



# USE OF THE DEVICE PSiO

## Summary

- A. The terms of use (the terms of use)
- B. Precautions for use
- C. The question of epilepsy
- D. How to implement PSiO sessions at home for patients or clients of coaches/therapists (during a purchase or rental)

## A. The terms of use (the conditions of use);

### 1. Environmental conditions

- Choose a quiet place.
- Take care to avoid having to manage a child or an animal (cat or dog) nearby.
- Controlled room temperature (minimum 20 degrees).
- If the environment is noisy, use headphones or, even better, get noise-canceling headphones. PSiO noise.

## 2. Installation requirements

- Make sure to offer the patient/client the opportunity to use the restroom to avoid interrupting the session.  
course.
- Choose a seat that is inclined to allow for complete relaxation.
- The more comfortable the seat, the greater the likelihood of achieving complete relaxation.
- The armrests must be comfortable and the reclining position must be without any tension in the knees or in the back (de-lordosis).
- Always ensure that a blanket is placed over the patient because during the relaxation process, there has a cutaneous vasodilation which causes an increase in skin temperature and therefore a sensation of cold can disrupt the relaxation session and awaken the prospect's attention (attention which was beginning to drift).

## 3. Timetable

- Ideally, relaxation sessions should be done in the afternoon, after meals, to allow for a release of attention, for example at nap time, when the parasympathetic system is activated.
- In the afternoon is ideal, or in the evening (in the morning the body is fully awake).
- Organize your schedule according to the session length so that you are present at the end of This one is to frame the return at the end of the session.
- Allow time for a return to reality at the end of the session.

## 4. Device settings

- During the first session, always choose the title "Discovery Session". Just in case, during the At startup, it appears that the flashings are not suitable, stop the session and opt for the title "Letting go" in continuous mode (photosensitive) encoded in the evening session (in red).
- Make sure you always have these two tracks downloaded to your DEMO glasses. Another track indicated for the first sessions: "stress management" or "Joy of Living".
- At the beginning of each session, ensure that the sound and light intensity are set to minimum. Subsequently, if necessary, adjust the sound and light intensity according to the prospect's needs.
- First, place the PSiO headset, and check that the volume is at a low level (it should not be that the The volume prevents the person from completely letting go, so not too loud).
- Next, place the glasses, making sure to slightly raise the temples towards the high if they do not easily pass over the edge of the helmet.
- Once the program is found in the playlist, launch the program by pressing the Press PLAY.
- Never use the glasses without the headset or earphones and never use them as a substitute for recordings contained in the pair of glasses.

## B. Precautions for use

- Do not touch the lenses of the glasses and clean any fingerprints with a dry cloth.
- For perfect hygiene, use a plastic film (film food) and pack the PSiO according to the explanatory video.
- Avoid direct contact of the device with water or excessive humidity, as well as storing it in a place with excessive humidity.
- Do not leave the PSiO exposed to direct sunlight for a long period of time or inside a closed car on very hot days.
- Clean the glasses regularly using a clean cloth slightly dampened with water. to prevent the accumulation of grease and dirt.
- Take care to plug and unplug all connections using their plugs. Do not remove connections by pulling on the wire: the wire could suffer irreversible damage.
- Be careful not to move the earphone plug across the arm of the glasses and Remove the cable along the axis of the wire to remove the earphones or the audio cable.



Sanitary covers for the helmet  
and plastic film for the PSiO

### IMPORTANT

When downloading programs: never remove the cable before the download is completely finished. Doing so will permanently damage the PSiO and the warranty will be void.

## C. The question of epilepsy

There are three possibilities:

1. The person is not [a person with this condition] and there's no problem, so there's no need to ask the question (and infer [this condition]). anxiety).
2. The person is aware that pulsed lights are not suitable for them, so there is no problem and therefore no need to ask the question.
3. The person is aware of it but is NOT aware; in this case, they will not be able to prevent the crisis and will... calf, it's pointless to ask the question (since she is NOT aware).

In the latter case, if a crisis were to occur (0.04% of the population), it should be noted that this crisis is not dangerous for the person and that you are probably doing them a great service because:

She has her first attack while comfortably lying down. She finally discovers the illness that afflicts her. and can take steps to get treatment (medication, surgery, etc.).

She avoids a crisis while driving her car... and, who knows, you might save her life and hers. his family (or that of other drivers).

However, for self-service use and to optimize installation, it is advisable to place a simple note: "If you are epileptic, use the sessions in continuous light mode".

Important note: Epilepsy is a condition that can be triggered by a sudden change in the level of consciousness (from relaxation to wakefulness), such as during a massage when getting up afterward. It is not unique to pulsed light therapy.

## D. How to implement P*Si*O sessions at home for patients or clients of coaches/therapists (during a purchase or rental)

The use of the P*Si*O glasses will always be an extension at home of the emotional support initiated in the office with the coach or therapist.

Similarly, if the introductory sessions are conducted at a spa or relaxation center, the reception will offer home rental or purchase options, with the understanding that standard sessions are designed to create a relaxation pattern to be practiced at home while awaiting the next appointment with the therapist, which can sometimes extend over several weeks. It is important to note that it takes 30 days to establish a new relaxation behavior.

