



*B-pulse*

Bilateral Stimulation Tools

QUICK START GUIDE

GUÍA DE INICIO RÁPIDO

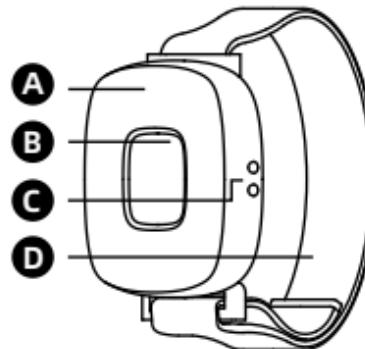
快速入门指南

# Introduction to B-Pulse

## In this box:

- Pair of B-Pulse bilateral stimulation tools
- Pair of removable wristbands
- Dual USB charging cable
- Quickstart guide

Please use the QR code below to access the full B-Pulse User Manual.



## Components:

- A** B-Pulse unit
- B** Power button with LED
- C** Charging port
- D** Removable strap

English Version

Additional Languages

Idiomas adicionales

Langues supplémentaires

其他语言



# Charging

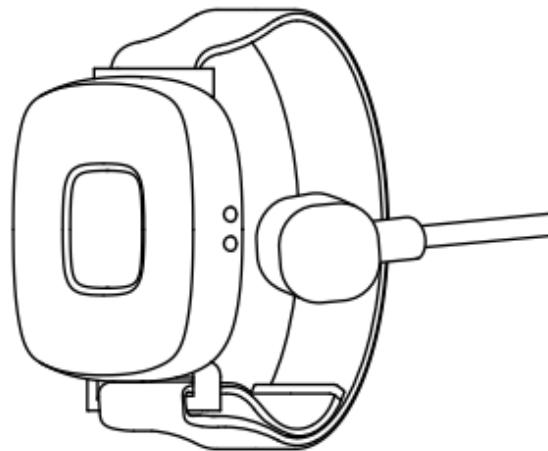
To charge, touch the metal contacts of the charging head to the magnetic contacts on the side of each B-Pulse unit. When properly connected, the B-Pulse's power button will flash to indicate charging. Power button will display a steady light when charging is complete.

View each B-Pulse unit's current battery life in the Status tab of the Bumble BLS app (See Section 4 for app instructions).

## Precautions

- Only use the included cable to charge B-Pulse.
- Ensure that magnetic contacts are dry and free of dust and/or debris before charging.
- The charging cable should only be connected to standard USB ports certified by electronic safety standards.

**NOTE:** If B-Pulse does not power on or indicate charging connection after a prolonged time between uses, the unit must be pre-charged for 1 to 2 minutes.



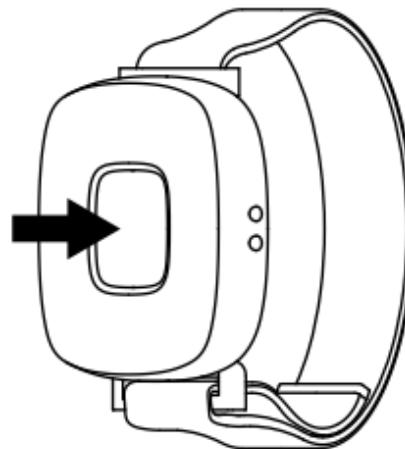
# Operating B-Pulse

## Powering On/Off

- To power on, press and hold the power button until it illuminates.
- To power off, press and hold the power button until illumination stops.

## Using Manual Presets

- B-Pulse features five basic presets with varying bilateral stimulation speed, intensity and duration. Press and release the power button on either B-Pulse unit one time to cycle to the next preset.



# Pairing B-Pulse with the Bumble BLS app

To access the full capabilities of B-Pulse, it must be paired with the Bumble BLS software application for iOS or Android devices.

1. To download the app for free, scan the QR code on Page 5 for the App Store or Google Play depending on your device. The app can also be found by searching "Bumble BLS" in either store.
2. Once the app is successfully downloaded, access the settings on your device to enable Bluetooth .
3. Power on B-Pulse by pressing and holding the power button on each unit until they vibrate once and the power illuminates.
4. Select your profile based on whether you will be using B-Pulse as part of EMDR Therapy Processing or for Resourcing.

