

## Component List

- OASIS II Unit
- Earclip Stim Cable (for CES)
- Carry Case
- 9-Volt Battery
- OASIS II User Guide
- Warranty/Disclaimer Sheet

### ADDITIONAL ACCESSORIES

- Micro-TENS Kit (Snap Connector Stim Cable + 30 pre-gelled electrodes)

## Battery

The battery compartment is located on the back of the unit. Install the battery flat end first according to the diagram in the battery compartment.

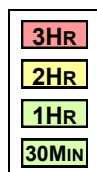
The OASIS displays the battery level on the graph when you first turn the unit on. If the battery level is 2 bars, we recommend you replace your battery before beginning

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

## Session Length

The OASIS II has a default session length of 1 hour. However, the session length may be set for shorter or longer session times.

Start a session. Press the session button again to show the current session length. The bar graph will show a single lit bar (this will not change the timer). Press again to select a different session length. Keep pressing until the desired time is lit. After a three (3) second delay the graph will flash to indicate the new session length has been set. The new session length will reset the timer.



## WARNINGS

**Do NOT use the OASIS II if you have a heart pacer. The electrical signals may interfere with demand rates and cause pacer malfunction.**

**Do NOT use on pregnant women, persons with epilepsy, brain tumor or recent stroke.**

**Do NOT use while driving or operating hazardous machinery.**

**Do NOT place electrodes over skin lesions, new scars, cuts, eruptions or sunburn.**

**Do NOT set the CES intensity too high. Set the intensity to a level so that the stimulation is only mildly noticeable. Setting the intensity too high may result in a mild irritation or blistering of the earlobes.**

**The OASIS II is not recognized as a treatment or cure of any medical condition or disability. However, research suggests that the OASIS II is an effective relaxation and meditation tool.**

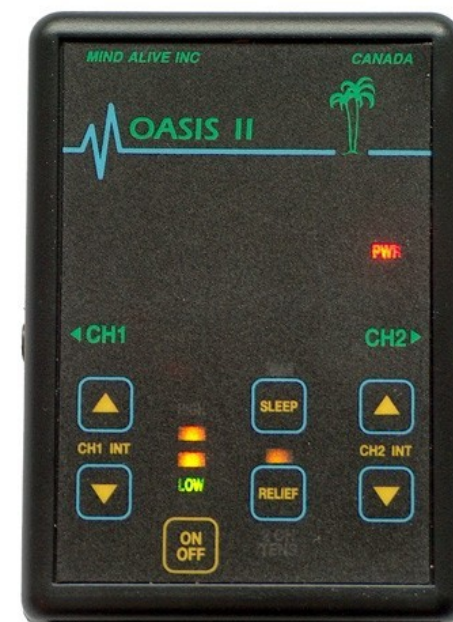
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## OASIS II User Guide

 2-Channel CES and Micro-TENS Device



**Enjoy your journey to better well-being  
with the OASIS II**

## Getting Familiar with the OASIS II

The OASIS II is very versatile and has several applications:

1. CES to aid Sleep
2. CES to relieve discomfort
3. Micro-TENS to relieve muscle tension
4. Combined CES and Micro-TENS to relieve muscle tension and/or headaches
5. 2-Channel Micro-TENS for dual muscle relaxation

### CES (Channel 1)

To use the OASIS for CES connect the earclip connector cable to the **CH1** jack on the left side of the unit.

To ensure a better electrical connection, slightly dampen the earlobe using water or saliva before attaching the earclips. Attach the Yellow clip to the left ear and the Blue clip to the right ear.

### Micro-TENS (Channel 2)

*MICRO-TENS KIT REQUIRED (SOLD SEPARATELY)*

To use the OASIS for Micro-TENS, connect the snap connector cable to the **CH2** jack on the right side of the unit. Place pre-gelled electrodes on either end of the muscle to be stimulated and

#### What is CES?

*Cranio-Electrical Stimulation uses a small amount of electrical current across the head to stimulate the brain.*

*Most studies have shown CES as a reliable method to reduce anxiety, improve sleep and improve cognition.*

#### What is Micro-TENS?

*Micro-Transcutaneous Electrical Nerve Stimulation is also known as microcurrent electrical therapy (MET) and is the practice of putting a small amount of electrical current across tissues or muscle for relaxation.*

attach the snap ends to the electrodes.

When running 2-Channel Micro-TENS, connect a second snap cable and electrodes to the **CH1** jack on the left side of the unit.

## OASIS II Sessions

### Sleep\*

100Hz (short pulses)

CES (CH 1 only)

- Enhance sleep
- Generate serotonin
- Help calm the mind

Use at night for a better sleep, or during the day for a calm and relaxed mind.

### Relief\*

0.5-3Hz (long pulses)

CES (CH 1)

0.5-3Hz (short pulses)

Micro-TENS (CH 2)

- Generate endorphins (CES)
- Relieve discomfort (CES)
- Help calm the mind (CES)
- Release muscle tension (Micro-TENS)

Use at any time for a relaxing boost of endorphins. Combine CES with Micro-TENS for extra effect.

### 2-Channel TENS\*

0.5-3Hz (short pulses)

CES/Micro-TENS (CH 1)

0.5-3Hz (short pulses)

Micro-TENS (CH 2)

- Release muscle tension across one or two muscles (Micro-TENS)
- Relieve headache (CES)

Relax your muscles two at a time. Or use this session for CES instead of Relief if the sensation is overwhelming.

### CES and Micro-TENS Together

*You can run both CES and Micro-TENS at the same time in the Relief or 2-Channel TENS sessions.*

#### More Information

For more information on CES, Micro-TENS, and the OASIS II visit our website at [www.mindalive.com/Products\\_CES.htm](http://www.mindalive.com/Products_CES.htm)

## Using the OASIS II

### Turn On

Press **ON/OFF** to turn on the OASIS. The battery power level will display when the OASIS turns on.

### Start a Session

Select **SLEEP** or **RELIEF** to start the stimulation. To select 2-Channel TENS, press **RELIEF** twice quickly.

### Adjust Intensity

The stimulus intensity always starts at zero (0) and must be turned up for each use.

**CH1 INT** and **CH2 INT** ▲ and ▼ adjust the intensity level for their respective channels. The current level is displayed on the graph as it is adjusted. Each bar gets brighter as the intensity increases and dimmer as it decreases. The highest lit LED blinks when you adjust the level.

The intensity should be set to a level so that the stimulation is only mildly noticeable. After a few minutes you may notice that the stimulus feels stronger, adjust the intensity down to a comfortable level.

### Turn Off

Press **ON/OFF** to turn off the OASIS at any time. The battery level displays briefly before the unit turns off.

The OASIS will turn off automatically after one (1) hour unless a different session length is set (see Right Flap).

#### Discomfort?

*If you begin feeling any discomfort when using the OASIS II, press **ON/OFF** to end the session or remove the earclips/electrodes to stop stimulation immediately.*