

# Instruction Usermanual

## PanBrain Energy Capsule II



**PanBrain**  
Meditation during the day, Sleep at night

Please be sure to read the instructions carefully, wear and use incorrectly may seriously affect the effect of use

## 01/Notes on Operating Instructions

Thank you very much for choosing PanBrain products.

In order to use this product safely, please follow the instructions strictly. If you lend or give this product to another person, be sure to give them this instruction manual.

\*This instruction manual is accompanied by warranty card, so please keep it in a safe place.

## 02/For proper and safe use of this product

In order to prevent personal injury or property damage to you or others, the following illustrations are used to indicate the extent of the hazards and damages, so please understand the contents before reading the text.

the symbols and meanings of warning labels are as follows:

|   |  |
|---|--|
|   | Indicates prohibited content that cannot be done |
|  | Indicates what must be complied with             |
|  | Indicates what must be noted                     |



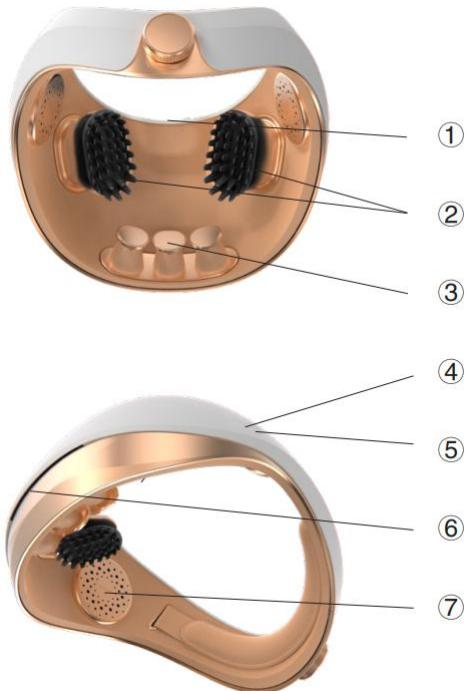
To prevent accidents or discomfort, do not use if you meet the following conditions.

- 1.Those who have undergone surgical procedures on the area covered by the product.
- 2.The product involves scalp areas with skin damage, redness, inflammation, bruising and other uncomfortable symptoms.
3. People with cerebrovascular disease, heart disease or medical history, head skin disease.
4. people with blood disorders such as bleeding tendency, epilepsy, and stroke.
5. Pregnant women, adolescents and children under 18 years of age.

|   |  |
|---|--|
|  | <ol style="list-style-type: none"><li>1. Do not use at the same time with other transcranial electrical instruments.</li><li>2. Do not use the product in a damaged or malfunctioning condition.</li></ol> |
|---|--|

|   |  |
|---|--|
|   | <p>3. This product is a home electronic consumer product and is not intended as a medical device for diagnostic, therapeutic or other commercial use.</p> <p>4. Do not use the product while driving.</p> <p>5. Do not use on pets.</p>                        |
|    | <p>1. Do not use in humid environments such as bathrooms.</p> <p>2. Do not store or place the product in damp places such as bathrooms and sinks.</p>  |
|    | Do not touch the product with wet hands.(Failure to do so may result in injury, electric shock)  |
|    | <p>1. Do not store near flammable items such as dilutions, sprays, etc.</p> <p>2. Do not use or store near hot fire sources such as in the kitchen.</p>  |
|    | <p>1. For domestic sockets only.</p> <p>2. Be sure to plug in the adapter and plug tightly.</p>  |
|   | <p>If any of the following occurs, stop using and turn off the power immediately</p> <p>1. Unusual natural conditions such as earthquakes and thunder.</p> <p>2. The product is abnormally hot, smokes, makes strange noises or smells.</p>                    |
|  | <p>Do not disassemble, modify or repair this product by yourself.</p> <p>Please consult customer service if any abnormality occurs.</p>  |
|  | When using the product, please remove any jewelry or items that may interfere with the head action area(this includes metal jewelry such as eyeglasses, hairpins, hairpieces,wigs,earrings,etc..that are worn)   |
|  | <p>1. Do not connect this product to metal or other electronic products.</p> <p>2. Do not drop or hit this product.</p> <p>3. Children should not play with this product and should not operate, clean or maintain this product without adult supervision.</p> |

## 03/Products



- ① charging port
- ② intervention electrode contact
- ③ election electrode sheet
- ④ switch on/off button
- ⑤ energy +/- button
- ⑥ indicator light
- ⑦ stereo speakers

### Product Accesories

main unit, posterior cushion\*2pcs, power adapter, charging cable, tote bag, storage bags, special tap measure, wiping cloth, cleaning wipes, special gel, conductive sleeve\*6 pairs, saline, instruction manual, saline infiltration box

## 04/Charging method

### charging equipment

1. This product is shipped with a certain amount of power, you can use it directly after receiving the product, or you can use it after fully charged.
2. This product has a special adapter and charging cable, the interface between the charging cable and the product is type-c, insert the type-c plug of the charging cable

into the charging socket of the product.

