

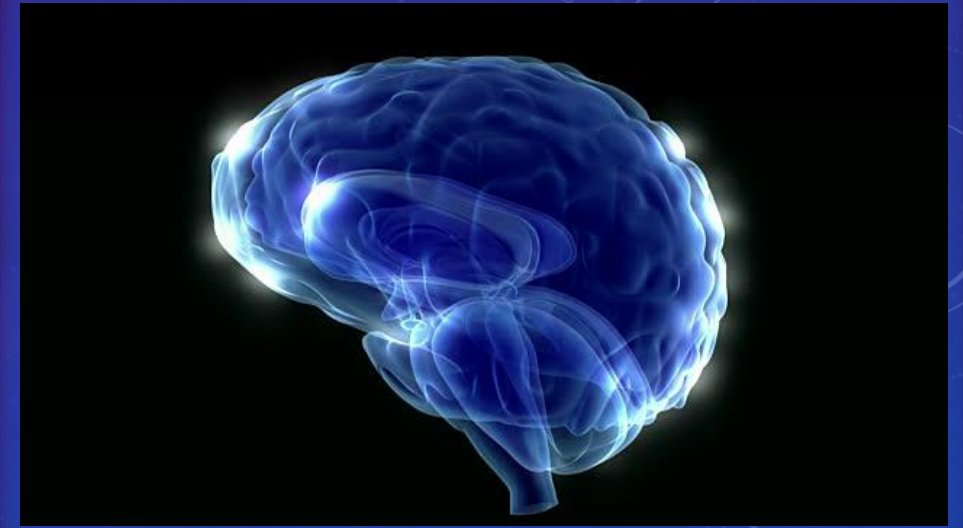
Neuro Light User Interface



NEURO LIGHT

TOTAL BRAIN WELLNESS

NEURO LIGHT USER INTERFACE



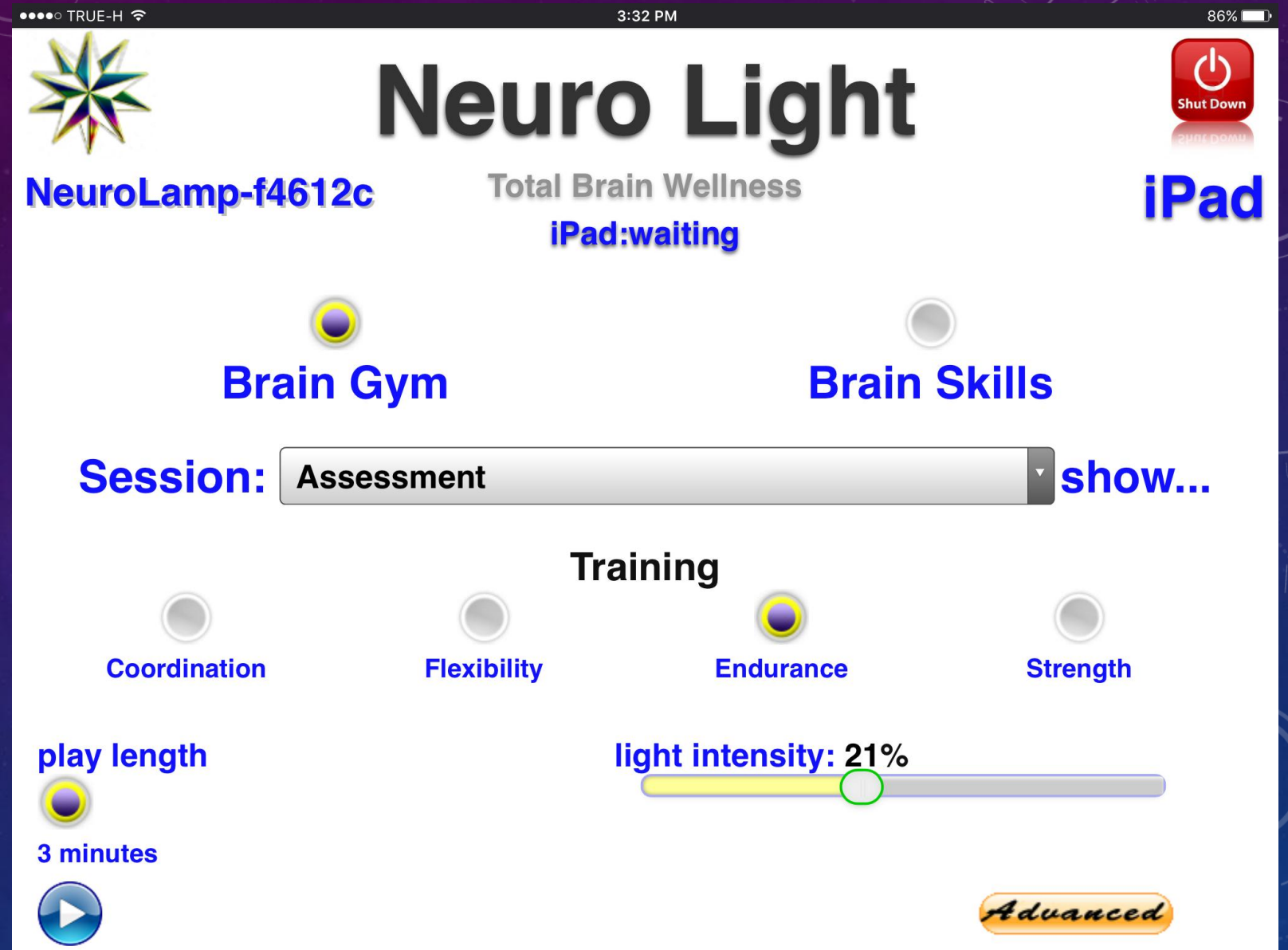
- The following are **screen shots** of the **User Interface** of the **Neuro Light - Brain Gym/Brain Skills**.
- They are all made using an Apple iPad but **will appear the same** regardless of what computer, tablet or smartphone you use.

