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1. Preliminary Note

Congratulations on your purchase of the iSLRS-Sound & Light Relax System.

The iSLRS allows you, in addition to magnetic resonance stimulation with your iMRS, to stimulate your brain waves with optical and acoustic signals.

Through LED flashing light goggles and earphones rhythmic, visual and acoustic signals of specific frequency sequences are being generated.

Basically, our brain resonates in 4 different brain wave areas, each with characteristic brain wave frequencies (Alpha, Beta, Delta and Theta waves). These 4 frequencies control whether we are in a state of highest concentration, rest, dream or deep sleep. The brain is able to adjust to external stimuli. By generating a specific vibration pattern, with the iSLRS- Sound & Light Relax System, we can achieve states of alertness, relaxation, deep sleep and dream states.

The iSLRS can be used independently as well as simultaneously with magnetic resonance application. The programming of the individual frequency cycles occurs with the help of the organ clock settings of your iMRS.

2. Contraindications and Side Effects

Do not use in case of:

- Photo Sensitivity
- Epilepsy

In some people sustained rhythmic, optical or acoustic signals may trigger an epileptic seizure or fainting spell. This phenomenon can occur even if the person have never been diagnosed or treated for the condition of epilepsy!

3. Delivery Inclusion

Included in the delivery of the iSLRS are:

No.	Description
Standard Equipment	
1	LED-flashing light goggles incl. earphones
2	Hygienic films
3	SD-Card
4	Manual
5	Bag



1. LED-flashing light goggles incl. earphones



2. Hygienic films



3 SD-Card



4 Manual



5. Bag

4. Installation

Please remove all parts from the hard case.



Connect the stereo jack of the earphones (flat cable) with the socket (6) at the back of your iMRS control unit and the jack of the LED-flashing light goggles (round cable) to the designated jack (7) also located at the back of your control unit. Only use original parts.

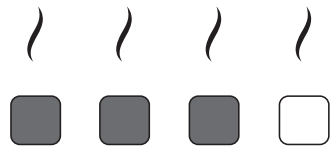
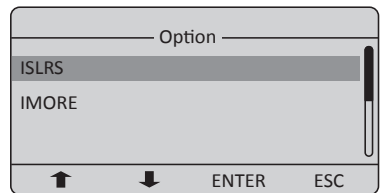
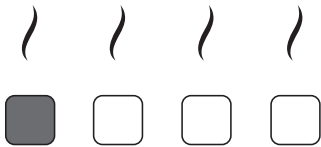
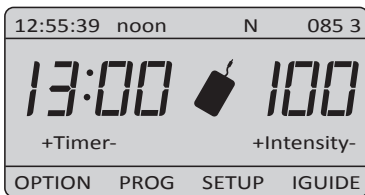


Insert the supplied SD-card into the SD-card slot (8) to activate the iSLRS options. The iSLRS only functions if the SD-card is inserted! Otherwise the display of your iMRS will show an error message "No SD-card" and the system will not start.

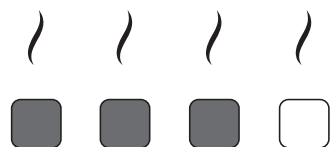
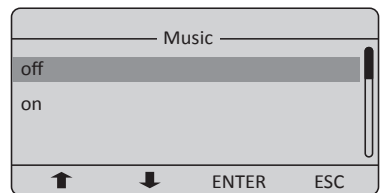
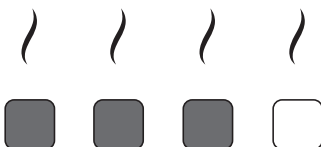
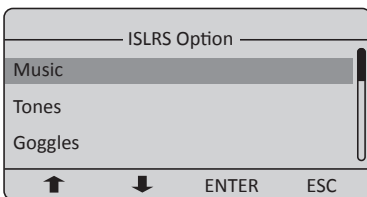
5. Start-Up

After successful and complete installation please turn on the system by pressing the start button on the membrane keyboard. After you switched on your system and after the display shows the contraindications, you will see the activated iSLRS option on your screen (indicated by a check-mark behind the iSLRS line). After 2 seconds the system will take you automatically to the start menu.

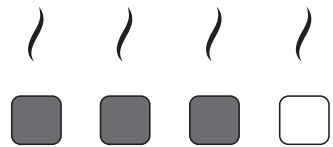
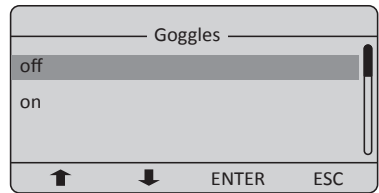
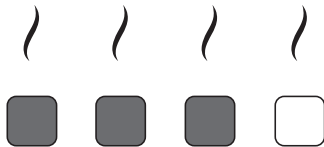
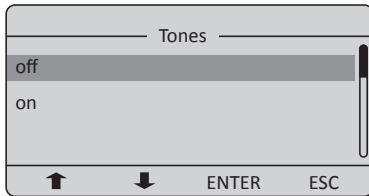
5.1 Basic Settings:



With the soft key below OPTION you can access the menu for the settings of your iSLRS. Here you will need to set certain basic functions for the iSLRS before using it for the first time!



