

**LoOok**



USER GUIDE

# NEURON ACTIVATION POD

BY LOOOK INDUSTRIES

# SAFETY & CONTRAINDICATIONS

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The frequency range of the vibration generated by the device is the same as that of the tissues of the body, which is why side effects are uncommon. Some users may experience initial nausea or headache, but, usually, these side effects dissipate after 1-2 sessions. We recommend that you drink plenty of water after using the device to prevent nausea and headache.

There are no age restrictions to using the devices. If you have epilepsy, migraines or other illnesses that affect the brain and cause severe symptoms, you should not use the activating programs at all. We recommend that you do not apply vibration to the head region at all in the aforementioned situations.

## **DO NOT USE THE DEVICE IN THE FOLLOWING SITUATIONS:**

- You have an acute inflammation that can spread
- You have an acute herniated disc
- You have an acute thrombus
- You have an acute cancer
- You are pregnant
- You have the flu or a fever
- You have a risk of retinal or lens detachment
- You were vaccinated on the same day
- You have a risk of internal bleeding

**CONSULT YOUR PHYSICIAN IF YOU ARE UNSURE WHETHER THE DEVICE IS SUITABLE FOR YOU.**

# SAFETY INSTRUCTIONS

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**DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK ALWAYS UNPLUG THIS APPLIANCE FROM THE ELECTRICAL OUTLET IMMEDIATELY AFTER USING AND BEFORE CLEANING.**

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Do not use outdoors.
9. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
10. To disconnect, remove plug from outlet.

**WARNING: CONNECT THIS APPLIANCE TO A PROPERLY GROUNDED OUTLET ONLY.**

# GROUNDING INSTRUCTIONS

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This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

**THIS PRODUCT IS FOR USE ON A NOMINAL 120-V CIRCUIT AND HAS A GROUNDING PLUG. MAKE SURE THAT THE PRODUCT IS CONNECTED TO AN OUTLET HAVING THE SAME CONFIGURATION AS THE PLUG. NO ADAPTER SHOULD BE USED WITH THIS PRODUCT.**

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# MAINTENANCE

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Do not perform any maintenance yourself, other than as instructed in this manual. If you require technical support, please contact our customer service by e-mail at [info@lookindustries.com](mailto:info@lookindustries.com) or by phone at +358 40 169 3001.

Store the device in a place where it will not be exposed to dust. An accumulation of dust may compromise the functioning of the device. Vacuum the ventilation duct of the central unit of the device 2-3 times per year. This ensures proper ventilation of the device.

Always check the cleaning instructions for your particular fabric on the relevant fabric supplier's website before you clean or treat your furniture. Regular cleaning is important to maintain the appearance and durability of furnishing fabric. Use a vacuum cleaner to remove dust and debris as soon as possible. Soak up spilt liquid before it dries. To remove stains, work from the outer edge of the stain towards the centre to prevent the stain spreading. Only use cleaning agents designed for textiles. Prior to use, test the cleaning agent on a hidden patch of fabric. Avoid wetting the fabric excessively. Avoid rubbing, because this may damage the fiber in the fabric.

Removable covers are washable as stated in the washing instructions on the fabric supplier's website. Ensure that water or other liquids do not enter the device. Switch the device off by disconnecting it from the wall socket before vacuuming the central unit.

## TECHNICAL DATA

THE CENTRAL UNIT IS EQUIPPED WITH AN EXTERNAL POWER SUPPLY,  
WHICH IS CONNECTED TO A WALL SOCKET.

**USA & CANADA: 120V, 50/60HZ, 1.3A, UL CERTIFIED**  
**EU AND OTHER REGIONS: 100-240V, 1.3A, 50HZ**

# GETTING STARTED

## 1

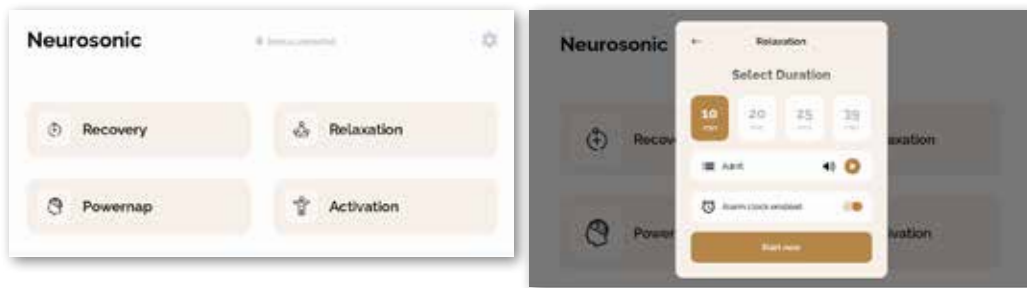
**CONNECT THE POWER CORD TO A WALL SOCKET. CHECK THAT THE DEVICE IS TURNED ON (GREEN BUTTON AT THE BACK OF THE PRODUCT).**

If the device does not turn on, check the trouble shooting guide.

