Model M Quick Start Guide

2 **Insert freshly charged battery (DLI88)**

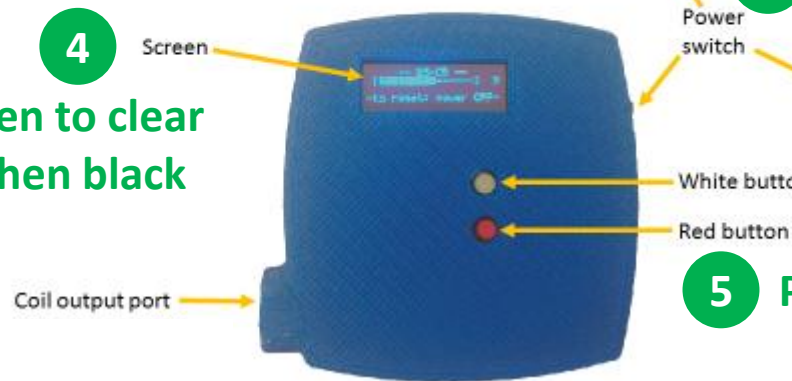**1** **Insert coils fully**

IMPORTANT!

Slide battery in from the side.
DO NOT press in from top to
avoid breaking the gold spring
pin contacts:

BTR-DLI88-JWP
3.7V 1000mAh
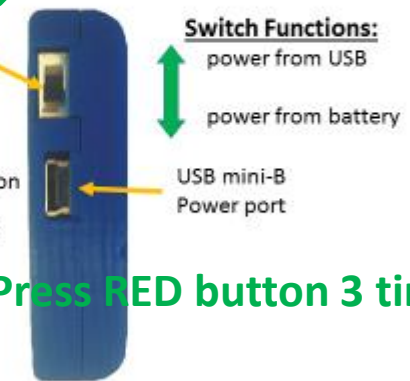Premium Cells from Japan
Rechargeable Li-Ion
Replaces: D-LI88, DB-L80

6 **When GREEN LED is flashing, unit is operating correctly**

LEDs: green, red, yellow

3 **Set switch to "battery" position (down)**

Power switch

Switch Functions:
power from USB

power from battery

USB mini-B
Power port

4 Screen

Wait 2 seconds for screen to clear
It will sweep all white then black

White button

Red button

Coil output port

5 **Press RED button 3 times firmly**

Visit micro-pulse.com, go to Products, and click on the model M1 to find links to documents and instructional videos

Control Panel Overview:

```
ICES model M series
Rev: M-20170706
( C ) 2017  Micro-Pulse
                    < SET >
```

Powering ON display
Press RED button to start your previous program immediately

```
POWER LEVEL =   9
[ ||||||||| - - - - - ]  9
        -- B5 - C5 --
< CHANGE >    < SET >
```

Adjust Power Level display
Press <WHITE> to adjust power:
15 (high) to 1 (low), then back to 15
Press <RED> to begin immediately

```
SELECT PROTOCOL
      -- B5 - C5 --

< CHANGE >    < SET >
```

Select Protocol display
Press <WHITE> to select protocol:
See all protocols in list at right →→
Press <RED> to begin immediately

```
    -- B5 - C5 --
[ ||||||||| - - - - - ]  9

- to reset:  power OFF -
```

System Running display
Displays Protocol and Power Level
Must switch power OFF then ON to change power or protocol settings

🟩 🟥 🟨 **LEDs:**
Green flashing = pulses being sent
Red steady = ERROR or malfunction
Yellow = REST (no pulses during rest)

For general use: Experiment on pain and inflammation	-- **B5 – C5** -- -- **A9** -- -- **P2** -- (SomaPulse, AllevaWave, …) -- **Omni 8** --
Experiment with Schumann frequencies	-- **Schumann 1** -- (7.83 pps) -- **Schumann 2** -- (7.83, 14.3 pps) -- **Schumann 3** -- (7.83, 14.3, 20.8 pps) -- **Schumann 4** -- (7.83, 14.3, 20.8, 27.3 pps) -- **Schumann 5** -- (7.83, 14.3, 20.8, 27.3, 33.8 pps)
Experiment with fixed constant frequencies	-- **1 pps** -- continuous bipolar pulses at 1 pulse per second -- **2 pps** -- continuous bipolar pulses at 2 pulses per second -- **3 pps** -- continuous bipolar pulses at 3 pulses per second -- **4 pps** -- continuous bipolar pulses at 4 pulses per second -- **5 pps** -- continuous bipolar pulses at 5 pulses per second -- **10 pps** -- continuous bipolar pulses at 10 pulses per second
Experiment with low-power TMS	-- **scTMS 10pps 30 minutes** -- Low power TMS simulator -- **scTMS 10pps 60 minutes** -- Low power TMS simulator
Experiment with brainwave entrainment	-- **alpha wave** -- 10 Hz to 13 Hz (10 minute cycle time) -- **beta1 wave** -- LOW: 12.5 Hz to 16 Hz (4 minute cycle) -- **beta2 wave** -- MED: 16.5 Hz to 20 Hz (4 minute cycle) -- **beta3 wave** -- HIGH: 20 Hz to 28 Hz (4 minute cycle) -- **delta wave** -- 1.5 Hz to 3 Hz (20 minute cycle time) -- **theta wave** -- 5 Hz to 6 Hz (20 minute cycle time) -- **mu wave** -- 8.5 Hz to 11 Hz (10 minute cycle time) -- **SMA wave** -- 13 Hz to 15 Hz (10 minute cycle time) -- **gamma wave** -- 32 Hz to 47 Hz (10 minute cycle time)
Experiment using rest periods between cycles	-- **B5 – C5** -- REST 5 -- 5 minute rest at end of each cycle -- **A9** -- REST 5 -- 5 minute rest at end of each cycle -- **P2** -- REST 5 -- 5 minute rest at end of each cycle -- **Omni 8** -- REST 5 -- 5 minute rest at end of each cycle