NEURO LIGHT USER INTERFACE

This is the **basic view**.

The **screen contents** will **change** according to the **selections** you make.

It is **super easy to use**.



NEURO LIGHT
USER INTERFACE

Choices are made by selecting a button. Notice the button becomes dark when selected.

TRUE-H 3:32 PM 86%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills

Session: Assessment show...

Coordination Flexibility Endurance Strength

play length 3 minutes

light intensity: 21%

Advanced

NEURO LIGHT USER INTERFACE

You can see it has

2 general sections:

- **Brain Gym**
- **Brain Skills**

TRUE-H 3:32 PM 86%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills

Session: Assessment show...

Training

Coordination Flexibility Endurance Strength

play length 3 minutes

light intensity: 21%

Advanced

NEURO LIGHT
USER INTERFACE

Here you see the
Brain Gym section
has been **selected**.

Notice the **button** is
now **dark**.

TRUE-H 3:32 PM 86%

Neuro Light

Shut Down

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills

Session: Assessment show...

Training

Coordination Flexibility Endurance Strength

play length 3 minutes

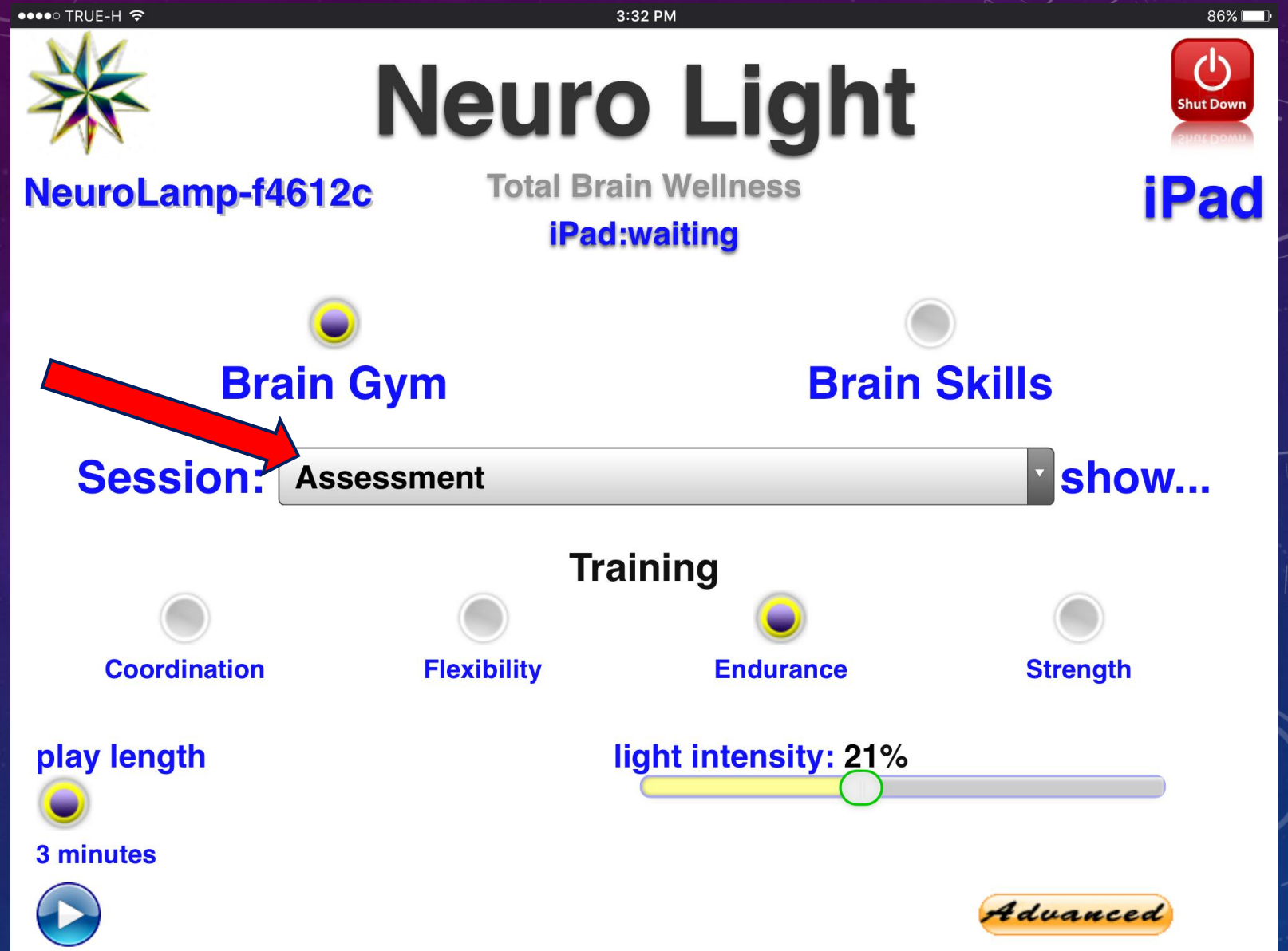
light intensity: 21%

Advanced

NEURO LIGHT
USER INTERFACE

When you **select Brain Gym**, the **Session bar** will display the **contents**.