## 2

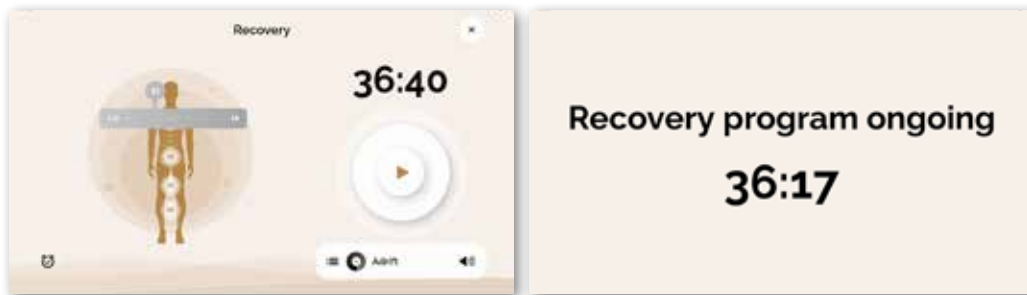
**START THE NEUROSONIC APP BY CLICKING THE ICON. THE MAIN SCREEN OF THE APPLICATION OPENS. THE APPLICATION AND YOUR DEVICE ARE NOW READY FOR USE.**

The main screen displays four program areas: relaxation, power nap, activation and physical recovery. First select the main operation area and then the program you want to use. Accept the terms of use.



## 3

**THE PROGRAM YOU SELECTED WILL START AFTER THE APP COUNTS DOWN FROM 3. AFTER THE PROGRAM HAS STARTED, YOU CAN ADJUST THE AMPLITUDE OF VIBRATION BY CLICKING ON THE SCREEN.**



Click on the flashing circles shown for different parts of the body to access the respective slide controls. If you want to increase the amplitude in the area you selected, slide the control to the right. To reduce the amplitude, slide the control to the left. The amplitude of vibration in the selected body part is reduced to zero when you slide the control all the way to the left (LO). Sliding the control all the way to the right (HI) brings the amplitude of vibration in the area in question to the maximum.

Use the amplitude adjustment with discretion, since vibration has a powerful effect on the functions of the body. For sleep disorders and various stress symptoms, it is a good idea to use an even lower amplitude than is provided by the basic setting.

Use discretion also with the amplitude settings when treating the head and neck region. When you first start treating the head, use zero amplitude, especially if your regular symptoms include headaches, migraines, epilepsy, vertigo or numbing of the upper limbs at night. Raise the amplitude for the lower limbs first. The most important thing is that the overall vibration amplitude feels comfortable. Only use the maximum amplitude if you wish to activate metabolism or circulation and improve physical recovery.

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# PROGRAMMES & INSTRUCTIONS

**FOR FIRST-TIMERS, WE RECOMMEND LOWER POWER SETTINGS AND ONLY INCREASE WHEN YOU ARE MORE FAMILIAR WITH THE DEVICE, IN ORDER TO AVOID TOO HIGH POWER SETTINGS CAUSING OPPOSITE REACTIONS TO WHAT YOU AIM FOR.**

## SLEEP QUALITY

Notice: It is recommended to take the treatment in the evening, but if the treatment is taken during the day, heavy exercise is not recommended afterwards.

## STRESS RELIEF

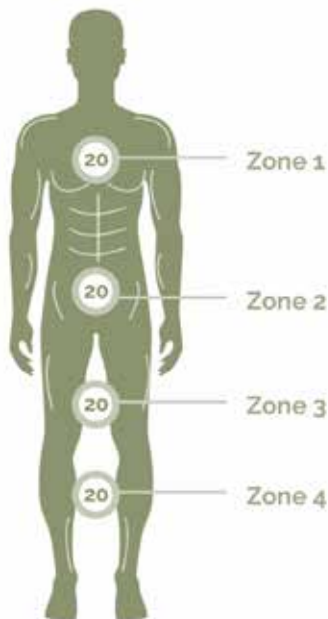
Notice: If you take a stress relieving treatment during your workday, we advice to use headphones (with or without music) and to close your eyes to enhance the effect. If you fall asleep, don't sleep more than 15 minutes.

## PHYSICAL RECOVERY

Notice: Do not use at the beginning of relaxation treatments, or if you suffer from sleep disorders, physical stress, migraines, epilepsy or are otherwise sensitive to vibration. Very activating!

## INCREASE ALERTNESS LEVEL

Notice: Do not use at the beginning of relaxation treatments, or if you suffer from sleep disorders, physical stress, migraines, epilepsy or are otherwise sensitive to vibration. Very activating!