**\*Important: For home use, always select Resourcing.**

5. For EMDR Therapy Profile: Tap Bluetooth icon  and select B-Pulse from the pop-up menu to pair devices. You can now control B-Pulse from the SETTINGS menu.  
For Resourcing Profile: Tap Bluetooth icon  and select B-Pulse from the pop-up menu. You can now control B-Pulse from the SETTING menu. To use Bilateral Music, press play on any song and B-Pulse vibrations will automatically sync.

# Pairing B-Pulse with the Bumble BLS app

6. To save the current settings as a Favorite, scroll to the bottom of the screen and tap the + SAVE PRESETS button.
7. To recall Favorites, tap the PRESETS tab and select from list of saved settings. Favorites can also be saved in this screen with the + Save Current Settings button.



To know more about  
B-pulse scan here

Google Play and the Google Play  
logo are trademarks of Google LLC.  
App Store® is a registered  
trademark of Apple Inc.



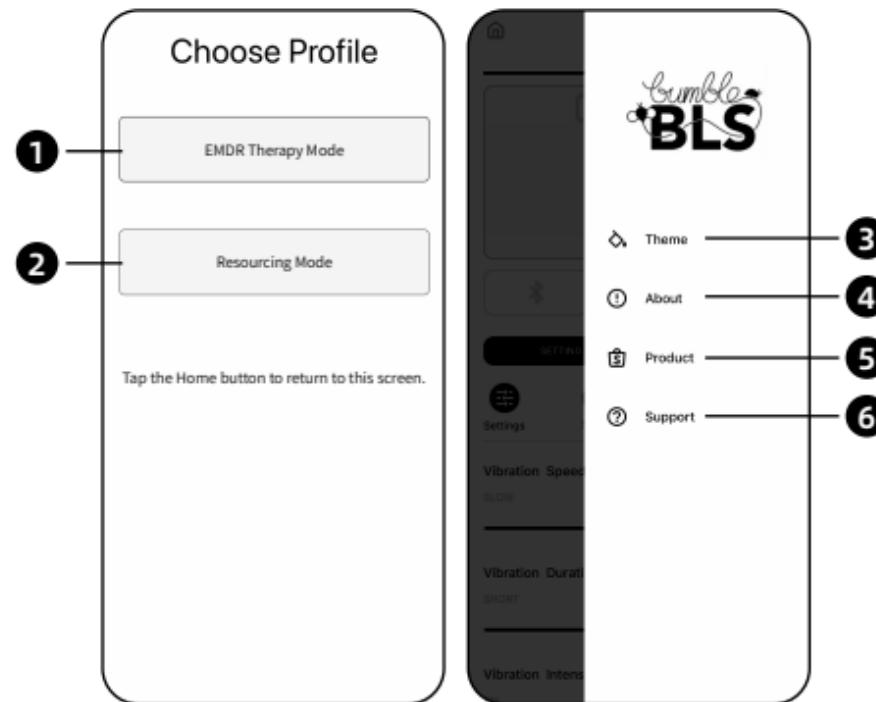
**NOTE:** B-Pulse must stay within approximately 30 feet (10 meters) of the paired device to maintain connection.  
If Bluetooth connection is interrupted, move closer if necessary and reconnect.

# Controlling B-Pulse with the Bumble BLS app

Your smartphone or tablet should now be connected.

Use the touchscreen controls on your device to operate B-Pulse.

