved HRV (see the ALERT User's Guide for more information). To turn the heartbeat on/off, press and hold the Tone button (🎵).

### SAVING PREFERENCES

You can save your preferred Volume, Intensity, Tone, and Heartbeat settings for each session. Adjust the volume, intensity, and tone settings then press both the INT ▲ and ▼ buttons at the same time. The session group icon will blink. You may continue the session or end it immediately and the ALERT will save your preferred settings and use them the next time you run that session.

# OPERATING INSTRUCTIONS

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## SETUP

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The headphones connect to the headphone output jack (🎧). It is recommended that you disconnect the headphones from the unit before storing or travelling to prevent accidental damage to the jack.

The Tru-Vu Omniscreen, Tru-Vu Omniscreen Viewhole, or Tru-Vu Omniscreen Multi-Color Eyeset connect to the eyeset output jack (🕶️) with the included 2.5mm patch cord. Connect one end to the ALERT and the other to the jack located on the lower left of the glasses. It is recommended that you disconnect the eyeset cable from the device and from the eyeset before storing or travelling to prevent accidental damage to the jacks.

An external audio source (such as an MP3 or CD player) can be connected to the ALERT so that music or other audio can be listened to while running a session. Plug the stereo patch cord into the headphone output of the audio device and the audio input jack (🎧) of the ALERT. **Note: start the ALERT and select a session before playing audio unless you would like to run a Sound Sync Session (see page 14).**

## EXTRA USER PACKAGE

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The Extra User Package (*sold separately*) allows two people to use the ALERT at the same time. It comes with a second eyeset and headphones and a set of splitter cables. Connect the 3.5mm splitter cable to the headphone output jack (🎧) and connect each set of headphones to the splitter cable. Connect the 2.5mm splitter cable to the eyeset output jack (🕶️) and connect each eyeset to the splitter cable. Adjusting the volume or intensity will change the level on both sets of headphones or eyesets.

## POWER

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The ALERT can be powered with a 9-volt alkaline or rechargeable battery, or with the 9-Volt adapter provided. To install the battery, slide the cover off of the battery compartment on the back of the unit. Insert a 9-volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-volt battery will provide approximately 12 hours of operation

To use the 9-Volt adapter, connect the adapter to the 9-Volt jack (9V🔌) on the side of the unit. The 9-Volt DC power adapter uses a 1.3mm center-positive plug. No battery power is used when plugged into an adapter.

# OPERATING INSTRUCTIONS

## TURN ON/TURN OFF

Press and hold the Power button (🔌) until the Power LED turns on. The graph (between the VOL and INT controls) will display the battery level when you first turn on the unit (*see Battery Level*). If no session is selected within two (2) minutes, the ALERT will turn off.

At the end of a session, the lights and sound will fade out (Soft Off™) and the ALERT will automatically turn off. To end a session early, press and release the Power button (🔌) to initiate a short Soft Off™ (30 seconds).

To turn off the ALERT at any time, press and hold the Power button (🔌) until the unit turns off. This may take up to three (3) seconds if a session is running.

## BATTERY LEVEL

The battery level is displayed on the Graph for a couple of seconds when the ALERT is first turned on. The battery level is also monitored and displayed periodically while the session is running.

When the battery level is getting low, the Graph will display two (2) blinking bars. It is recommended that you replace the battery before running a session if this warning is displayed.

When the battery level is critically low, the Graph will display a single (1) blinking bar. If this warning is displayed when you turn the unit on, replace the battery. If this warning occurs during a session, the session will end early and the battery indicator will continue to blink for a short period of time. The battery **must** be replaced before the unit can be used again.

## SELECTING A SESSION


The ALERT has six (6) Session groups (👤, 🔊, 🎧, 🎧, 🎧, 🎧). Each group offers up to five (5) sessions. The session number is indicated by the lit number between the volume and intensity controls. If no number is lit then the group has no session programmed into it.


Press and release the Power button (🔌) to switch between groups. The lit group icon will change. Press the Volume or Intensity ▲ or ▼ to highlight a session number. If no sessions are available in a group, no numbers will be lit.

Press 🎵 to start the selected session. The session will begin after a five (5) second delay.