The **“Assessment”** group always **shows first** after you select **Brain Gym**.



NEURO LIGHT
USER INTERFACE

When you **tap/click** on the **Session bar**, it will **open up** the **content** for **specific selections** within that section.

The screenshot shows the Neuro Light app interface on an iPad. At the top, the status bar displays 'TRUE-H', '3:33 PM', and '86%' battery. The app header includes the Neuro Light logo, the device name 'NeuroLamp-f4612c', the text 'Total Brain Wellness iPad:waiting', and a 'Shut Down' button. Below the header are two main sections: 'Brain Gym' and 'Brain Skills'. A 'Session:' dropdown menu is open, showing a list of options: 'Assessment' (selected with a checkmark), 'Training', 'Control Network', 'Default Mode Network', 'Dorsal Attention Network', 'Limbic Network', 'Somato Motor Network', and 'Ventral Attention Network'. A red arrow points from the text on the left to the 'Assessment' option in the dropdown. In the background, a 'play length' section shows '3 minutes' and a play button. A progress bar is visible with '1%' and a green indicator. An 'Advanced' button is at the bottom right.

NEURO LIGHT
USER INTERFACE

Notice the small blue
“**check mark**”
indicating **your**
choice.

TRUE-H 3:33 PM 86%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness
iPad:waiting

Shut Down iPad

Brain Gym Brain Skills

Session: Assessment show...

- Assessment ✓
- Training
- Control Network
- Default Mode Network
- Dorsal Attention Network
- Limbic Network
- Somato Motor Network
- Ventral Attention Network