3. plug the other end of the charging cable into the special adapter and then into the charging socket of a household outlet.

charging time

full charged time around 3.5-4hour

## 06/Product Operation

this product responds to key presses with voice prompts

power on/off button, long press for 2 seconds to turn on/off, there are 3 levels of energy.

the default energy level is 1 gear when the product is turned on for the first time, the intervention time is 15 minutes, and there is 120 seconds of Electroencephalogram(EEG) detection process before the intervention. the white light is always on when the product is turned on, and the red light flashes when the battery is low, accompanied by voice reminding.

### Wear detection

1. in order to ensure the safety of the wearer voltage, if the device detects that your wearer is not fully fitted, the red light will flash and accompanied by voice prompts indicate "not worn" and will automatically turn off the product after 30 seconds of continued not being worn, if readjusted during this period, the product will automatically enter into normal operation
2. take care to avoid too much hair blocking the contact between the black intervention module and the scalp when wearing it, and those with a lot of hair can push their hair back while wearing it.
3. environment dryness will increase the scalp surface resistance, which in turn increase the likelihood of suggesting that it has not been worn well, it is recommended to replenish more saline(the degree of non-dripping) and then re-wear it.
4. for those with thick hair, avoid excessive blocking of the hair from contact with black intervening head and scalp.

### Life cycle

the product is used for 3 weeks, 3-5 times per week.

## **Restore factory settings**

press and hold the energy+ and energy- button for 10 sends.

\*this product has a setting memory function, each time you turn on the product, it will retain the last shutdown when the gear and length of the state.

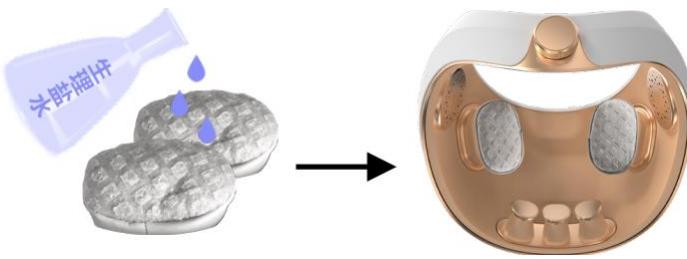
## **App download, installation and user guide**

1. open your cell phone and enter the official website of PANBRAIN to download the App.
2. or open the app market(e.g. apple user open app store, android user open huawei app market, xiaomi app market, etc.) enter the name of the app “般意” “panbrain” in the search bar and search.
3. find the right app in the search result and click the “download” and “install” button.
4. wait for the app download and installation to complete.
5. before using the app, please go to your phone settings to turn on your phone's bluetooth and product positioning.

## **07/Steps and precautions for product use**

steps for using the product

1. before use, please remove any glasses, hairpins, hair accessories, wigs, earrings, etc. that you are wearing to avoid affecting your experiences.
2. fully cleanse the skin at the hairline sideburns and the forehead with the product's complimentary wipes.
3. please fully moisten the special electrode sleeve with saline, gently squeeze the electrode sleeve with your hand to ensure that the water will not automatically flow out or drip down, and at the same time to ensure that a sufficient amount of saline is retained inside the electrode sleeve to assist the conductivity. then put the electrode sleeve on top of the intervention electrode and gently rub it to ensure that the electrode sleeve is stably placed on the intervention electrode head.



4. after attaching the back-of-the-head pads to inside of the back of the product, place the product on your head so that it feels slightly tight and stable without shaking.



5. Adjust product wear symmetry and levelness by looking in the mirror, with the lower edge of the front of the product flush with your eyebrows.

6. It is recommended to align the front edge of the product first and wear it from front to back to avoid hair blocking the current transmission of the intervention module. If the machine suggests that it is not worn properly, you can ruffle the hair near the black intervention module before wearing it.

7. Please complete the correct wearing first, and then press the switch on the side of the energy compartment to start using the product

8. If the wear detection prompts "end of the correct wear", may be the hair blocked to the scalp and intervention module contact, or the electrode set is not sufficiently saturated with saline, or electrode set aging locking ability is insufficient, you can remove the product with both hands, replenishment of saline or replace the electrode set and then wear and use again. After wearing the product, it can be slightly rubbed to make the electrode cover fully contact with the scalp.

9. When worn correctly, you will next hear the sound of waves for 120 seconds, this phase is the EEG detection process, after which the intervention module will be turned on. When using the product, please maintain an upright position, do not lie down or move around, and keep your eyes open, do not close your eyes or sleep, it is recommended to try to relax and look at the scenery or look straight ahead.