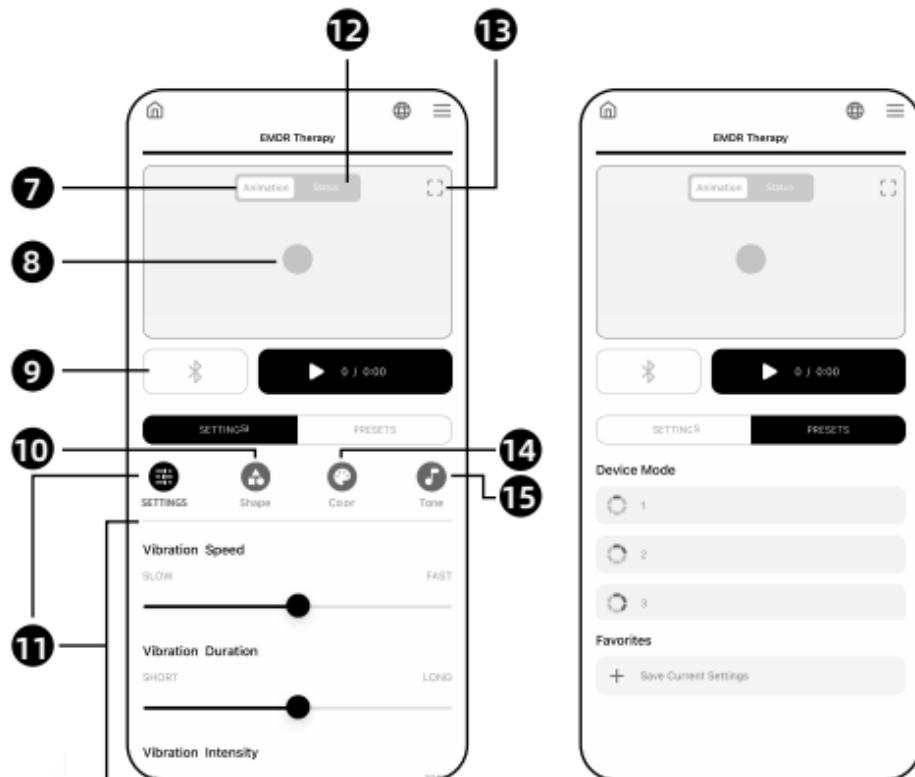
- 1 EMDR Therapy Mode
- 2 Resourcing Mode
- 3 Theme
- 4 About
- 5 Product
- 6 Support



# Controlling B-Pulse with the Bumble BLS app

## EMDR Therapy Mode

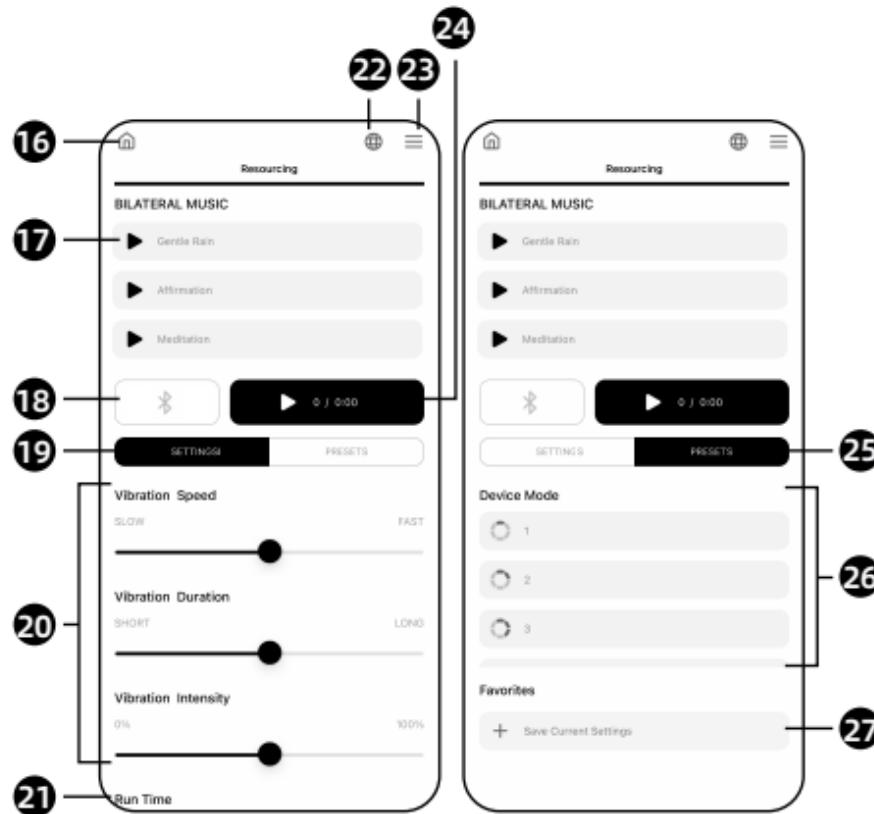
- 7 Animation
- 8 Bilateral visuals
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- 11 BLS controls
- 12 Status
- 13 Full screen
- 14 Color
- 15 Tone