*The ALERT remembers which group was used last, and each group remembers which session was used last.*


## ALERT SESSIONS


	<b>Group 1 - Relaxation</b> Promote relaxation, dissociation, and proper breathing	
<b>1</b>	<b>Relax 1</b> <sup>†</sup>	21 min
	7.8Hz (Alpha) to 4.8Hz and 5.2Hz (Theta) alternating sides to 10Hz (Alpha).	
<b>2</b>	<b>Relax 2</b> <sup>†</sup>	21 min
	7.8Hz (Alpha) to 4.8Hz and 5.2Hz (Theta) alternating sides to 9.7Hz and 10.3Hz (Alpha) alternating sides.	
<b>3</b>	<b>Relax 3</b> <sup>†</sup>	21 min
	7.8Hz (Alpha) to 4.8Hz and 5.2Hz (Theta) alternating sides to .3.8Hz and 4.2Hz (Theta) alternating sides to 7.8Hz (Alpha).	
<b>4</b>	<b>Relax 4</b> <sup>†</sup>	21 min
	7.8Hz (Alpha) to 4.8Hz and 5.2Hz (Theta) alternating sides to 7.8Hz (Alpha).	
<b>5</b>	<b>Alpha and Theta for Sleep</b>	36 min
	This session can help to break up distressing thoughts that are interfering with sleep. 10Hz Left and 6Hz Right.	

	<b>Group 2 - Left Hemisphere</b> Improve mood and logical thinking	
<b>1</b>	<b>Improve Mood &amp; Logic 1</b> <sup>†</sup>	21 min
	7.8Hz (Alpha) to 4.8Hz Left and 5.2Hz Right (Theta) to 12Hz Left and 18Hz Right. (SMR/Beta).	
<b>2</b>	<b>Improve Mood &amp; Logic 2</b> <sup>†</sup>	22 min
	7.8Hz (Alpha) to 5Hz (Theta) to 7.8Hz (Alpha) to 14Hz (SMR).	
<b>3</b>	<b>Mood Booster 1</b>	30 min
	Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry. 10Hz Left (Alpha) and 18Hz Right (Beta).	
<b>4</b>	<b>Mood Booster 2</b>	42 min
	This session has an alpha front end to reduce anxiety and enhance relaxation. 10Hz (Alpha) to 10Hz Left (Alpha) and 18Hz Right (Beta).	

† Sessions © copyright Personal Resource Strategies,  
1993, 1995, 1997, 1998, 1999, 2001, 2003, 2004 (Version 8.04)

## ALERT SESSIONS


	<b>Group 3 - Right Hemisphere</b> Settle hyperactivity	
<b>1</b>	<b>Settle Hyperactivity 1<sup>†</sup></b> 15Hz Left (Beta) and 12Hz Right (SMR).	21 min
<b>2</b>	<b>Settle Hyperactivity 2<sup>†</sup></b> 7.8Hz (Alpha) to 13.5Hz Left and 15Hz Right (SMR/Beta) to 10Hz (Alpha) to 13.5Hz Left and 15Hz Right (SMR/Beta) to 13.5Hz.	21 min
<b>3</b>	<b>Settle Hyperactivity 3<sup>†</sup></b> 7.8Hz (Alpha) to 4.8Hz and 5.2Hz (Theta) alternating sides to 13.5Hz.	20 min


	<b>Group 4 - Whole Brain</b> Balance instability with Alpha, Beta and SMR	
<b>1</b>	<b>Instability 1<sup>†</sup></b> 7.8Hz (Alpha) to 5Hz (Theta) to 10Hz and 18Hz (Alpha/Beta) alternating sides.	21 min
<b>2</b>	<b>Instability 2<sup>†</sup></b> 7.8Hz (Alpha) to 5Hz (Theta) to 14Hz Left and 18Hz Right (SMR/Beta) reducing in frequency to 13.5Hz	21 min
<b>3</b>	<b>ADD and Learning</b> This session has rapid transitions for mental stimulation to help keep the user “engaged” in the session. Used in the ADD study published in the Journal of Neurotherapy. Cycling from 10Hz (Alpha) to 13.5-14Hz Left (SMR) and 18-20Hz Right (Beta).	26 min

