

Instrumentation

Base Version: iNeuro40+™

As soon as you download the app, the default options for “Enrich” and Rhythm align with much of the current 40Hz research, and the user can simply play/pause/stop at will to obtain benefits associated with simply listening to a 40Hz signal. Our default waveform is not a simple sine wave consisting of a single 40Hz tone... we can discuss further.

But one may want to observe more functionality...

PLAY / PAUSE / STOP



It’s probably obvious but we should start here. As stated, not touching a single other button, and starting with the initial defaults, you can simply start the signal generator and starts listening to 40Hz into both ears. Play, yes, starts the sound and session, Stop, yes, discontinues the sound and session. Pause, again, will stop the sound but hold the session active awaiting you to tap Play when it’s time to continue.

You can see these two views present a yellow Play button when the sound is off. When it is playing, the Pause and Stop buttons are red and active. This keeps one from inadvertently restarting a session.

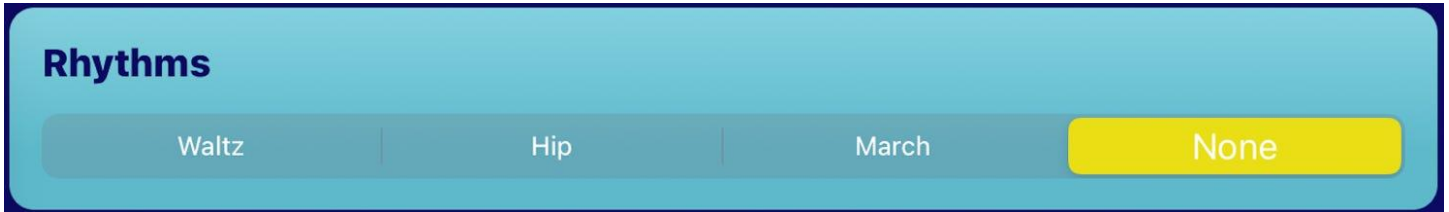
ENRICH



The sound emitting to both ears, by default, is 40Hz using a unique waveform. The sound to the right ear will always be 40Hz. However, we can “Enrich” the experience by increasing the frequency in the left ear (see Protocol page for more). One can see the left diagram shows the decrement button (with the minus sign) is disabled when the left frequency is 0Hz. By tapping the increment button (the plus sign) seven times, we increase the frequency of the left ear by 7Hz to 47Hz.

The increment button will become disabled when one increases the frequency by 12 Hz.

RHYTHMS



We are very excited about this feature. We have invested significant time in developing how to configure this within the app and provide flexibility for customizations (available in the Pro model). HOWEVER, we have no scientific studies to reference and validate our use in conjunction with 40Hz and binaural beats/brainwave stimulation. So, the default mode is no rhythm, a constant tone. The Waltz is a 3-beat rhythm which could also be termed a heartbeat rhythm. The Hip rhythm is a four-beat version aligned with most Rap pieces as well as some shaman uses for pain (ref: Michael Harner research). March is a more rapid 8-beat rhythm with the final beat silence (think of a boot camp chant).