

## FULL LIST OF BINAURAL BEAT DIRECTIONS, WARNINGS & RECOMMENDATIONS:

### READ FULL LIST BEFORE PROCEEDING WITH BRAINWAVE ENTRAINMENT

NOT recommended for anyone with a history of epileptic seizures or chronic headaches.

**DO NOT** PLAY PURE TONES FOR PROLONGED PERIODS OF TIME

DISCONTINUE PLAYING PURE TONES IF HEADACHE/DIZZINESS PERSISTS

DIZZINESS / HEADACHES / IRRITATION MAY OCCUR OR BECOME MORE PRONOUNCED IF TAKING ANY MEDICATION SUCH AS AN ANTI-ANXIETY, ANTI-DEPRESSANT OR ANTI-PSYCHOTIC... OR IF TAKING ANY STIMULANTS SUCH AS COFFEE OR ENERGY DRINKS... OR IF WEARING A HEADBAND

WITH HEADPHONES ON... START BY PLAYING MUSIC FIRST. MIX IN PURE TONE FROM A MUTED POSITION AND START TO INCREASE VOLUME AS NEEDED. PURE TONE SHOULD BE BARELY AUDIBLE UNDERNEATH THE MUSIC FOR MAXIMUM COMFORT

Recommended is a headphones splitter so a technician can monitor and adjust the mix with a pair of headphones as well if a technician is present.

Sitting up straight with eyes closed and head not tilted decreases likelihood of dizziness/headaches. Slowly fading out of pure tones also decreases likelihood of dizziness/headaches.

Get up slowly and move slowly after completing a session to decrease likelihood of dizziness/headache.

If laying down during a session, get up slowly, move slowly and do not tilt head when session is completed.

Do not tilt head or bend over right after completing a session. Lay down slowly if laying down after a session.

Avoid looking at fast moving objects (i.e. scrolling computer) or fast blinking lights.

Avoid doing anything that can cause motion sickness.

Switching back and forth between different pure tones increases likelihood of dizziness/headache.

If dizziness/headache occurs after a while, try switching headphone pieces... left headphone piece to right ear / right headphone piece to left ear... in order to rebalance.

The higher the level/balance of BB/pure tone... the greater/more intense the effect... up to and including a more likelihood of dizziness/headache.

**DO NOT** PLAY DIFFERENT PURE TONES SIMULTANEOUSLY/TOGETHER

MINORS SHOULD SEEK PERMISSION FROM A PARENT/GUARDIAN & CONSULT THEIR DOCTOR

Transition to at least <alpha> first if going immediately from <delta> to <gamma>. Fade all audio while making the transitions (no abrupt changes in BB).

Binaural Beats may have little to no affect/effect if taking an antidepressant such as Zoloft.

SUGGESTED READING:

<https://www.medicalnewstoday.com/articles/320019#research>

<https://medium.com/syndicate-post/are-binaural-beats-safe-learn-about-the-potential-dangers-7e9d82d01abd#>

<https://web.magnushealth.com/insights/binaural-beats-every-schools-new-secret-weapon>

FORUM

<https://www.facebook.com/MFWBBFORUM>

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UPDATED:

2021-09-07

2:00pm EST