*The **Left** and **Right** target rates refer to the visual field and auditory stimulation rates.*


*Pulsing in the left visual field and ear means the right hemisphere of the brain is stimulated. Pulsing in the right side stimulates the left hemisphere.*

## ALERT SESSIONS

	<b>Extra Sessions</b>	
	In addition to the Relaxation and targeted sessions designed to be used in conjunction with the Symptom Survey, these sessions may be used by any member of the family.	
<b>1</b>	<b>Extended Schumann</b>	40 min
	For effective deep meditation and to improve the onset of sleep. Calms "hyper/chatter" minds. Ideal for those with insomnia who have a busy mind and tense body.	
<b>2</b>	<b>SMR for Reading (short)</b>	20 min
	Use with a set of Tru-Vu Omniscreen Viewhole eyesets ( <i>sold separately</i> ) to improve attention and alertness while reading.	
<b>3</b>	<b>SMR for Reading (long)</b>	60 min
	A longer version for extended reading or study sessions.	
<b>4</b>	<b>Roller Coaster</b>	7 min
	This action-packed session is very engaging. Some with ADD can benefit.	
<b>5</b>	<b>Beta Perker</b>	20 min
	A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.	



	<b>User Designed</b>	
	These sessions have been left blank for adding custom sessions ( <i>requires the DAVID Session Editor, sold separately</i> ).	
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

## SOUND SYNC SESSIONS







The ALERT has the ability to use sound to run a special session for relaxation, hypnosis, and lucid dreaming effects. To start a Sound Sync session, connect your audio device (e.g. CD or MP3 player) to the Audio In jack () with the 3.5mm stereo patch cord provided.

Turn on the ALERT, but do not select a session. Start the playback on the audio device. After a short period (about 10 seconds) the ALERT will detect the audio and enter Sound Sync mode. The Graph will activate to indicate there is audio present and the session group icons will flicker, with the selected icon lit solid.




*Sound Sync sessions use randomization. The left and right frequencies will vary slightly from the target rate to create a lucid mind-state.*

Press and release the Power button () to cycle between group icons. Press the Tone button () to start the selected session.






A Sound Sync session will last for as long as audio is playing. Once the audio ends, the session will Soft Off™. If audio is detected again during the Soft Off™, the lights will fade back up and the session will continue.

Session	Target Frequencies
	7.8Hz
	Left Stim 13.5Hz, Right Stim 19Hz
	13.5Hz
	None Programmed
	10.6Hz
	None Programmed

### TONES AND HEARTBEAT

Tones and heartbeat may be turned on during any Sound Sync session. To turn on tones, press and release the Tone button (). The tones will cycle through the available tone options (*see page 8*). To turn on the heartbeat, press and hold the Tone button (). Press and hold the Tone button () again to turn the heartbeat off.

## TROUBLESHOOTING

What	Try
<b>Graph blinks a single bar, then the ALERT turns off</b>	Replace the battery or use a 9-Volt DC power adapter
<b>ALERT does not turn on</b>	Replace the battery or use a 9-Volt DC power adapter
<b>Lights in Eyeset are active on the left side only</b>	Ensure the eyeset cable is fully plugged into the glasses and the  jack
<b>Tones and/or heartbeat sounds are audible on the left side only</b>	Ensure the headphone is fully plugged into the  jack
<b>No sound from external audio device</b>	<p>Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the  jack of the ALERT</p> <p>Check the volume level of the audio device</p> <p>Test the audio device directly by plugging in the headphones</p>
<b>ALERT will not enter Sound Sync mode</b>	<p>Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the  jack of the ALERT</p> <p>Check that the audio device is playing and adjust the volume level (audio should be present in the headphones plugged into the ALERT)</p>
<b>Download is not recognized</b>	<p>Ensure the 3.5mm patch cord is fully plugged into the download source and the  jack of the ALERT</p> <p>Adjust the source volume to a moderate listening level (audio should be present in the headphones plugged into the ALERT).</p>
<b>Session starts with no lights and/or sounds</b>	<p>Adjust the intensity and/or volume level</p> <p>Re-save preferences (<i>see page 8</i>)</p>



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