Coordination Flex Strength

play length
3 minutes

1%

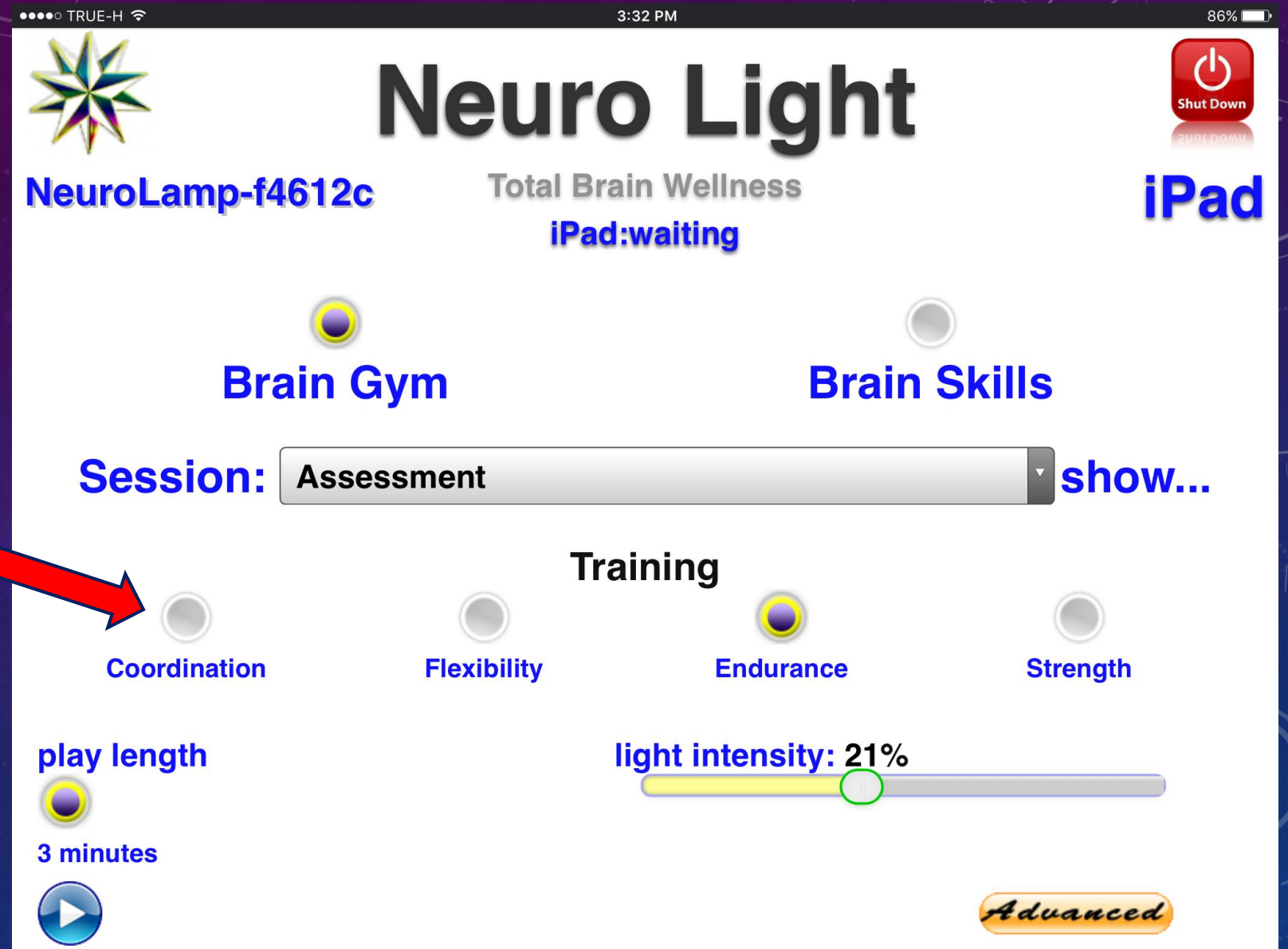
Advanced

NEURO LIGHT
USER INTERFACE

There are **4 different Neuroplastic Capacity Assessments**.

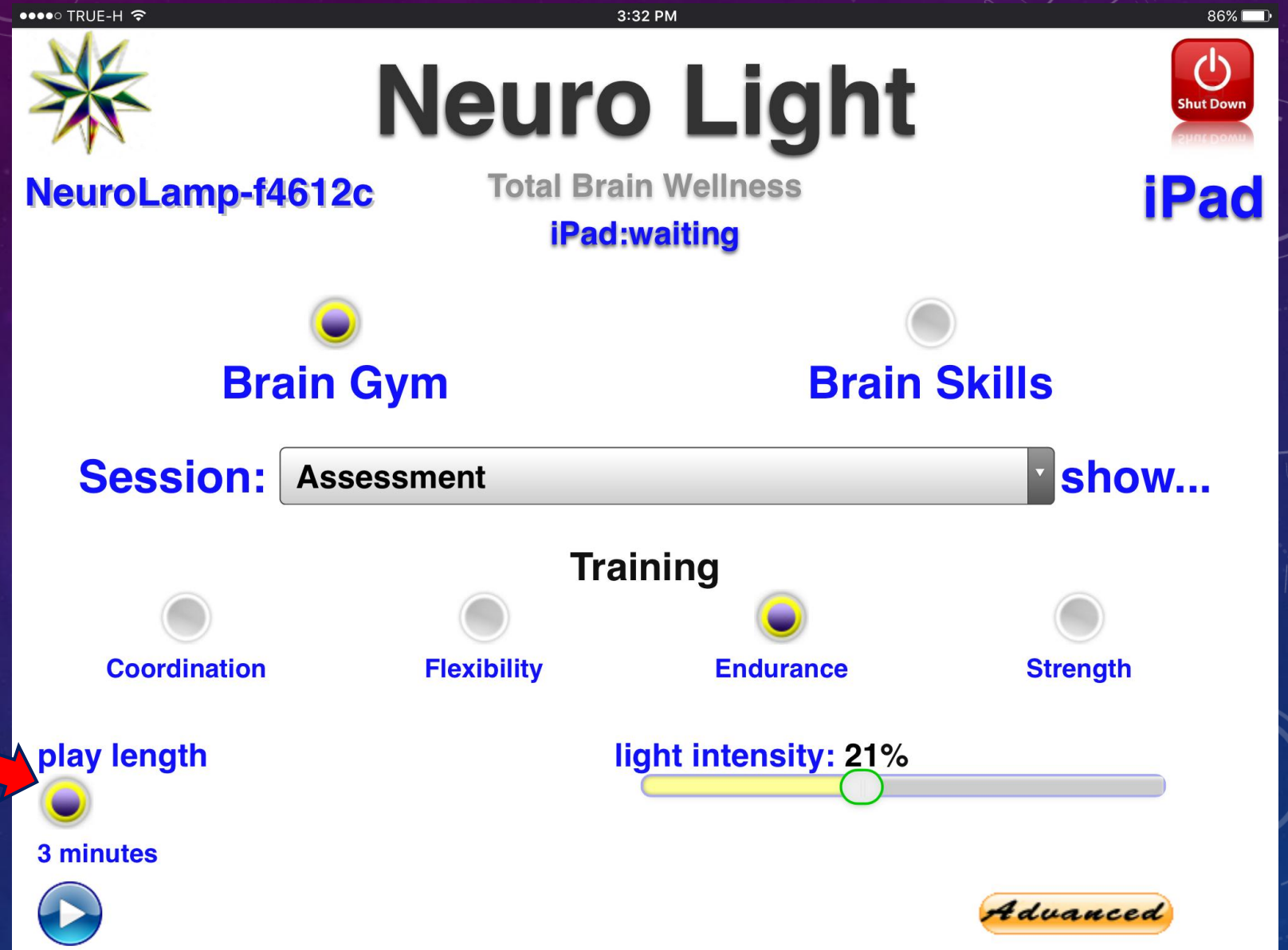
Each one focuses on a different aspect.

Here “**Endurance**” is selected.



