

NeuroOptimal[®]Rental System Guide

Our Systems Nurture the User Toward Better Daily Performance



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AUSTRALIA

0438 710 015

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Hi there!

Thank you for renting one of our NeurOptimal® systems through Neurofeedback Australia. We are looking forward to keeping in contact with you and hearing the difference it makes in your life.

In this instructional e-book, you will find all you need to know about using the NeurOptimal® Rental as well as some additional information to make sure you get the most out of your training time.

A good place to start to understand how NeurOptimal® works and its benefits, is by clicking on the explainer video below.

At Neurofeedback Australia, we pride ourselves on excellent customer service, so if you have any questions or support needs please reach out to us either by email info@neurofeedback.com.au or call us on **0438 710 015**.



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What To Know Before You Start

Neurofeedback is 100% non-invasive. The system does not put anything into your brain, nor does it take anything out. It is simply mirroring your brain to itself to support your brain to come back to the present moment. It cannot create side effects.

NeurOptimal® is training and not treatment. It is not used for treatment of disorders. We cannot predict the outcomes of training. We provide you with tools to support you to notice differences in your life as a result of training.

Don't stress about sensor placement. What we say is “close enough is good enough”. Follow the instructional video in this e-book. If the sensors come off during a session accidentally (unlikely), just place them back on and let the session continue.

You don't need to be looking at the screen during a session. Because NeurOptimal® works outside of conscious awareness there is no need to focus on the screen or sound. That means whilst training you could be sleeping, reading a book, playing a game on your phone (no sound on phone) or just simply relaxing. It's up to you!



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A NeurOptimal® session time is 33 mins. Therefore, training with NeurOptimal® should be a breeze and easy to incorporate into your daily life. Just allow a few extra minutes for applying and removing the sensors, and of course clean up at the end.

Everyone can benefit from NeurOptimal® sessions. You may have rented this machine for someone in particular or yourself. The great thing about NeurOptimal® is it's for everyone, so make the most of it!

Listen to what you need. You know yourself better than anyone which means you are the only one who can determine how frequently to train. Some train once per day or even more, and others spread the training over the week. More does not necessarily equate to better, but with regular training, your brain learns to be more present and will self-optimize.

How do I know if the system is working? You will hear the music along with 'scratches' or 'interruptions' in the music after you double click on AAA Renter in the Vault. In terms of your own changes, we provide tracking tools to support you to notice the benefits in your life.



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Tracking Your Progress

Here are a 4 keys tools to support you to track your changes. We encourage you to download and complete.

Goals

Before you start training with NeuroOptimal®, it is important to set yourself some goals. Some examples could be: improved focus, healthier sleep patterns, calmer, able to let things go, more confident and so on. Just note down anything you that would like to see different in your day to day life. Click on the image to download Goal Sheet.

The One Hundred

Please check off any item that represents how you are feeling so you can track brain perception following your use of NeuroOptimal®. If you are unsure, use the past week as your guide. It's fine to add comments if you wish. Please note that NeuroOptimal® does not diagnose, treat, mitigate or cure any disease, disorder or abnormal physical state. This checklist is provided for tracking and reference purposes only.

DOWNLOADS



Setting Your Goals

The One Hundred



Tracking Your Shifts

Based on the concerns that you have identified, use the Tracking Your Shifts form to help you notice the changes. For example, you may have identified fatigue as an issue. On the first column you would place 'fatigue' under Concern 1, then under Duration you would identify how long fatigue usually lasts. Under Intensity you would note the level of fatigue between 1-10 and then how often it occurs (Frequency). Reviewing this every 5 to 10 sessions is a great way to track your progress.

Pre and Post Baseline

These forms (adult and children's forms) are away to check in with yourself about how you are feeling right before a session and straight after a session. These are also good to look back on. Remember to write in what you have noticed has been different since your last session.

DOWNLOADS

Pre Post
Adult

The top form is titled 'TRACKING YOUR SHIFTS' and includes a table for recording data. The table has four columns: ITEM, DURATION, INTENSITY, and FREQUENCY. Below the table are fields for NAME, DATE, and SESSION #.

ITEM Put the items that you would most like to see each	DURATION How long did it last? Do not count when you were sleeping	INTENSITY How strong was it 0-10	FREQUENCY How many times did you feel this way in the past week, or how many days out of 7?

The middle form is titled 'PRE-SESSION EVALUATION' and contains a list of five questions with checkboxes:

1. How do you feel today?
2. How do you feel about your session?
3. How do you feel about your session?
4. How do you feel about your session?
5. How do you feel about your session?

The bottom form is titled 'POST-SESSION EVALUATION' and contains a list of five questions with checkboxes:

1. How do you feel today?
2. How do you feel about your session?
3. How do you feel about your session?
4. How do you feel about your session?
5. How do you feel about your session?

