

# Victory Bluetooth



User guide

## **Warning**

AVS devices, such as Victory Bluetooth, are not suitable for some people.

Do not use Victory Bluetooth if:

- you suffer from seizures (eg. epilepsy)
- you are under the influence of alcohol or drugs
- you are pregnant

If you have any doubts, do not hesitate to consult your doctor.

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## Requirements

- Android 4.2 and higher
- Mindroid App

## Package content

- Glasses + cover
- Mini USB cable

## AVS

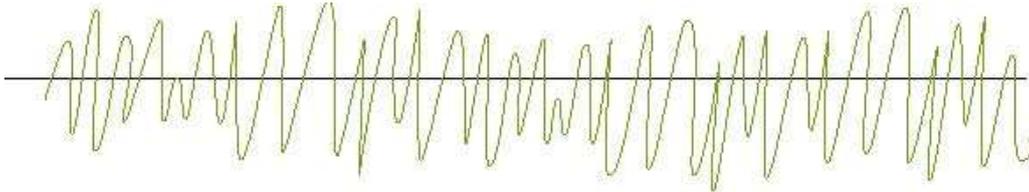
It is an abbreviation for an intentional audiovisual stimulation. In most cases, a user puts on earphones and special glasses that are connected to a device that generates a frequency.

As far as Victory Bluetooth is concerned, all you need are the glasses that have everything that is necessary for the AVS stimulation, built-in. Frequencies generated by the device go up and down during each session to stimulate the brain for the desired aim. AVS stimulation can put to sleep, wake up, relax, but also put in a mood for studying or develop imagination. The frequency, which corresponds to, for example, relaxation, corresponds to a value for an average man. So a session does not necessarily have to have the same effect on every user. The session impact can also vary due to the time of the day or the user's state of mind. Sometimes, when we are in a good mood, we perceive and receive stimuli easily, but sometimes it is the other way around. It is the same with the AVS stimulation. Sometimes the stimulation intensity adjustment can help, or a selection of a new session or you can terminate the session and continue later. In such situations, you should follow your instincts and listen to your own body. If you regularly use certain stimulation intensity and you suddenly find it too strong, turn it down until you find it comfortable again. You should feel secure, comfortable and pleasantly for the entire time of your session.

# Brain waves

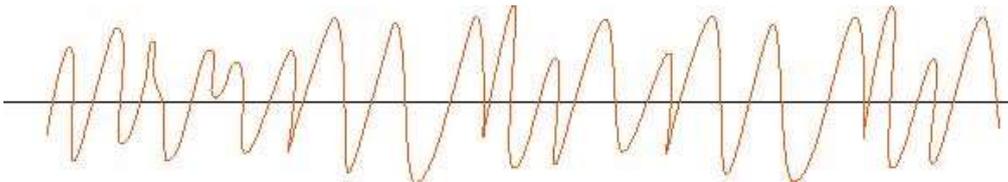
## **BETA waveform (14 Hz and above)**

This is where we are most of the time of the day. It is a regular state of alertness where logical thinking and concentration prevail.



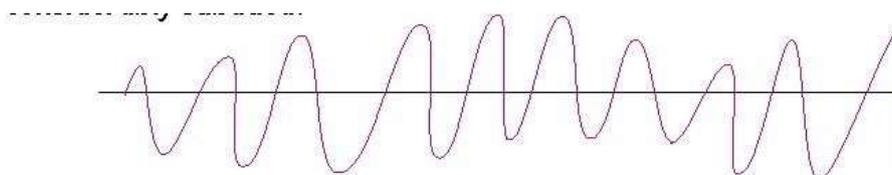
## **ALFA waveform (8 – 13 Hz)**

This is a state of relaxation and your body and soul are in a resting mode though wide awake. The ALPHA waveform presents itself naturally, with most healthy people, after closing your eyes.



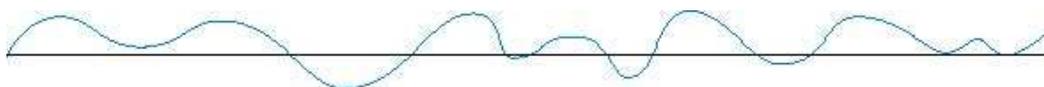
## **THETA waveform (4 – 7 Hz)**

It is a type we usually experience while asleep. All the bodily functions are considerably subdued.



## **DELTA waveform (0,5 – 3 Hz)**

It presents a deep sleep or unconsciousness. All the bodily functions are completely subdued.



