

INTRODUCTION

The ALERT (ATTENTIVE LIVING THROUGH ENERGIZING REGENERATIVE TECHNOLOGY) integrates the necessary principles of audio/visual stimulation to safely and effectively guide the user into desired states relaxation and attention, ideal for those with ADD/ADHD and/or cognitive decline.

The ALERT is non-invasive. All resulting effects are produced in the brain solely by audio-visual stimuli. The portability of the ALERT lends itself to easy travel (airport X-ray machines will not harm the ALERT).

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

COMPONENT LIST

- (1) ALERT - Serial Number _____
- (2) Tru-Vu Omniscreen™ Eyeset (U.S. Patent 5,709,645)
- (3) Headphones
- (4) Stereo Patch Cord
- (5) Carry Bag
- (6) 9-Volt Alkaline Battery
- (7) ALERT Operator's Manual
- (8) Warranty Card

OPTIONAL ACCESSORIES FOR ALERT

- (1) 9-Volt Adapter
- (2) DAVID Session Editor
- (3) Two-User Package (includes: eyeset, headphones, splitter cords)
- (4) Tru-Vu Omniscreen Viewhole Eyeset

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 or call toll free at 1-800-661-MIND(6463). Outside Canada and the U.S. call (780)465-6463.

WARNING

If you are an epileptic, photic epileptic or have any history of seizures: We recommend that any person with a history of epilepsy, photic epilepsy or who has ever had a seizure of any kind **not** use the 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 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 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 ALERT. We also suggest that new users begin sessions with low intensity (brightness) in the eyesets. We recommend that you drink a glass of water prior to your session. If at any time during a session, you begin to feel vertigo, nausea, euphoria, or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or **discontinue the session**.

* 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.

PRECAUTIONS

Traumatic Childhood Experiences - The 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 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

The 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 ALERT for service are the responsibility of the customer.

To activate your warranty, return the enclosed warranty card to Mind Alive Inc., 9008 - 51 Avenue, Edmonton, Alberta, Canada, T6E 5X4, or you can register online at www.mindalive.com/registration.htm

This warranty does **NOT** cover:

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

Should your ALERT require repairs, you must contact our service department at 1(800) 661-MIND (Canada and U.S. only) or (780) 465-6463 to obtain a warranty/repair authorization number and important shipping instructions.

When returning your ALERT, be sure to surround the 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 and a brief written description of the problem. All postage, insurance and shipping costs incurred in returning the ALERT for service are the responsibility of the customer.

FOR UNITED STATES AND INTERNATIONAL CUSTOMERS:

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”**.

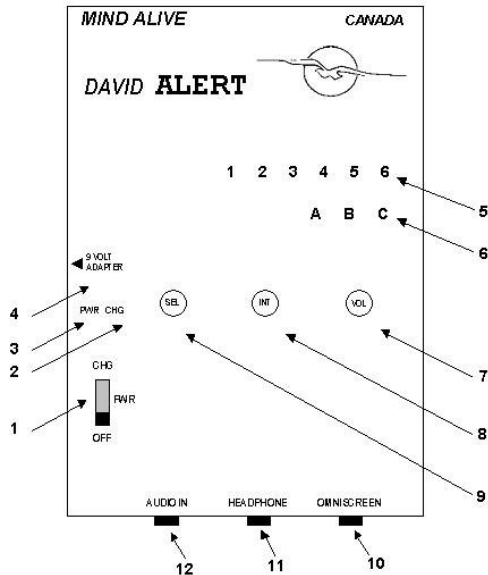
DISCLAIMER OF LIABILITY

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 said ALERT whether wilful 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 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 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.