Tracking
Your
Shifts

Pre Post
Child

The top form is titled 'PRE-SESSION EVALUATION' and features a row of six emoji faces for rating feelings. Below are three questions with checkboxes:

1. How do you feel today?
2. How do you feel about your session?
3. How do you feel about your session?

The bottom form is titled 'POST-SESSION EVALUATION' and features a row of six emoji faces for rating feelings. Below are three questions with checkboxes:

1. How do you feel today?
2. How do you feel about your session?
3. How do you feel about your session?



Equipment Checklist

What you will find once opening your rental system case

1. Computer - This is your Rental System. It will not have a password, and the NeurOptimal® software will already be loaded onto it and pinned to the taskbar which is located at the bottom of the screen.
2. Computer Charger - This is the charger for your rental system. We recommend plugging it in when you first turn the system on to make sure it works and so your system is all charged up and ready for your first session. Always leave the charger plugged in and turned on whilst having a session.
3. zAmp and Sensors - You should see 5 sensor leads and a lanyard attached to the back of the zAmp (small black, blue and white box). We have placed an additional set of sensors as a backup but please do not use unless directed to.
4. USB Cable - This is the long cable that attaches the zAmp to the computer. It will have a USB port on each end.
5. Ten20 Paste - This is the paste that you use to apply the sensors to your scalp. It also assists with electrical conductivity.
6. Headphone Extension Cord - This is a cord you can use to plug your own headphones into (if you choose to use headphones) so that you don't need to sit too close to the computer.



Step 1

Setting up Your System

Once you have taken the system out of the box, you will notice coloured stickers on each of the components. These stickers indicate where the equipment should be plugged into. It is as simple as matching the colours up.

First of all, please connect the computer to Wi-Fi.

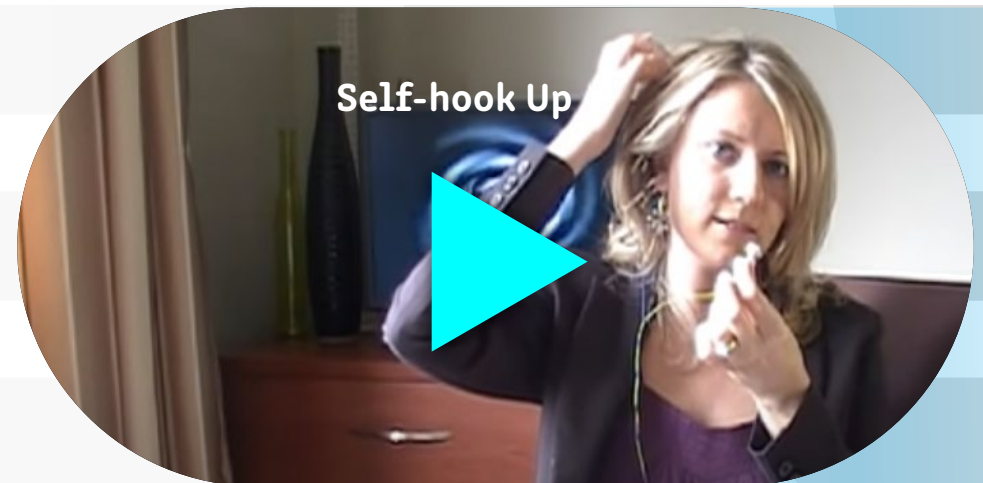
Double click on the NeurOptimal® icon at the bottom of the page. This will open up the program. You are now ready to apply the sensors.

Step 2

Applying the sensors

Now that your system is ready to go, it is time to put the sensors on. Try not to worry about getting the sensors perfect as the session will run fine. Please watch either or both of the videos below, one is a self-hook up video and the other is if you are hooking up a client.

VIDEO



Hooking up your Client



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Step 3

Running a session

By now your system should already be open and ready to go. Once your sensors are on, headphones plugged in (if using headphones), and USB plugged into the Zamp, you are ready for a session.

In the Vault, you will see a name AAA, Renter. To start your session, please **DOUBLE CLICK** on AAA Renter and the session will start. **DO NOT** press the play button.

Step 4

Ending a Session

After 33 Minutes, the session will automatically finish.

To take the sensors off, simply remove them and wipe the surface with a baby wipe. Wipe your ears and scalp with warm water on a baby wipe to remove the paste.

Take the lanyard off, USB out of the zAmp and place them in a secure place for next time.

Close the program by clicking on the x on the top right of the Vault. To shut down the computer go to the bottom left windows icon and select the power button, then shutdown.