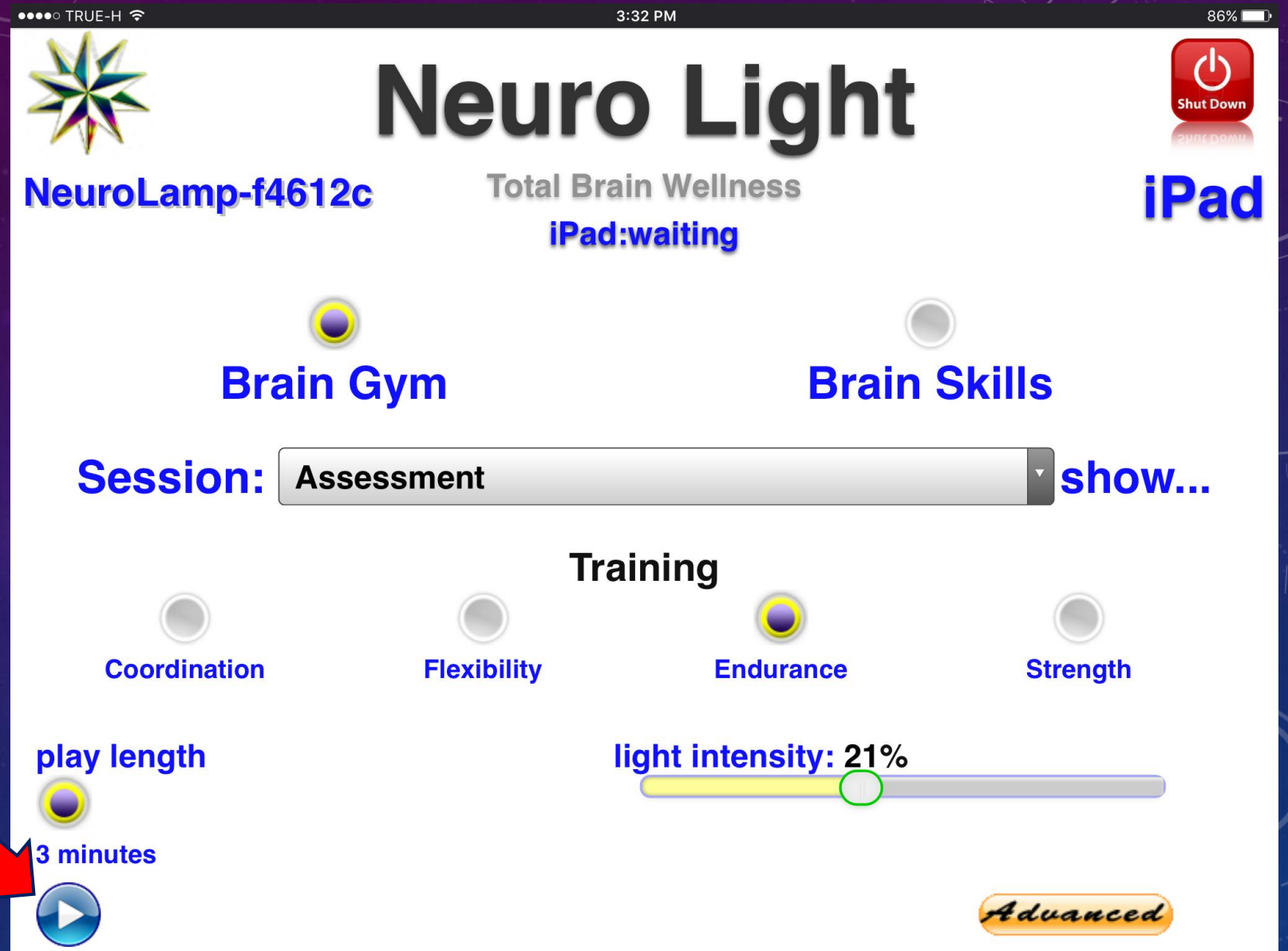
NEURO LIGHT
USER INTERFACE

Regardless of which one is selected, the **length of the Assessment is always 3 minutes.**



NEURO LIGHT
USER INTERFACE

To **start ANY session**
in the **Neuro Light**,
simply tap/click the
PLAY icon.

