

NeuroOptimal® Rental System Guide

Our Brain Training Nurtures the User
to Function at Peak Performance



BREAKTHROUGH NEUROFEEDBACK
TRANSFORMATIONAL BRAIN OPTIMIZATION

888-908-9490
breakthroughneurofeedback.com

Hi there,

Thank you for renting one of our NeurOptimal® systems through Breakthrough Neurofeedback. We are looking forward to keeping in touch with you and learning about the difference NeurOptimal(R) makes in your life.

In this instructional Ebook, 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 it's benefits, is by clicking on the Explainer Video below.

At Breakthrough Neurofeedback, 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@breakthroughneurofeedback.com or call us at **888 908-9490**.



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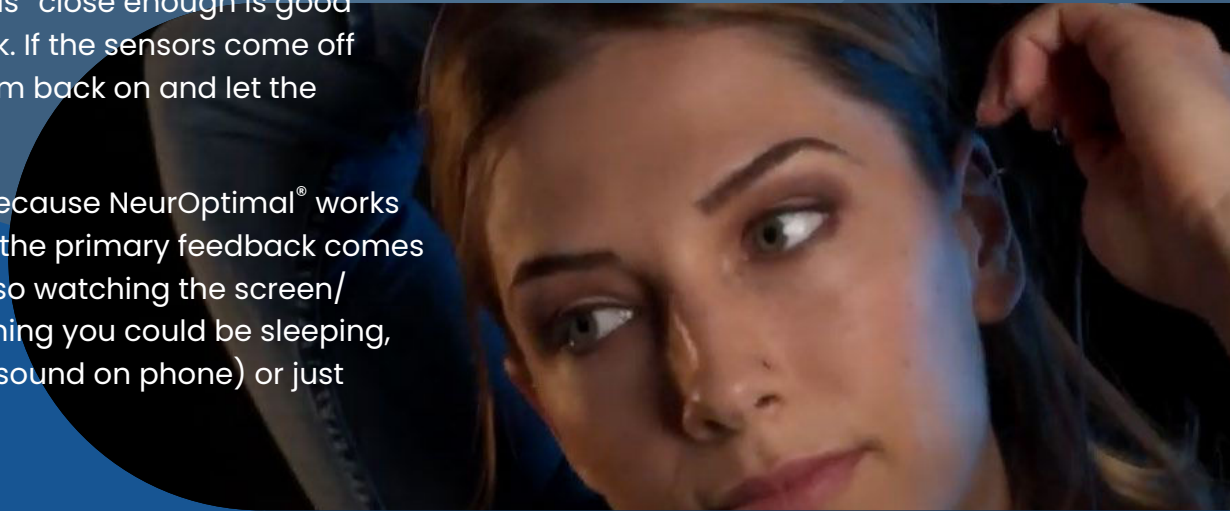
What To Know Before You Start

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.

NeuroOptimal® 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 do need to hear the sound during a sessions. Because NeuroOptimal® works outside of conscious awareness the sound is where the primary feedback comes from (there is only 5-10% feedback from the screen so watching the screen/ the visual aspect is optional). 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!



A NeuroOptimal® session time is 33 mins. Therefore, training with NeuroOptimal® 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 NeuroOptimal® sessions. You may have rented this machine for someone in particular or yourself. The great thing about NeuroOptimal® 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. While you can train once per day or more, we see the best results come from spreading the sessions over the week. More does not necessarily equate to better, but with regular training, your brain is able to self-regulate and become more flexible and resilient.

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 Breakthrough 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 4 key tools to support you to track your changes. We encourage you to download and complete.

Identify Your Goals


Before you start training with NeuroOptimal®, it's important to set some goals for yourself. Some examples could be: improved focus, healthier sleep patterns, calmer, able to let things go, more confident, less reactive and so on. On a sheet of paper, just note down anything that you would like to see different in your day-to-day life.

My Journal: Checklist

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. Click on the images to download the tracking sheets.

Download

My Journal Checklist

**NEUROOPTIMAL**
Advanced Brain Training Systems

MY JOURNAL: CHECKLIST

NAME: _____

DATE: _____ PRE/ONGOING/POST: _____

Please check off any item that represents how you are feeling using the past week as your guide.
Add comments if you wish.

