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# PBM Protocol Guide +



# PBM

## Protocol Guide

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1. Cognitive Improvement
2. Sleep Improvement
3. Developmental Advancement
4. Supporting Mood & Relaxation
5. Enhancing Focus

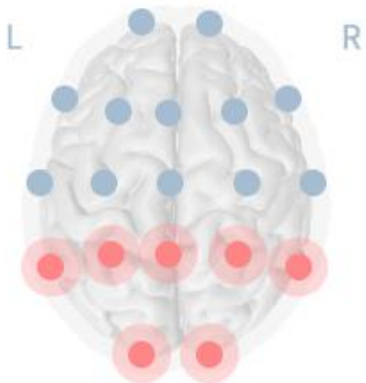
These PBM protocols are recommended to be adjusted to suit the individual based on EEG measurements. Since EEG patterns may change over time, periodic assessments (e.g., every four weeks) can help refine protocol settings.

**These recommendations are based on preliminary research and user feedback. This device is not intended to diagnose, treat, cure, or prevent any disease. Individual experiences may vary.**

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# 01 Cognitive Improvement

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A 3D model of a human brain showing electrode locations. The left hemisphere is labeled 'L' and the right 'R'. Blue dots represent electrode locations on the top and sides. Red circles represent electrode locations on the back of the head.

Frequency: 10Hz  
Duration: 10mins

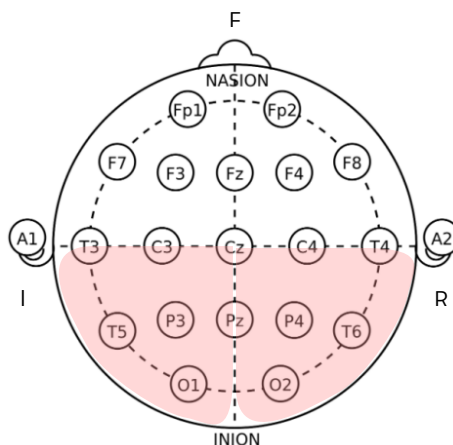
Protocol Settings

- ▶ Frequency: 10 Hz
- ▶ Duration: 10 mins

\* The frequency can be adjusted between 8-10 Hz, depending on the user's alpha peak frequency and response.



## PBM Region Selection Tips



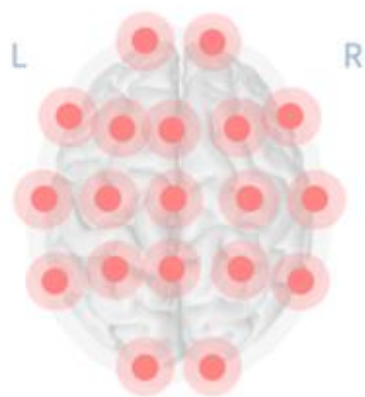
### The lower left hemisphere

- Focusing attention
- Reading, writing, and speaking

### The lower right hemisphere

- Spatial awareness
- Mathematics

## 02 Sleep Improvement



Frequency      Duration

14Hz      10mins

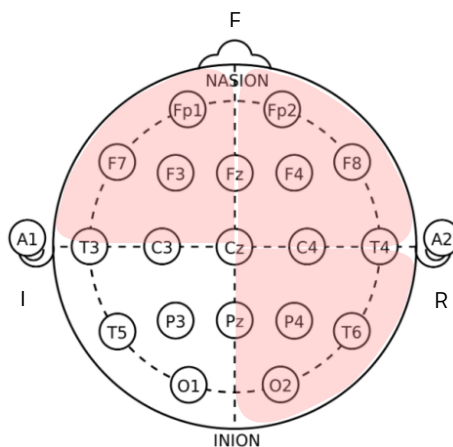
### Protocol Settings

- ▶ Frequency: 14 Hz
- ▶ Duration: 10 mins

\* The frequency may be adjusted between 13-15 Hz depending on the user's response.



### PBM Region Selection Tips



#### The upper left hemisphere

- Emotional stabilization

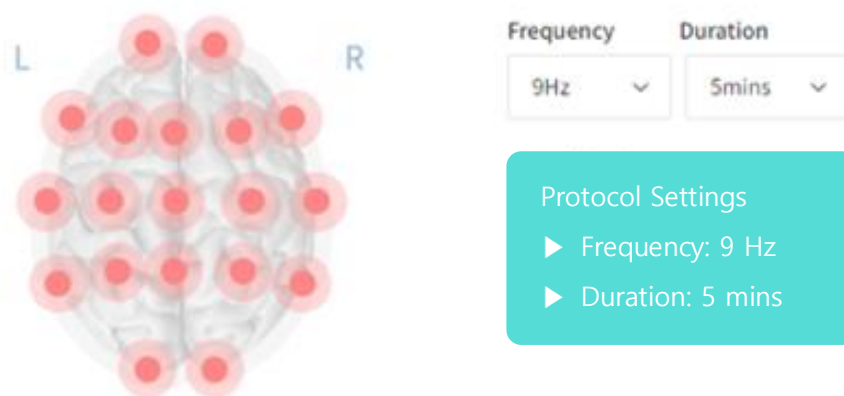
#### The upper right hemisphere

- Reducing ruminations  
(overthinking)