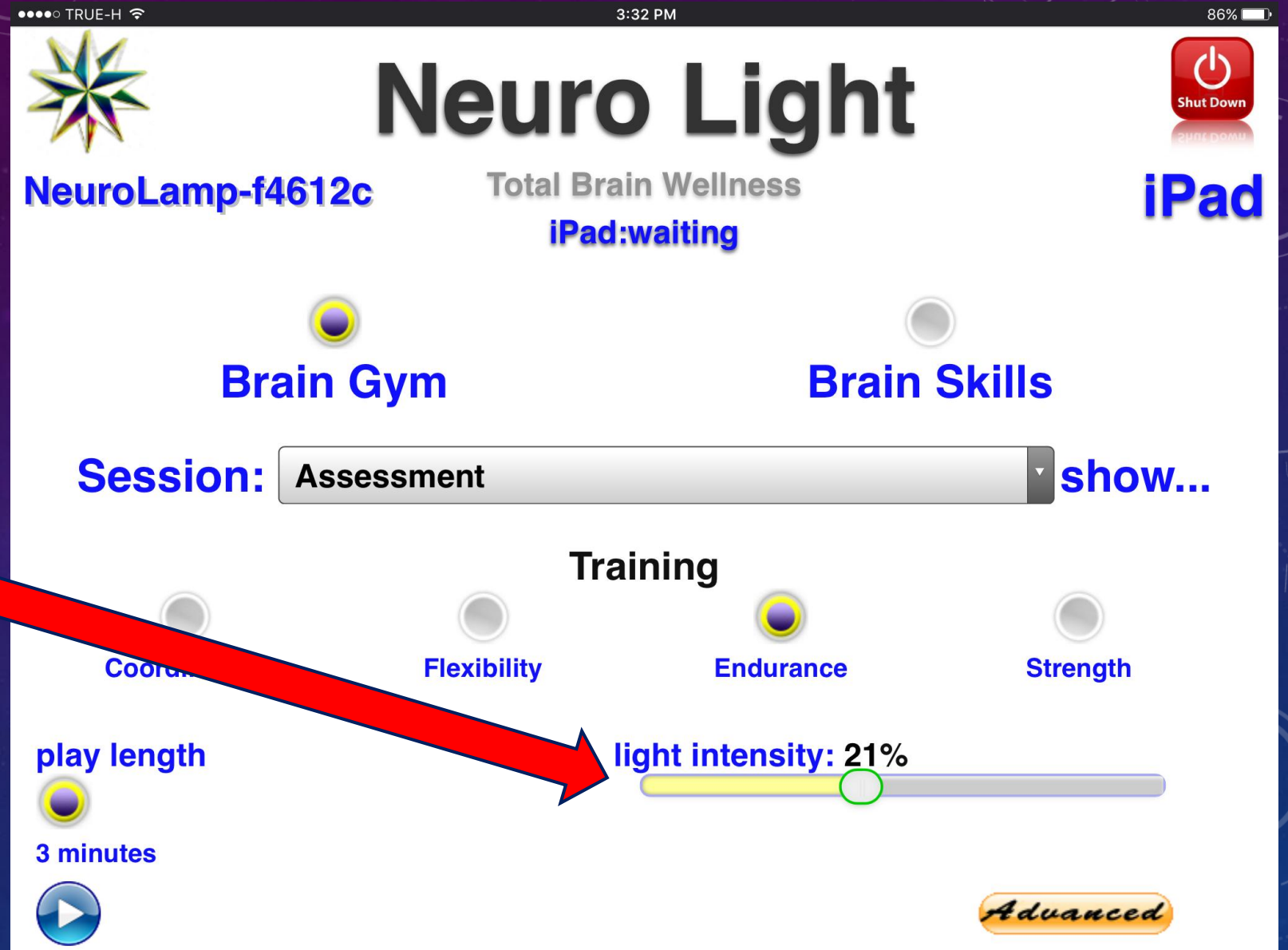


NEURO LIGHT
USER INTERFACE

One choice you must make is “**Light Intensity**”.

It is a “**slider**” feature.

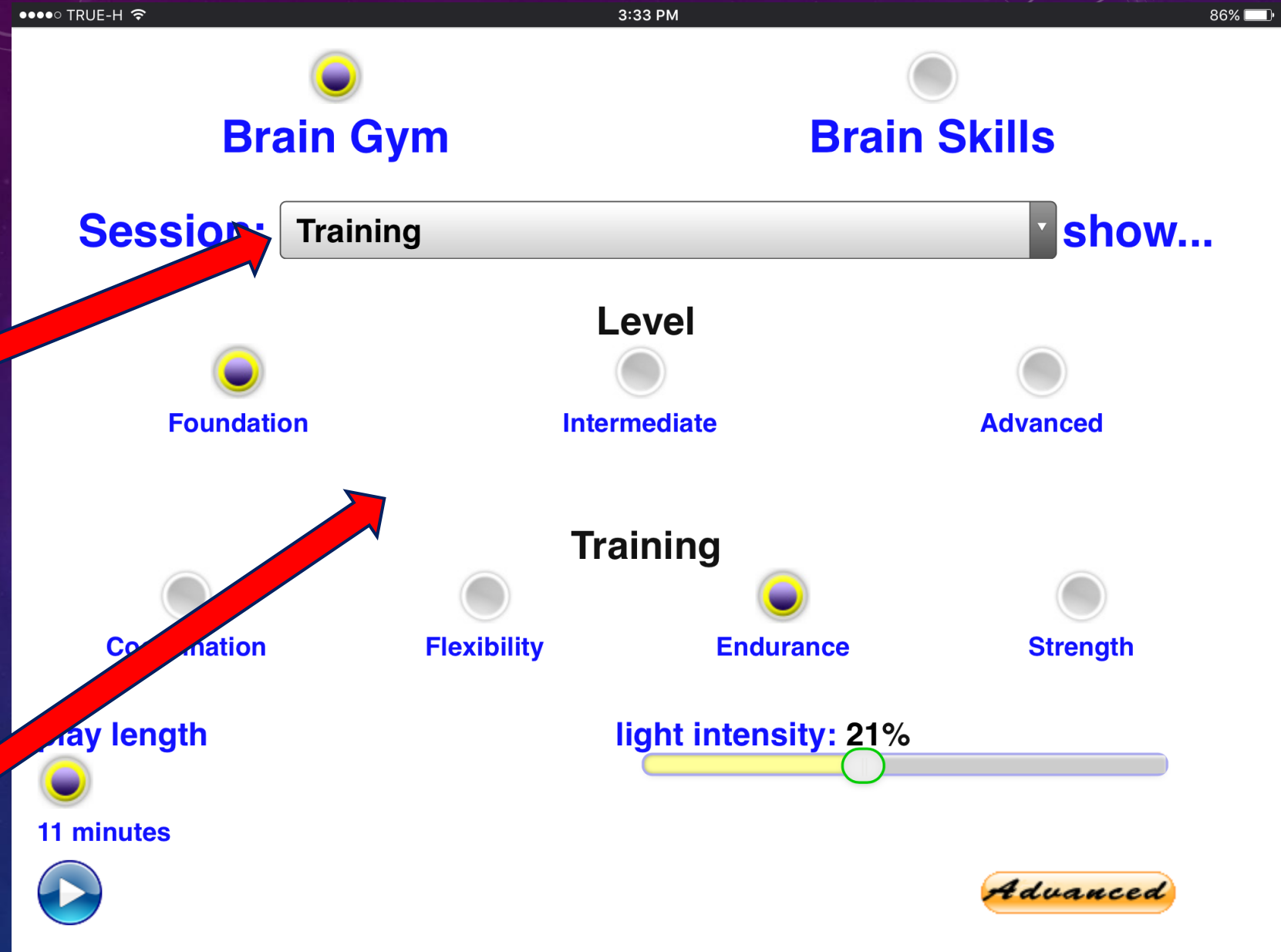
An **average setting** is **between 15% - 25%**.