1. Itchy or irritated nose, sneezing	31. Difficulty going to the bathroom	70. Difficult to complete studies or work
2. Wheezing	32. Eat when not hungry, or not feeling hungry	71. Get into trouble at school or work
3. Catch cold too often	33. Trouble eating sweets	72. Mix up numbers or letters sometimes
4. Run down	34. Uges to eat sweet things	73. Difficult to know how things fit together
5. Tired	35. Sensitive to heat or cold	74. Difficulty with some subjects
6. Awake too long when you go to bed	36. Slowed down or speeded up	75. Need to go to the bathroom but hard to start
7. Waking up during the night	37. Moody at certain times of the month	76. Lose your urine sometimes
8. Waking up before you want to	38. Hot flashes	77. Difficult to control going to the toilet
9. Difficult to wake up in the morning	39. Problems from being of a "certain age"	78. Stinging sensations when going to the bathroom
10. Bad dreams	40. Not interested in your partner	79. Drink too much sometimes
11. Difficulty breathing at night	41. Too interested in your partner or other people?	80. Smoke cigarettes
12. Out of bed but not knowing how you got there	42. Stiff and sore	81. Concerns about eating
13. Skin difficult to manage	43. Areas that really hurt when touched	82. Need caffeine to get going
14. Hair weaker or less lustrous than you'd like	44. Muscles hurt	83. Enjoy marijuana
15. Nails weak, flaking or tearing	45. Fatigue	84. Habits that concern you
16. Blurry vision at times	46. Pains in your head	85. Moody
17. Areas where you can't see anything	47. Going to pass out	86. Feeling low or flat
18. Spots floating in front of you	48. Lose consciousness	87. Feel sad
19. Difficult to hear	49. Difficult to remember things	88. Concerned about things
20. Ringing in your ears	50. Difficulty reading	89. Feel terrified sometimes
21. Ear hurt inside	51. Difficult to find your words	90. Malt about things
22. Smells seem different or lost	52. Difficulty speaking	91. Thoughts you'd like to stop but can't
23. Noise gets blocked	53. Shaky	92. Need to do things over and over
24. Grinding your teeth	54. Weak	93. Eat more food than you can comfortably eat
25. Things taste different	55. Too active	94. Careful to never eat too much
26. Voice hoarse or sore	56. Can't balance on one leg	95. Make yourself throw up
27. Can't get enough air	57. Moving your head or saying words you don't intend	96. Difficult to do things you'd like to do
28. Heart too fast or jumpy	58. Difficulty paying attention	97. Others are against you
29. Pulsing or throbbing in your head	59. Easily distracted	98. Get into trouble for your behavior
30. Heart skips a beat	60. Make a lot of mistakes	99. Feeling angry
31. World spinning around you	61. Disorganized	100. Overwhelmed
32. Might throw up	62. Difficult to complete tasks	
33. Tummy hurts	63. Lose your train of thought	
34. Catty, bloated		
35. Sensitive digestion		
36. Upset stomach		

Note: Any concerns mentioned are intended as examples only and not meant to suggest that NeuroOptimal® treats, mitigates, cures, or diagnoses any listed concern. Instead, identified concerns and medication use are one of many ways to measure shifts in brain functioning and perception.

www.neurooptimal.com



Tracking Your Shifts

Based on the concerns that you have identified, use My Journal: Tracker 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 15 to 20 sessions is a great way to track your progress.

Pre and Post Check-in

These forms (adult and children's forms) are a way 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

NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

MY JOURNAL: TRACKER
Start your journey here and track as you go.

NAME: _____ DATE: _____
SESSION # _____ MY QUALITY OF LIFE ON A SCALE OF 0-10 IS: _____

ITEM Did the item that you would most like to see shift?	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?

Please note that NeuroOptimal® does not diagnose, treat, mitigate, prevent or cure any disease, disorder or abnormal physical state, nor does it restore, modify or correct the body's structure or functioning. Information provided is for reference and tracking purposes only. NOT FOR USE IN CANADA.

NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

PRE-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel today?
2 What sensations and feelings do you have? Please rate them 0-10 (e.g. head stuffy, discouraged and joyful, etc).
3 How "good" do you feel overall 0-10?
4 Have you noticed any changes since your last visit that you think might be related to your training?

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POST-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel at the end of your Session?
2 Are any of your sensations and feelings remaining? Please rate them 0-10.
3 How "good" do you feel now 0-10?
4 Do you think your training is helping you? If yes, in what way?
5 Comments?

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NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

PRE-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel today?
2 Did you wake up feeling happy?
3 How is school?
4 Did you enjoy your Session?
5 When would it feel good to come back for another Session?

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NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

POST-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel after your Session?
2 Did you enjoy your Session?
3 When would it feel good to come back for another Session?

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Tracking Your Shifts

Pre Post Child

NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

PRE-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel today?
2 Did you wake up feeling happy?
3 How is school?
4 Did you enjoy your Session?
5 When would it feel good to come back for another Session?

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NEUROOPTIMAL
ADVANCED BRAIN TRAINING SYSTEM

POST-SESSION CHECK-IN
NAME: _____ DATE: _____

1 How do you feel after your Session?
2 Did you enjoy your Session?
3 When would it feel good to come back for another Session?