10. Through out the use of the product, do not look at your cell phone, read a book, make small talk with people, listen to music, walk around, do chores, meditate, think about complex things, another behaviors that require the use of your brain.

11.If you feel excessive pain or burning during the use of the product, please immediately take off the product and give the special electrode set to be moisturized with saline, and then wear and use it again.After using the product, please use the special gel delivered with the product to apply to the skin where the product interferes, to protect and repair the skin.

12.At the end of the intervention, the product will voice prompt you to finish using it, after which the product will automatically turnoff.

13.After removing the product, please remove the electrode holder from the interfering electrode head,

was hit with water and leave it to drying place away from direct sunlight.

### **How to use the product**

1. the duration of a single use should not exceed one full session(default setting is 17 minutes)
2. for the first month it is recommended to use it 3-5 times a week.
3. it is recommended to use it before 2:00 p.m. for general work and rest; those who work late at night can choose to use it before 5:00 p.m. if you are sleepy after the initial use, you can choose to use it before going to bed, go to sleep immediatley after use, and then change the use time in the next stage after the sleep cycle is fully adjusted.
4. Due to the aging of the electrode cover, the conductive effect will be affected and the tingling sensation will gradually increase.Please rinse the electrode holder with clean water after each use, and Replace the electrode holder after 10-20 uses to avoid the risk of burns and the effects of use.
5. Always place the moistened electrode sleeve over the intervening electrode head before use to avoid the risk of flushing or buming. The degree of saline moistening should be such that it just does not drip when worn.If saline drips down after wearing, dry the dripping saline well before turning on the device.For those with thick hair, a small amount of gel can be applied to the hairline on both sides before using the device (the area should not be too large, with the range of the electric intervention module touching the scalp as the boundary)to help conduct electricity, or a small amount can be applied after using the device to help soothe and moisturize the skin.
6. There is no direct correlation between the intervention effect of the Energetic Chamber and the tingling sensation.Please replenish saline or change the electrode cover when you feel significant tingling to avoid the risk of burns.
7. First use is recommended to use the default lowest gear, to be fully adapted after a few times, can be adjusted to higher gears as appropriate.

8. This product has a music pure enjoyment mode, you can switch the selection in the APP to enjoy the high quality sound of the energy cabin.

#### **Precautions for Wearing**

1.Dry skin people, skin sensitive people and the elderly, it is recommended that the special electrode set of saline infiltration can be more, has reached the sense of comfort and maximize the efficacy of the product(to avoid skin burns due to dryness).

2.Users who use this product for the first time may experience skin tingling phenomenon, which is normal, generally by increasing the amount of saline infiltration of the special electrode set can improve or solve this problem. It will gradually adapt after repeated wear. If the pain is more than expected, please consult the customer in time. Clothing, make sure it is worn correctly.

3.Due to the micro current intervention technology used in this product, there is some risk of skin irritation or burns.

4.Do not operate the product when your hands are wet.

#### **Possible side effects in a small number of people**

1.The skin on the scalp at the site of the intervention may briefly become red and hot, tingly or itchy, which will resolve it self in about 10 minutes to half an hour.

2.Avery small number of people may produce a transient mild headache, such as this situation, it is recommended to suspend the use of the headache to be completely relieved, you can reduce the energy level and increase the amount of saline infiltration of the special electrode set after the use of this product.The headache itself will not cause any damage, please feel free to use

3.A red mark or indentation may be left on the forehead, which will return to its original state in half an hour or so.

4.Temporary fatigue may be experienced after use.In some cases, concentration and cognitive abilities may be temporarily affected.

5.Although rarer, some people may feel nauseous when using the product.

#### **Principles must be read**

The repair of neurons in the brain mainly occurs during sleep, so after using the product, if you are sleepy, it is recommended that you go to bed immediately, or choose to go to bed immediately after using it at night, so that your brain's work and rest rhythms can be adjusted gradually, and the neural connections will be repaired gradually in the process.

## 08/Troubleshooting

If any malfunction occurs during use and operation, please carry out a check. If you can not remove the fault or this product still can not be ideal operation, please cut off the power supply, should be repaired by professional technicians, please do not disassemble this product by yourself!

| fault location  |                             |                           |
|---|-----------------------------|---------------------------|
| basic fault   | possible causes             | basic troubleshooting     |
| unable boot up  | whether the battery is low  | if so, charge it promptly |
| no perception of intervention   | whether the battery is weak | if so, charge it promptly |
| if the troubleshooting still cannot be solved, please call the after-sales phone: +86-13372520558 |                             |                           |

## 09/Compliance



Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that

interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Shenzhen PanBrain Technology Co., Ltd.

Room A2801, 28th floor, east building, digital culture industry base,  
Nanshan District, Shenzhen, China

[www.panbrain.com](http://www.panbrain.com)

[info@panbrain.com](mailto:info@panbrain.com)