ALERT DIAGRAM

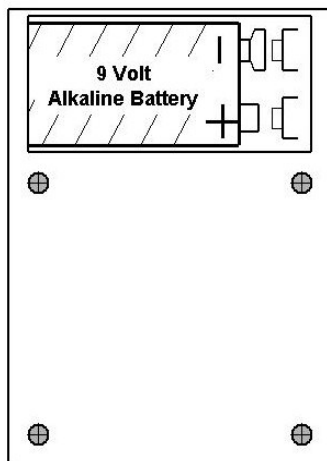
Figure 1 – Front Panel



- (1) **Power Switch (OFF/PWR/CHG)** – Set to PWR to turn the ALERT on. Set to CHG to recharge a NiCad or NiMH battery. **DO NOT** recharge alkaline batteries. See Operating Instructions for proper battery management.
- (2) **Charge Light (CHG)** – Indicates that the battery is being charged.
- (3) **Power Light (PWR)** - Indicates that the ALERT is on or in standby.
- (4) **9-Volt Adapter Jack** – Insert adapter plug into adapter jack (use a 9-volt adapter with 1.3 mm plug and centre positive).
- (5) **Session Number Lights (1 - 6)** – Indicates the session number. They are also used to display the battery power, intensity, and volume levels.
- (6) **A B C Indicator Lights** - Indicates the session bank.
- (7) **VOL Button (Volume)** – *Note: button raised to guide you in locating with eyes closed during sessions.* Use to increase or decrease the volume of the tones. Also used to clear most recent played sessions.

- (8) **INT Button (Intensity)** – *Note: button raised to guide you in locating button with eyes closed during session.* Use to increase/decrease intensity of the lights in the eyeset.
- (9) **SEL Button (Select)** – Use to select session while sessions are scanning. During a session, use to select tone – Pulsed Tone, Binaural Beats, Chime, or to turn all tones off. Also use to turn heartbeat sound on or off.
- (10) **OMNISCREEN Jack** - Insert Omniscreen eyeset plug into OMNISCREEN jack. Use the patch cord with the small 2.5 mm plug.
- (11) **HEADPHONE Jack** - Insert headphone plug into HEADPHONE jack.
- (12) **AUDIO IN Jack** – Use to listen to music during a session. Also use to download or erase a session with the DAVID Session Editor. Plug one end of the patch cord with the larger 3.5 mm plug into the headphone output of your CD player, computer or MP3 player and the other end into the AUDIO IN jack of the ALERT.

Figure 2 – Back



Battery Compartment - Install 9-volt battery into battery compartment as shown.

OPERATING INSTRUCTIONS

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.

Turning ALERT On and Off

To turn the ALERT on, slide the switch to the PWR position. To turn the ALERT off, slide the switch to the OFF position. If no session is selected, the ALERT will go into standby after two minutes. The green PWR light will remain dimly lit reminding you to turn the ALERT off.

To End a Session Early Using Soft Off™

Press and hold the INT and VOL buttons. When you select Soft Off™ the indicator lights will scroll from 6 to 1 to confirm that Soft Off™ is in progress. Soft Off™ will take 2 minutes to complete.

Battery Power Level

As soon as the ALERT is turned on, the battery power level will show on the lights from 1 to 6. If the power level is 1, then the battery is too low to operate the ALERT, and it will automatically go into standby. If the power level is 2, the battery may not have enough power for the entire session. If the battery power gets too low during a session, the session will end early with Soft Off. The number indicator lights will scroll from 6 through 1 to indicate that Soft Off has begun and the power indicator light will flash. Replace the battery or switch to an AC adapter, if battery level is at or below 2. If you have the ALERT plugged into a 9-volt adapter, the power level will always show a power level of 6.

Selecting a Session

The ALERT has 15 preset sessions. They are organized into three banks. Refer to ALERT Users Guide and page 11 of this manual (Description of Preset Sessions) to select a session. As soon as the ALERT is turned on, the last three sessions selected will be displayed. Then the ALERT will start to scroll through each of the preset session numbers starting with bank “A” (A1, A2, A3, etc.). After the “A” sessions, the ALERT will scroll through the “B” sessions, and then the “C” sessions. When the desired session lights up, press SEL. If you prefer a session from group “B” or “C”, wait

for the “A” group to finish and the “B” group will scan, followed by group “C”. Pressing the INT button will allow you to scan through the sessions faster. Once a session has been selected, the session number will flash a few times, then scroll from 1 through 6 to indicate Soft On (eyeset lights and headphone volume will start low and gradually increase over ten seconds until the levels reach the preset settings of intensity and volume). This allows you time to put on the eyesets and headphones. During the remainder of the session, the session light (eg. A1, B4) will flash briefly every few seconds to remind you of the session number selected. Every eighth flash will show the battery power level (1 to 6). As the session ends, the eyeset lights and volume will fade out (Soft Off™). The number display will scroll from 6 through 1 to indicate Soft Off™. If no buttons are pressed, the ALERT will go into standby in two minutes. The green PWR light will remain dimly lit reminding you to turn the ALERT off.