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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 NeuroOptimal® 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 while doing 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).
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 colored tape on each of the components. These tapes indicate where the equipment should be plugged into. It is as simple as matching the colors up.

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

Windows Updates must be done at least once every 7 days. Click on the Windows Icon button (bottom left corner of system), then Settings, Updates and Security, and then Check for Updates.

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.

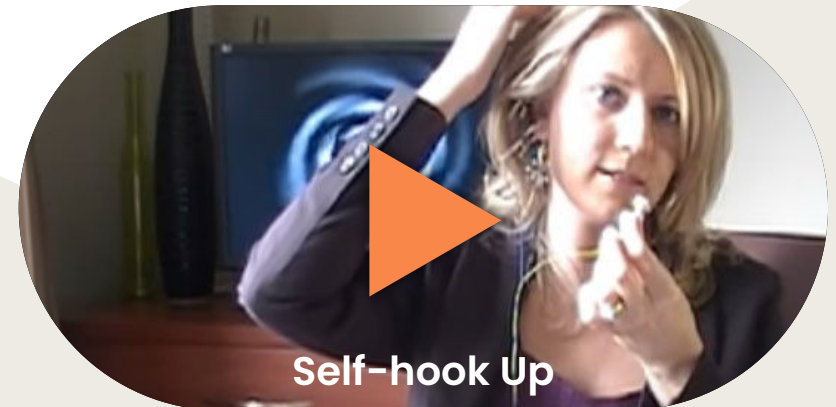
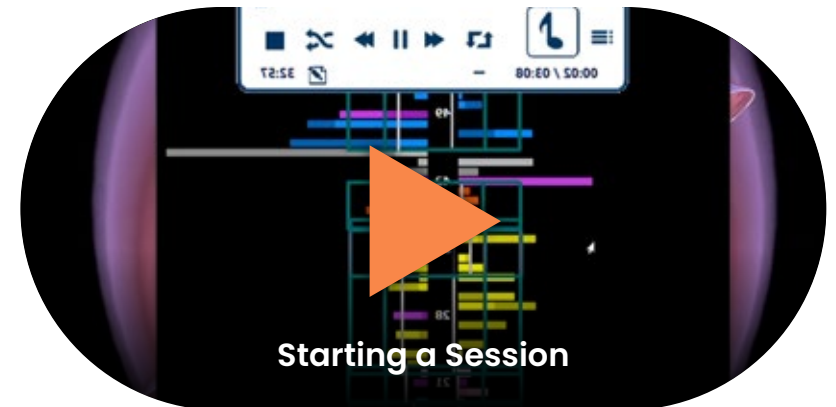
Step 2

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 the videos here: One is a Self-Hook Up and the other is about Starting a Session.

Videos



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 Breakthrough Renter. To start your session, please DOUBLE CLICK on Breakthrough Renter and the session will start.

DO NOT press the play button in the Media Player to start Sessions. Must start in Vault.

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 or damp tissue. Wipe your ears and scalp with warm water on a tissue or 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

How to start a NeurOptimal® Session

- Identify Items.**
Paste, zAmp & USB cable, Tablet/Computer
- Launch NeurOptimal®.**
Launch NeurOptimal® by tapping on the NeurOptimal® icon in the Task Bar at the bottom of the screen
- Connect USB cable to zAmp and computer or tablet.**
- Apply sensors.**
Note color coding and left/right orientation
- Double tap "Client" to add your name (if needed).**
- Double tap your name to start a Session.**

IMPORTANT
Please always have your system connected to the Internet.

Please contact your rental provider at _____ with any questions.

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Returning the System

1. Pack all of the equipment back into the shipping box. 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 719 431-0511.
3. Please use the prepaid return label with our address on it.
4. Take it to the counter at your local FedEx.
5. When sending it, please give FedEx 719 431-0511 so that it will automatically send us a text saying it is on the way.
6. You must make sure you receive a FedEx receipt from the person at the counter at your local FedEx.
7. Please take a photo of the FedEx receipt showing tracking number and expected delivery date and text it to us. This will cover you in the event the system is lost by FedEx.



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. If you would like to finance your system, we have a number of plans that may suit your needs.

SYSTEM OPTIONS



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Certified Brain Training Coach

Secondly, you may be interested in becoming a Certified Brain Training Coach to provide this service to your community. We run certification training regularly. We run Certification Training regularly. You will gain confidence in understanding NeuroOptimal(R), other models and learn how to build your NeuroOptimal(R) business. For training dates and cost please [click here](#). If you would like more information about running a NeuroOptimal 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,

Warmest regards,

Raquel Younglove

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\$200 back from your Rental Fee if you decide to purchase either a Limited or Unlimited License system.



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