#### The lower right hemisphere

- Relaxation of muscle  
tension

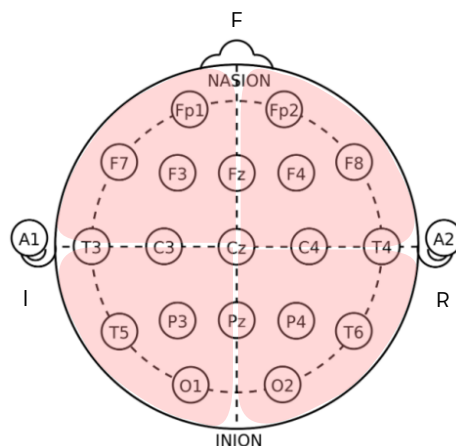
## 03 Developmental Advancement



\* The frequency can be adjusted between 8-10 Hz, depending on the user's alpha peak frequency and response.



### PBM Region Selection Tips



#### The upper left hemisphere

- Encouraging self-regulation

#### The upper right hemisphere

- Emotional language expression
- Language acquisition

#### The lower left hemisphere

- An increase in one's ability to act

#### The lower right hemisphere

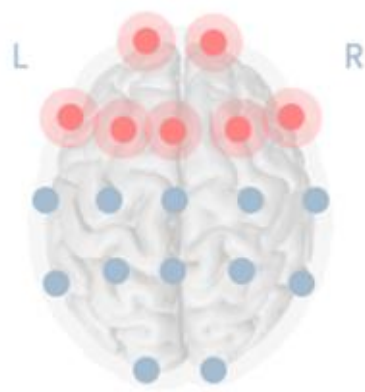
- A decrease in physical stress

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## 04 Supporting Mood & Relaxation

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### Mood



A top-down view of a human brain with 10 red circular markers on the frontal and parietal lobes and 10 blue circular markers on the occipital and temporal lobes. The left side is labeled 'L' and the right side 'R'.

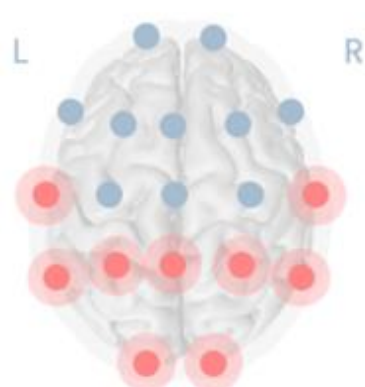
Frequency	Duration
18Hz	10mins

Protocol Settings

- ▶ Frequency: 18 Hz
- ▶ Duration: 10 mins

\* The frequency can be adjusted between 16-19 Hz, depending on the user's response.

### Relaxation



A top-down view of a human brain with 10 blue circular markers on the frontal and parietal lobes and 10 red circular markers on the occipital and temporal lobes. The left side is labeled 'L' and the right side 'R'.

Frequency	Duration
7Hz	10mins

Protocol Settings

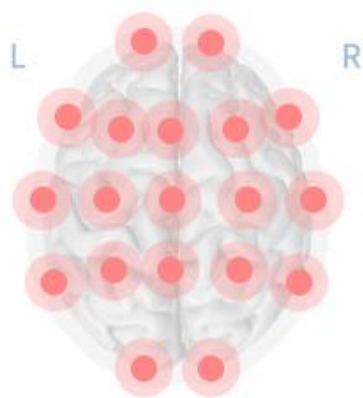
- ▶ Frequency: 7 Hz
- ▶ Duration: 10 mins

"In states of heightened brain activity, selecting slower frequencies associated with relaxation may help promote a sense of calm."

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## 05 Enhancing Focus

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Frequency      Duration

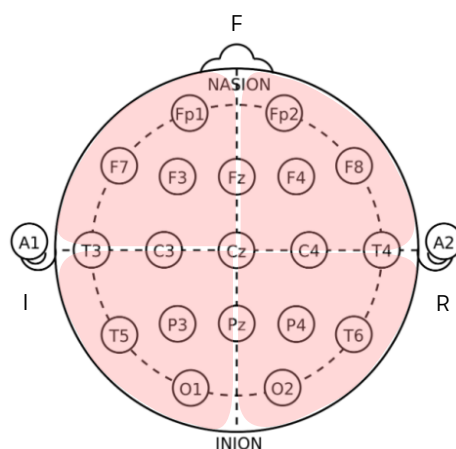
40Hz      10mins

### Protocol Settings

- ▶ Frequency: 40 Hz
- ▶ Duration: 10 mins



### PBM Region Selection Tips



#### The upper left hemisphere

- Setting and executing objectives

#### The upper right hemisphere

- Situational awareness
- Emotional stability

#### The lower left hemisphere

- An increase in one's ability to act

#### The lower right hemisphere

- Enhancing situational awareness