Selecting Heartbeat

All of the ALERT sessions (except Sound Sync session – C6) begin with the heartbeat on. To turn to heartbeat off, press and hold the SEL button for approximately one second. To turn the heartbeat back on, press and hold the SEL button again for approximately one second.

Selecting Pulsed Tone/Binaural Beats/Chime

All of the ALERT sessions (except Sound Sync session – C6) begin with the pulsed tone. Press the SEL button once to select Binaural Beats. Press the SEL button again to select Chime. Press SEL once more to turn all tones off. Pressing the SEL button again will turn the pulsed tone on again.

Adjusting Volume

Note: The volume button (VOL) is raised to guide you to locate button with eyes closed during sessions. To increase the volume of the tones through the headphones, press and hold the VOL button. To decrease the volume, release VOL button and press and hold again. Or you may press short single steps for small adjustments in the volume. The indicator lights 1 to 6 will show the volume level.

Adjusting Intensity

Note: The intensity button (INT) is raised to guide you in locating button with eyes closed during sessions. To increase the intensity of the lights in the Omniscreen eyeset, press and hold the INT button. To decrease the intensity, release the INT button and press and hold again. Or you may press short single steps for small adjustments in the intensity. The indicator lights 1 to 6 will show the intensity level.

To Save Intensity, Volume, Tone and Heartbeat Settings

Specific preferences (settings of intensity, volume, tone and heartbeat on or off) can be saved for each session. To save preferences, while the session is running, adjust intensity, volume, tone and heartbeat as desired. Press and hold SEL and INT at the same time. The indicator lights 1 to 6 will scroll from 1 to 6 and back to 1. Your new preferences will be saved only when the session ends (all lights and tones are completely off). You may use Soft Off™ (press and hold INT and VOL) to end the session sooner (2 minutes).

Playing Pre-Recorded Material

To play pre-recorded material into the headphones, plug one end of the patch cord provided into the headphone jack of the CD, MP3, computer or cassette tape player and plug the other end into the AUDIO IN jack of the ALERT. If the playing time of the audio material is longer than the session selected, the session will end, but the audio material will continue to play and be heard through the headphones.

Battery Replacement and Power Management

The ALERT can be powered using a 9-volt battery or with a 9-volt (positive centre, 1.3 mm plug) AC adapter. To replace the battery, slide battery compartment cover off. Ensure that the battery is lined up properly for positive (+) and negative (-) posts. Refer to Figure 2 (page 6). Slide the bottom of the battery into the battery compartment under the edge, push the battery down into place to connect the poles. If the ALERT is plugged into an adapter, no power will be used from the battery. The ALERT will remain in standby at the end of a session and use minimal battery power. Turn the ALERT off at the end of the session to preserve your battery. An alkaline 9-volt battery will provide approximately seven hours of operation. NiMH or NiCad battery may be recharged by setting the PWR/OFF/CHG switch to the CHG position. DO NOT try to recharge an alkaline battery. Damage will occur and the warranty does not cover damage from recharging. To fully recharge a NiMH battery will take approximately 10 hours and will provide about 3 hours of operation. To fully recharge a NiCad battery will take approximately 5 hours and will provide about 1½ hours of operation.

To Record or Clear Session History

Each time you play a preset session, the session number will be stored in the ALERT, so that you can have faster access to the last three sessions selected. To clear these sessions, press VOL while the ALERT is scrolling for a session to be selected. This will erase or clear the session history.

Playing Session C6 – Sound Sync

Using the patch cord provided, connect your CD, MP3, computer or tape player to the ALERT. Select session C6. With the Omniscreen eyeset on, increase the volume on the audio material until you notice the lights "dance". The session will end when the audio is finished. If the volume is too low or stops for 10 seconds, the session will begin to Soft Off (the number display will scroll 6 through 1 to indicate Soft Off has begun). When the volume is turned up or the sound returns, the lights will gradually brighten (Soft On) and "dance" again. The numeric display will scroll 1 through 6 to indicate Soft On has begun.