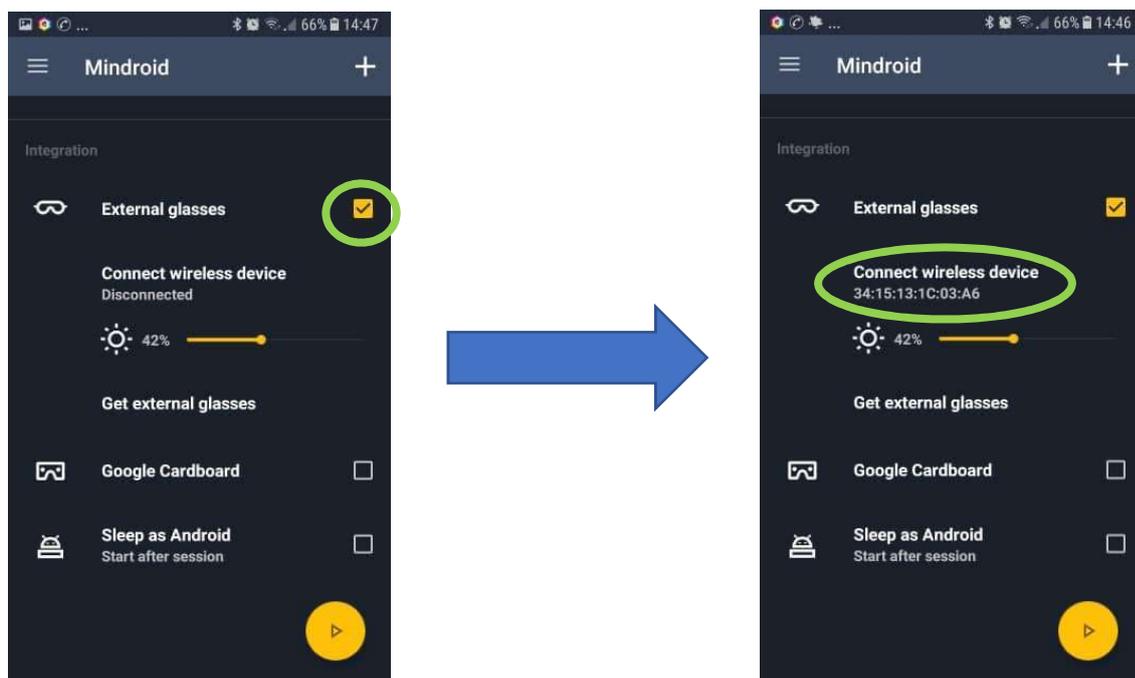
## Recommendations and Advice

Before setting up, find a comfortable sitting area (armchair, sofa, bed). Make sure you will not be disturbed. Put on comfortable clothes and sit yourself down. We recommend you get a blanket ready at hand as an insufficient supply of blood to your feet occurs during the session and being cold might disturb you.

After you finish your session, keep thinking of the reverberation of the stimulation. Slowly, without any haste, take your goggles off. If you were lying down, first slowly sit up and then get up. Do not do any fast moves and do not jump up from the sofa. You could suffer from dizziness or weak knees due to the insufficient blood flow to your feet. You will avoid this by moving slowly.

## First start

1. Power on the device using an ON/OFF switch
2. On your mobile device, make sure that Bluetooth is enabled
3. Press and hold the middle of three buttons until the LED diode starts blinking fast
4. Pair devices via Bluetooth (BT Glasses)
5. Go to the Mindroid app
6. Check-in „External glasses“
7. Click on „Connect wireless device“
8. Press start



You do not need to do steps 3 and 4 after first use anymore.

## Charging

In order to charge Victory Bluetooth, connect the device with a computer via USB cable or plug the cable into an adapter and socket. Charging is signaled by the red control diode. A fully charged battery is sufficient for 3 to 4 hours of usage.

Turn OFF the device before charging!

## Advice and warnings

- To ensure proper functioning, keep the device clean.
- Be careful when cleaning the device. You alone are responsible, if you destroy the device cleaning it.
- Protect the device from fire, water, and extreme temperatures.
- The package of the device and must be handled in accordance with local laws.
- All unrecyclable parts of the device must be handled in accordance with local laws.
- Keep the device out of the reach of children.
- Don't keep the devices connected, if you're not using it.
- Do not keep the device ON for too long – it may cause battery destruction