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### Precautionary instructions

The precautionary instructions found in this section and throughout this manual are indicated by specific symbols. Understand these symbols and their definitions before operating this equipment. The definitions of these symbols are as follows:



#### CAUTION

Text with a "CAUTION" indicator will explain possible Safety infractions that could have the potential to cause minor to moderate injury or damage to equipment.



#### WARNING

Text with a "WARNING" indicator will explain possible Safety infractions that will potentially cause serious injury and equipment damage.



#### DANGER

Text with a "DANGER" indicator will explain possible safety infractions that are imminently hazardous situations that would result in death or serious injury.

NOTE: Throughout this manual, "NOTE" may be found. These Notes are helpful information to aid in the particular area or function being described.

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## 1. INSTRUCTIONS FOR USER OF NishCalm

Please read the instruction manual carefully before using NishCalm. It is risky to operate the device before reading the instructions carefully.

**CAUTION:** USA Federal law restricts these devices to sale by, or on order of a physician or licensed practitioner. This device should be used only under the continued supervision of a physician or licensed practitioner.

### 1.1 Indications for Use

NishCalm (Cranial Electrical Stimulation) is indicated to be used for: Treatment of insomnia and anxiety.

### 1.2 Contraindications

The NishCalm should not be used on a patient with cardiac demand pacemaker.

### 1.3 Warnings

- The long-term effects of Cranial electrical stimulation are unknown.
- Stimulation should not be applied over the carotid sinus nerves, particular in patient with known sensitivity to the carotid sinus reflex.
- Stimulation should not be applied over, or in proximity to, cancerous lesion.

### 1.4 Precautions

- Safety of the NishCalm for use during pregnancy has not been established.

- Should not be used for patients with suspected or diagnosed heart problems.
- Should not be used for patients with suspected or diagnosed epilepsy.
- Should not be used when there is a tendency of hemorrhage following acute trauma or fracture.

In these conditions, healing process might get disrupted.

- Over the menstruating or pregnant uterus.
- NishCalm should be kept out of the reach of children. It should be used only with the leads and electrodes recommended for use by the manufacturer.
- This device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contraction may put the user at undue risk of injury.
- Stimulation settings should be based on the guidance of the prescribing practitioner, CES electrode placement is limited to the earlobes.

## 2. INTRODUCTION

Cranial electrotherapy stimulation (CES) is a form of neuro-stimulation that delivers a small, pulsed, alternating current via electrodes on the ear lobes. CES is used with the intention of treating a conditions such as insomnia and anxiety.

**3. ACCESSORIES**

The NishCalm package consists of crucial supporting accessories. Below is a list of items that are included.

S. No.	Particulars	Qty.
1	Ear Clip with Lead wire	1
2	Manual with Warranty card	1
3	Charger 5 Volt 1A	1

**4. TECHNICAL SPECIFICATIONS OF NishCalm**

Power Source	3.7 VDC 800 mAh (Li-Ion)
Channel	1
Output Voltage	300mV @500 Ω resistive load
Waveshape	Symmetrical biphasic square wave
Maximum Output Current	0.6 mA
Frequency d	0.5 Hz
Pulse Width	240 msec to 1 second
Treatment Time	30 Minute

**5. HOW TO USE NishCalm**

**5.1 PREPARATION FOR USE**

- **Prepare Skin:** Clean both ear lobes. Apply water or saline solution on the ear lobes to facilitate the transmission of current into the skin and enhance the effectiveness of the CES treatment.
- **Attach The Electrodes:** Attach the CES ear clip present on the ends of lead wires on both the ear lobes. Always attach both electrode to complete the electrical circuit.
- **Plug In Electrode Lead Wires:** Plug the CES lead wire into the output socket.

## 5.2 Steps of how to use the device

### Step 1:

Switch on the device by pressing the touch button on panel for 2 seconds (Long Press).

**Note I :** The device will turn on at default low level intensity.

**Note II :** The device will begin the treatment. In case of error in electrode placement, the device blinks with beep sound.

### Step 2:

Press the Touch button to increase the intensity level to medium.

**Note I :** Increase intensity if you don't feel the sensation.

### Step 3:

Press the Touch button to increase the intensity level to high.

**Note I :** Increase intensity if you don't feel the sensation.

**Note II :** Press the touch button slightly longer to shut down/turn off the device.

**Note III :** Treatment will Run for 30 minutes by default. After 30 minutes, device will turn off automatically with beep sound.



**7. TROUBLESHOOTING**

If your NishCalm unit does not seem to be operating correctly, refer to the chart below to determine what may be wrong. Should none of these measures correct the problem, the unit will need servicing.

Observation	Possible Cause	Remedy
Weak stimulation or no stimulation even at maximum amplitude setting	Poor electrode contact	Check the electrode placement on ear lobes
	Electrode conduction is low / lead wire is worn out	Change electrodes/ Changes lead wire
Skin irritation at electrode placement site	Improper contact/Electrode Gel dried up	Wet or Change the electrode on ear lobes

**8. WARRANTY**

This product warranty extends to the original consumer/purchaser of the product.

**Warranty Coverage**

Each new **NishCalm** (exclusive of accessories) is warranted to be free from defects in materials and working for a period of One years. Warranty card must be on file with original purchase date. Accessories (not including electrodes) are warranted for a period of 90 days. This warranty ceases if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repair by unauthorized personnel or cause not arising out of defect in materials or workmanship. This warranty does not extend to any units which are used in violation furnished by manufacturer, or to units which have been altered or modified, or to damage to products or parts which have the serial number removed, altered or defaced or rendered illegible.

**Warranty Disclaimers**

This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for manufacturer any other liable in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure/ any theory of tort, contract or commercial law including, but not limited in negligence, gross negligence, and strict liability, breach of warranty and breach of contract. Some states do not allow the exclusion or limitation of implied warranties or consequential damages, so the above limitations may not apply to you. The Manufacturer is not responsible or liable for indirect special or consequential damages arising out of or in connection with the use/performance of the product or other damage with respect to loss of property or loss revenues or profit.

**Legal Remedies**

This warranty gives you specific legal rights, you may also have other rights that vary from state to state.

**Warranty Performance**

During the above one-year warranty period, a product with a defect will be repaired or replaced with a reconditioned comparable unit at distributor's option when the product is returned to the distributor.

The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one month period. No charge will be made for such repair or replacement.

**Consumer Service**

For in warranty service for a product covered under the warranty period, no charge is made for service and return postage. Please return the product insured, packed with sufficient protection, postage insurance, prepaid to the address. Customer's duty/brokerage fee, if any, must be paid by the consumer.

**Out of Warranty Service**

There will be charges rendered for repairs made to the product after the expiration of the five (1) year warranty period, after purchaser is advised appropriately.

The distributor cannot assume responsibility for loss or damage during shipment. For your protection, carefully pack the product for shipment and insure it with the carrier. Ensure that you return the unit and accessories related to your problem and also that you indicate full return address. If warranty is not on file, send a copy of sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.