Downloading/Erasing a Session

Your ALERT has one blank location to program and store your own session (B6). Any of the sessions may be reprogrammed or erased. To change or remove sessions you will need the DAVID Session Editor. The ALERT may also be programmed automatically from an encoded CD. Refer to the DAVID Session Editor help file for design and download instructions.

CARE AND MAINTENANCE FOR THE ALERT

Cleaning of the ALERT should be done with a soft cloth slightly moistened with water (or with a mild detergent). Do not clean with any solvents. Although precautions have been taken to protect the ALERT from static electricity, do not subject the ALERT to static, such as placing it near a television set or static producing fabrics and materials. Do not place the ALERT near heat sources such as radiators or air ducts, or in direct sunlight, or expose to excessive dust or mechanical vibration. Should any liquid enter the ALERT, turn it off immediately. Although the ALERT is water resistant, it is not waterproof. If liquid does enter the electronics, we advise that the ALERT be checked by authorized personnel before commencing operation.

DESCRIPTION OF PRESET SESSIONS

To determine which sessions to use, refer to **ALERT USERS' GUIDE** to complete Symptom Survey.

Session Number	Description	Session Time
Group 1 Sessions		
A1	Theta/Alpha I	22 min
A2	Theta/Alpha II	22 min
A3	Theta/Alpha III	22 min
A4	Theta/Alpha IV	22 min
Group 2 Sessions		
A5	Sensory Motor Rhythm I	22 min
A6	Sensory Motor Rhythm II	22 min
B1	Sensory Motor Rhythm III	22 min
Group 3 Sessions		
B2	Beta I	22 min
B3	Beta II	22 min
Group 4 Sessions		
B4	Instability I	22 min
B5	Instability II	22 min
Additional Sessions		
C1	Schumann Resonance	40 min
C2	Sensory Motor Rhythm – Use with Viewhole Eyeset while reading	20 min
C3	Attention for Children – Session used in Journal of Neurotherapy study	30 min
C4	Depression Reduction	30 min
C5	Brain Brightener – Use for teens, adults, seniors (same as C3 but with smoother transitions)	30 min
C6	Sound Sync – Use with guided imagery and hypnosis CDs.	

BEFORE YOU CALL FOR REPAIRS

If	Means	Response
PWR light is dim and ALERT is unresponsive	ALERT is in standby	Turn off PWR switch, then turn PWR switch back on
Light 1 flashes, then ALERT shuts off	Battery is low	Replace or recharge battery or use adapter
ALERT does not turn on. (PWR light not on)	Battery is dead or installed backwards	Replace or recharge battery or use adapter
Lights in eyeset are on left side only	Eyeset not plugged in completely	Check eyeset connection
Tones in headphone are on left side only/sound hollow	Headphone not plugged in completely	Check headphone connection
No sound from audio player	Plugged into audio player incorrectly	Check all connections to audio player
Download is not recognized	Audio player improperly plugged in	Check all connections to audio player
	Volume too high/too low	Adjust volume to moderate listening level
Session runs but no lights and/or tones on start up, but can be adjusted manually	Preferences have been set/saved at zero	Re-adjust settings and re-set preferences

WARNING

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) has ever had seizure of any kind,

SHOULD NOT USE the **ALERT** unless under the supervision of a health care provider qualified in the safe detection of seizures.

NOTICE TO HEALTH CARE PROVIDERS:

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.

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

The **ALERT** is a non-invasive tool.

All resulting effects are produced in the brain solely by
audio and visual stimulation.

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the express written consent of Mind Alive Inc.

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

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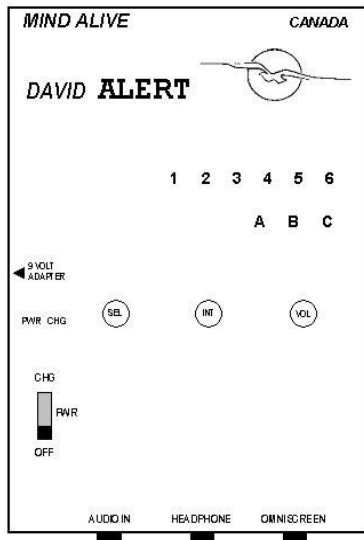
Mind Alive Inc.

Edmonton, Alberta, Canada

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ALERT



Operator's Manual