## SLEEP QUALITY

| Programs: |                       | Zone 1 / Zone 2 / Zone 3 / Zone 4 |
|-----------|-----------------------|-----------------------------------|
|           | Relaxation 25 minutes | 0-20/20-30/30-50/30-50            |
|           | Relaxation 39 minutes | 0-20/20-30/30-50/30-50            |
|           | Recovery 41 minutes   | 0-20/20-30/30-50/30-50            |

## STRESS RELIEF

| Programs:      |                       | Zone 1 / Zone 2 / Zone 3 / Zone 4 |
|----------------|-----------------------|-----------------------------------|
| Evening times: | Relaxation 20 minutes | 0-20/20-30/30-50/30-50            |
|                | Relaxation 25 minutes | 0-20/20-30/30-50/30-50            |
|                | Relaxation 39 minutes | 0-20/20-30/30-50/30-50            |
|                | Recovery 41 minutes   | 0-20/20-30/30-50/30-50            |
| Daytime:       | Relaxation 10 minutes | 10-30/30-40/30-50/30-50           |

## PHYSICAL RECOVERY

| Programs:     |                     | Zone 1 / Zone 2 / Zone 3 / Zone 4 |
|---------------|---------------------|-----------------------------------|
| After sports: | Recovery 36 minutes | 0-15/10-30/20-40/20-40            |
|               | Recovery 41 minutes | 0-15/10-30/20-40/20-40            |

## Between training sessions:

|             |                       |                       |
|-------------|-----------------------|-----------------------|
|             | Relaxation 10 minutes | Activation 12 minutes |
| For jetlag: | Recovery 22 minutes*  |                       |

## INCREASE ALERTNESS LEVEL

| Programs: |                       | Zone 1 / Zone 2 / Zone 3 / Zone 4 |
|-----------|-----------------------|-----------------------------------|
|           | Activation 12 minutes | 0-15/10-30/20-40/20-40            |
|           | Activation 24 minutes | 0-15/10-30/20-40/20-40            |

# TROUBLESHOOTING

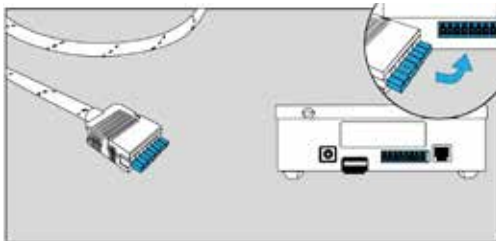
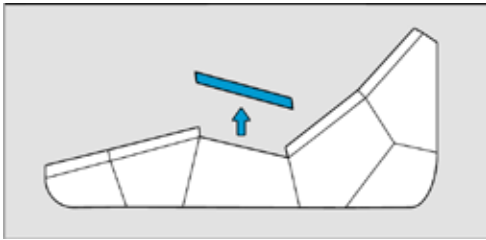
## IF THE DEVICE DOES NOT TURN ON, CHECK POWER SUPPLY.

CONNECT THE POWER CORD TO A WALL SOCKET. CHECK THAT THE DEVICE IS TURNED ON (GREEN BUTTON AT THE BACK OF THE PRODUCT)

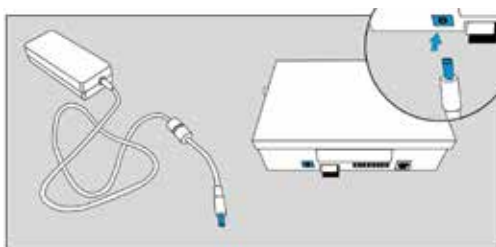
IF STILL NOT WORKING, REMOVE THE MIDDLE SEAT CUSHION OF THE DEVICE (ATTACHED BY VELCRO). THEN UNSCREW AND REMOVE THE PIECE OF GRAY PET FELT (THIS PIECE HAS ATTACHED WIRING, SO BE CAREFUL WHEN DOING THIS).

CHECK THAT ALL THE REQUIRED CABLES AND ELECTRICAL CORDS ARE CONNECTED TO THE CENTRAL UNIT INTEGRATED IN THE DEVICE.

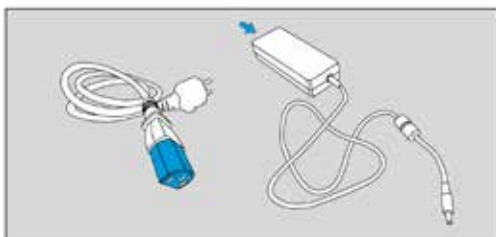
**MAKE SURE THE DEVICE IS TURNED OFF AND DISCONNECTED BEFORE DOING THIS STEP. AFTER SECURING THE CABLES YOU CAN CONNECT AND TURN ON THE DEVICE.**



SIGNAL CABLE



POWER CABLE



POWER CABLE

## 1.

### Can't get tablet and device to connect

**A** | Cause: Bluetooth connection problem

*Solution* : Turn off the device, wait for two minutes, then restart

**B** | Cause: Power issue

*Solution*: Check power supply, power cord, and connections

## 2.

### No vibration or only partial vibration

**A** | Cause: Power setting in off mode

*Solution*: Increase power

**B** | Cause: Signal cable disconnected/loose

*Solution*: Check signal cable connection, reboot device

## 3.

### Program timer works, but the program won't start

**A** | Cause: Bluetooth connection problem

*Solution*: Refer to problem 1

**B** | Cause: Signal cable poorly connected

*Solution*: Check signal cable connection, reboot device

## 4.

### Bluetooth search doesn't find the device

**A** | Cause: Central unit not powered

*Solution*: Check power supply, power cord, search/connect again

**If you require further technical support, please contact your local dealer.**

**Alternatively you can contact our customer service by e-mail at [info@lookindustries.com](mailto:info@lookindustries.com) or by phone at +358 40 169 3001.**