# Controlling B-Pulse with the Bumble BLS app

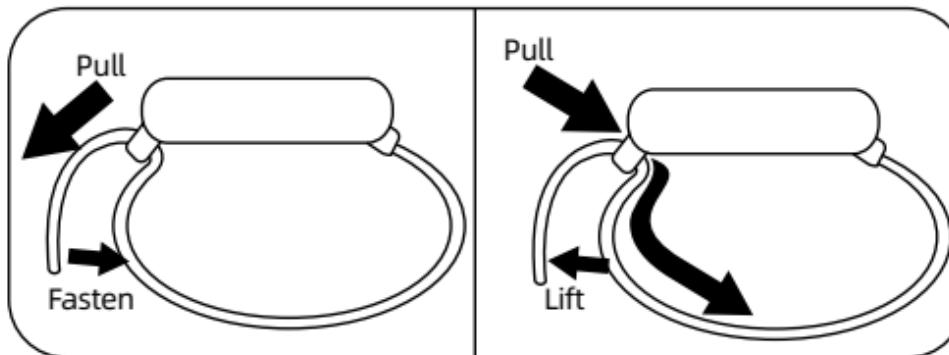
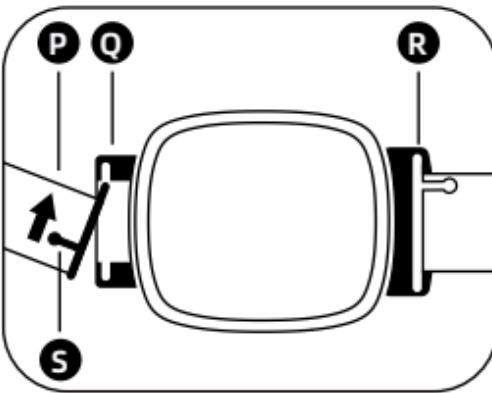
## Resourcing Mode

- 16 Return to homepage
- 17 Select music
- 18 Bluetooth
- 19 Settings tab
- 20 Controls
- 21 Run time
- 22 Select language
- 23 Personal homepage
- 24 Start/pause music
- 25 Presets tab
- 26 Device Mode
- 27 Save current settings



# Using Adjustable Straps

- To adjust fit, pull strap through loop and secure with velcro.
- To disconnect straps, locate the clasp on underside of strap where it connects to B-Pulse unit. Slide and continue holding the clasp while gently separating the strap from the B-Pulse.
- To reconnect straps, slide and hold clasp on underside of strap while fitting into place. Release clasp to lock. When installed properly, the clasp will be visible when viewing underside of B-Pulse.



- **P** Locking mechanism
- **Q** Base
- **R** Proper Installation
- **S** Clasp

# FREQUENTLY ASKED QUESTIONS

Visit: [BumbleBLS.com/FAQ](http://BumbleBLS.com/FAQ)

## CUSTOMER SUPPORT

Email: [Support@BumbleBLS.com](mailto:Support@BumbleBLS.com)

# Disclaimers

- B-Pulse is not a medical device and is not intended to diagnose, treat or prevent any physical or mental health conditions. B-Pulse is not a substitute for professional therapy or medical treatment. If you have any medical conditions or electronic implants, consult your doctor before using B-Pulse.
- Individual results may vary and the effectiveness of this device is not guaranteed. This product is not designed for self-administered EMDR trauma processing. B-Pulse may induce strong emotional responses, and EMDR settings should only be used under the guidance of an EMDR therapist. Strong emotions are not intended when using “resourcing” settings, however, home use should be discontinued if distressing emotions arise. These reactions should be discussed with a professional who can advise appropriate use.
- Bumble BLS is not liable for the results of this product, nor any injuries, emotional distress or other damages related to its use. By using this product, you agree to hold the manufacturer harmless for any claims arising from its use.

# Warranty

The quality assurance period for this product is one year. If damage or failure during normal use as confirmed by a technician occurs during this time, the customer will be eligible for warranty service free of charge.

The following situations are not covered by the warranty:

- Accidental damage
- Testing, repair or disassembly of this product without authorization
- Cosmetic damage caused by accident or excessive wear and tear
- Damage due to connecting this product with incompatible equipment
- Damage caused by acts of nature or unavoidable events
- Natural wear due to normal use

## FCC Statement

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.

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.

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

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