How to Start A Session Quick Guide



Returning the System

1. Pack all of the equipment back into the black case it came in. Refer back to the equipment checklist to ensure that you have packed everything.
2. Take a photo of all the equipment packed into the case and text to 0438 710 015.
3. Please use the prepaid postage bag in it with our address on it and seal it securely.
4. Please take a photo of the system in the postage bag ready to be sent with the tracking number on it and text it to us.
5. Take it to the counter at your local post office (AusPost only).
6. You must make sure you receive a lodgment receipt from the person at the counter at your local AusPost. Please take a photo of that receipt and text it to us also. This will cover you in the event the system is lost by AusPost.
7. When sending it, please give AusPost 0438710015 so that it will automatically send us a text saying it is on the way.



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Where to From Here

After experiencing many of the benefits of NeurOptimal® training, there a number of options that you may wish to consider.

BUY

As a renter you are eligible to receive \$200 cash back if you decide to purchase a system within 4 weeks from returning the system. For pricing and options please click the button below and if you would like to pay your system off, we have a number of plans that may suit your needs.

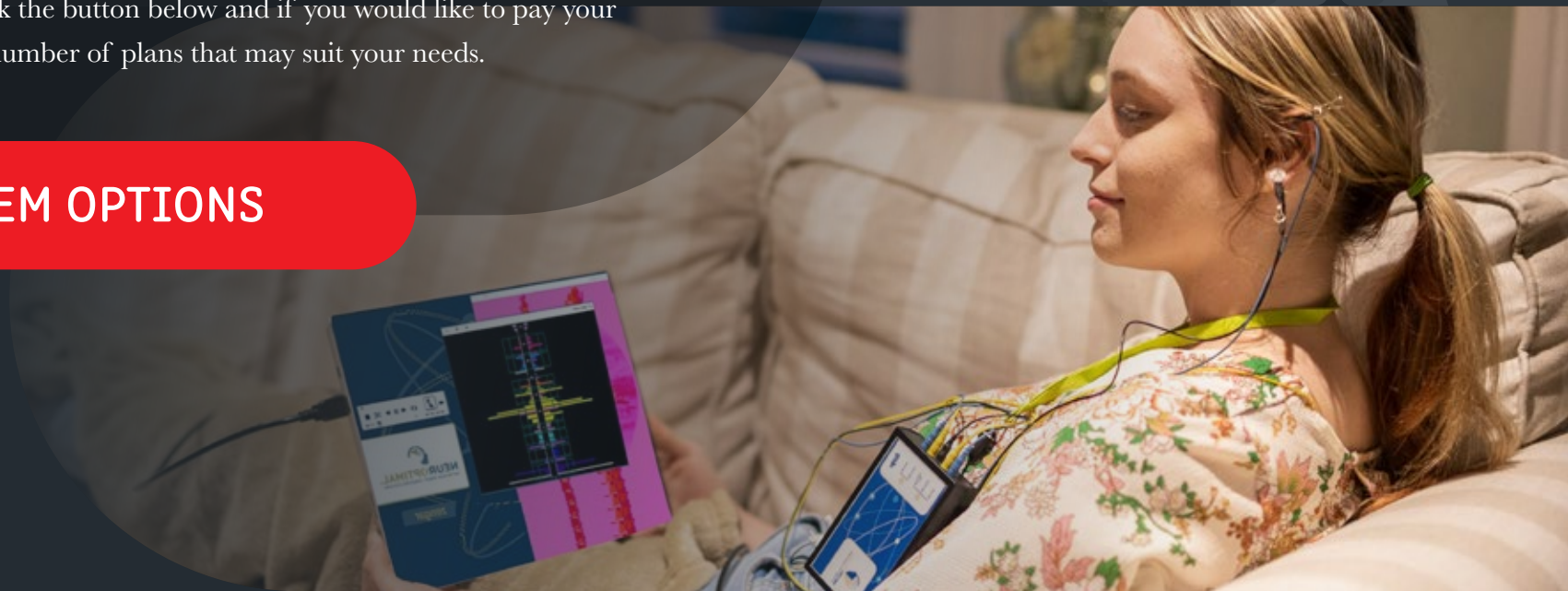
[SYSTEM OPTIONS](#)



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Certification Training

Secondly, you may be interested in becoming a trainer and provide this service to your community. We run certification training regularly and you will gain confidence in understanding the system and different models in running a NeurOptimal® business. For training dates and cost please [click here](#). If you would like more information about running a NeurOptimal Business, download the ebook.

Finally, you may wish to rent in the future, as a valued customer we will prioritise your booking and explore with you the best rate.

We look forward to keeping in touch,

Kindest regards

Steve Phillis

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DOWNLOAD BOOK NOW

\$200 back from your Rental Fee if you decide to purchase either a Personal or Professional system

RENT NOW



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