You have the option to turn the pre-programmed music, sound and function of the LED-flashing light goggles “ON” or “OFF”.



5.2 Additional Settings

The volume for the audio signals (music and sound) can be adjusted with the slide control (9) attached to the cable of the provided earphones.



You can select the color of the LED flashing light goggles (blue, green, red) by repeatedly pressing the button (10) of the connector cable of the LED flashing light goggles. You can also adjust the intensity of the LED light continuously with the control dial (11).

6. Starting an Application

You can either select an independent iSLRS application or a combined session with magnetic resonance stimulation with one of the iMRS applicators.

6.1 Independent Application:

Select your desired stimulation program with the help of the organ clock of your iMRS as follows (tip: at least one applicator must be plugged into the iMRS).

Organ Clock morning:

Beta Waves: they range from approx. 12 - 30 HZ. These frequencies activate the body and the mind. The faster (higher) frequencies within this spectrum are responsible for cognitive functions such as concentration and memory. The balance of Beta activates in case of reduced ability to be stimulated as well calming in case of mental hyper activity.

Organ Clock noon:

Alpha Waves: they range in the spectrum from approx. 8 - 12 HZ. This brain wave form is responsible for being in a relaxed state without losing focus. This is important in order to “wind down”, reduce stress and pain. It also reduces circulating cortisol levels. The iSLRS-Alpha-range should be used after a lunch break to activate the parasympathetic system (regeneration, relaxation) and to give your brain a “little break”.

Organ Clock evening:

Theta Waves: frequency spectrum from approx. 4 - 7 HZ. These waves are connected with total relaxation and improvement of senses and creative forces. Theta wave activation is ideal for relaxation after an exhausting workday. It calms brain activity without getting sleepy. Theta status is a creative status in which thoughts become clearer and are characterized by emotions.

Organ Clock night:

Delta Waves: Frequencies up to 4 HZ. These frequencies are responsible for deep sleep and at the same time increase the stability of individual sleep cycles. When the brain is in Delta state the consciousness is very receptive. For this reason Delta frequency is optimal to activate cell regeneration for the entire organism.

After selecting the desired organ clock please select the connected applicator. Begin your application by pressing the Start/Stop-button of your iMRS and put on the LED-flashing light goggles as well as the headset.

6.2 Combined Application with Magnetic Resonance Stimulation:

The combination of brain wave stimulation and magnetic resonance stimulation allows for even greater effectiveness. For this purpose the option of the whole body mat parallel with the iSLRS is ideal. Proceed as follows: select the settings on your iMRS for a usual whole body mat application and put on your LED-flashing light goggles as well as the earphones. When using the whole body application with the iSLRS, settings that are analog with the organ clock are recommended. Start this application by pressing the Start/Stop-button of your iMRS, lie down on the full body mat and put on the LED-flashing light goggles as well as the earphones.

In conclusion it is also possible to use the iSLRS together with a local applicator (probe or pillow) of the iMRS. In this case please select the right program according to the organ clock overview on page 7 and use the local applicator on any body part parallel with the iSLRS. Begin the application by pressing the Start/Stop-button of your iMRS and put on the LED-flashing light goggles as well as the earphones.

Important: Please always keep your eyes closed during each iSLRS application!

7. Technical Data

No.	Description	Size / Unit / Type / Version
Flashing Light Goggles iSLRS-Sound & Light Relax System		
1	LEDs Per Side	3
2	Peak Wave Length (R/G/B)	630 nm / 530 nm / 470 nm
3	Light Intensity (R/G/B)	280 mcd / 500 mcd /200 mcd
4	HF-Frequency	none
5	Weight	100 g
6	Cable Length (without plug)	2.60 m
The use of any other LED-flashing light goggles is not permitted!		
Head Set iSLRS-Sound & Light Relax System		
7	Frequency Range	20 - 20.000 Hz
8	Impedance	2 x 32 Ohm
9	Performance max.	2 x 10 mW
10	Cable Length (without plug)	2.30 m
Important: Only use original parts!		

8. Warranty

Swiss Bionic Solutions assumes the warranty for a period of 6 months for parts and labor effective from the date of purchase.

The warranty is only valid if the product has been used according to instructions outlined. Please pay close attention to the instructions in this operating manual! Swiss Bionic Solutions is not responsible for defects, damages and their consequential damage resulting from improper use or handling of this equipment.

To make claims under this warranty you must produce the receipt of purchase of this equipment.

Repairs and services are exclusively provided by the manufacturer, our Swiss Bionic Solutions offices in each country (for contact info please see our website: www.swissbionic.com) or from your consulting Health Technician.

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