NEURO LIGHT
USER INTERFACE

Here I have made a **selection** – “**Training**” from the **Brain Gym** drop down list.

Notice the **screen has changed** with **new button choices**.



NEURO LIGHT
USER INTERFACE

Notice the word
“show...” to the right
of the **Session bar**.

If you want to **read a
description** of this
feature, just **select
“show...”**.

TRUE-H 3:33 PM 86%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness
iPad:waiting

Shut Down iPad

Brain Gym Brain Skills

Session: Assessment show...

Assessment
Control Network
Default Mode Network
Dorsal Attention Network
Limbic Network
Somato Motor Network
Ventral Attention Network

Strength

1%

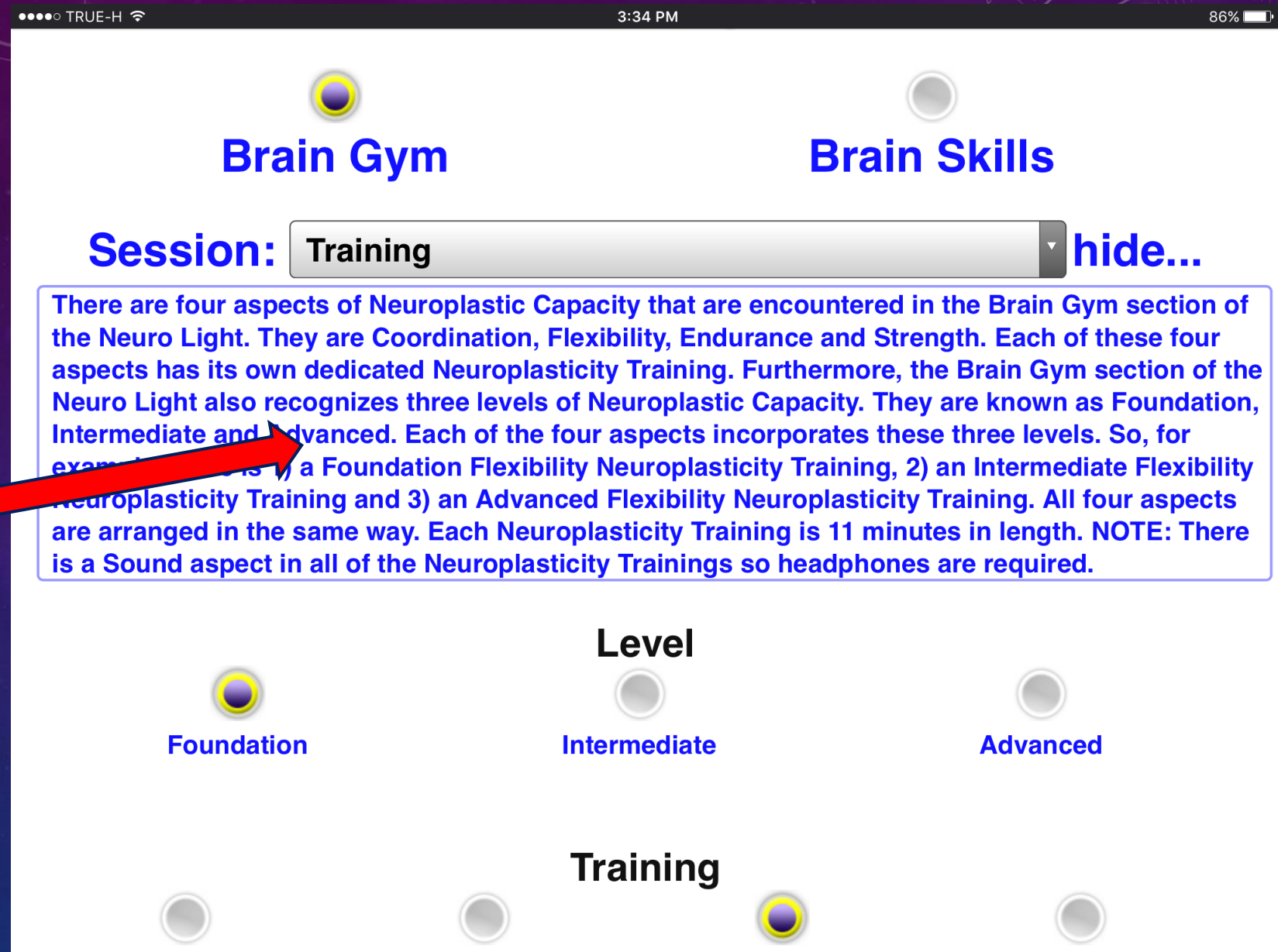
Advanced

play length
3 minutes

NEURO LIGHT USER INTERFACE

When you **select**
“**show...**” a feature
description will pop
open.

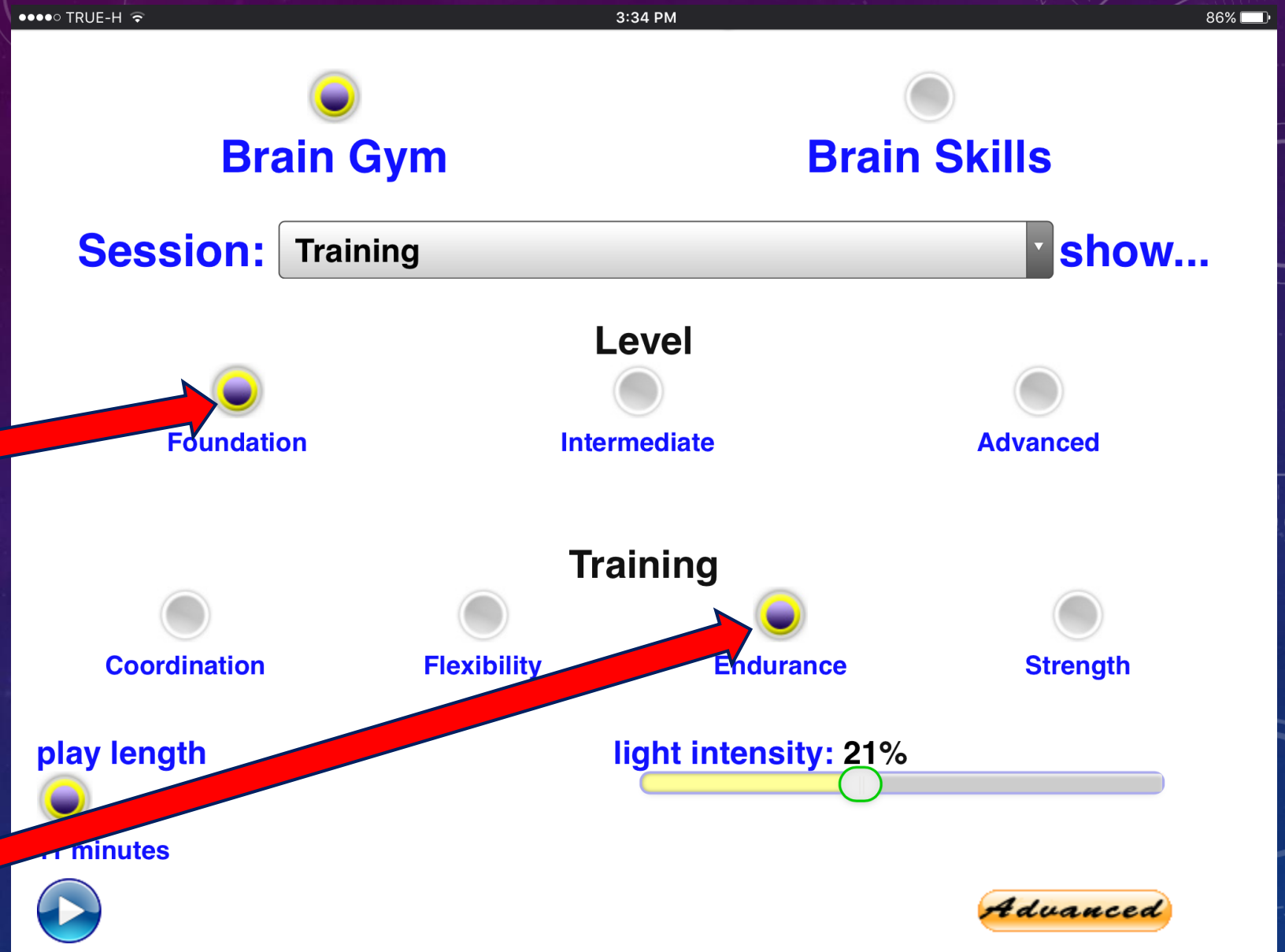
To make it **go away**,
just **tap/click again**
on “**hide...**”.



NEURO LIGHT
USER INTERFACE

Notice that **you must choose a "Level"** of Neuroplastic Capacity Training.

Here you see a **Foundation Level** Training in **Endurance**



NEURO LIGHT
USER INTERFACE

Notice that here the
Intermediate Level
has been **selected**

Here you see an
Intermediate Level
Training in **Endurance**



NEURO LIGHT USER INTERFACE

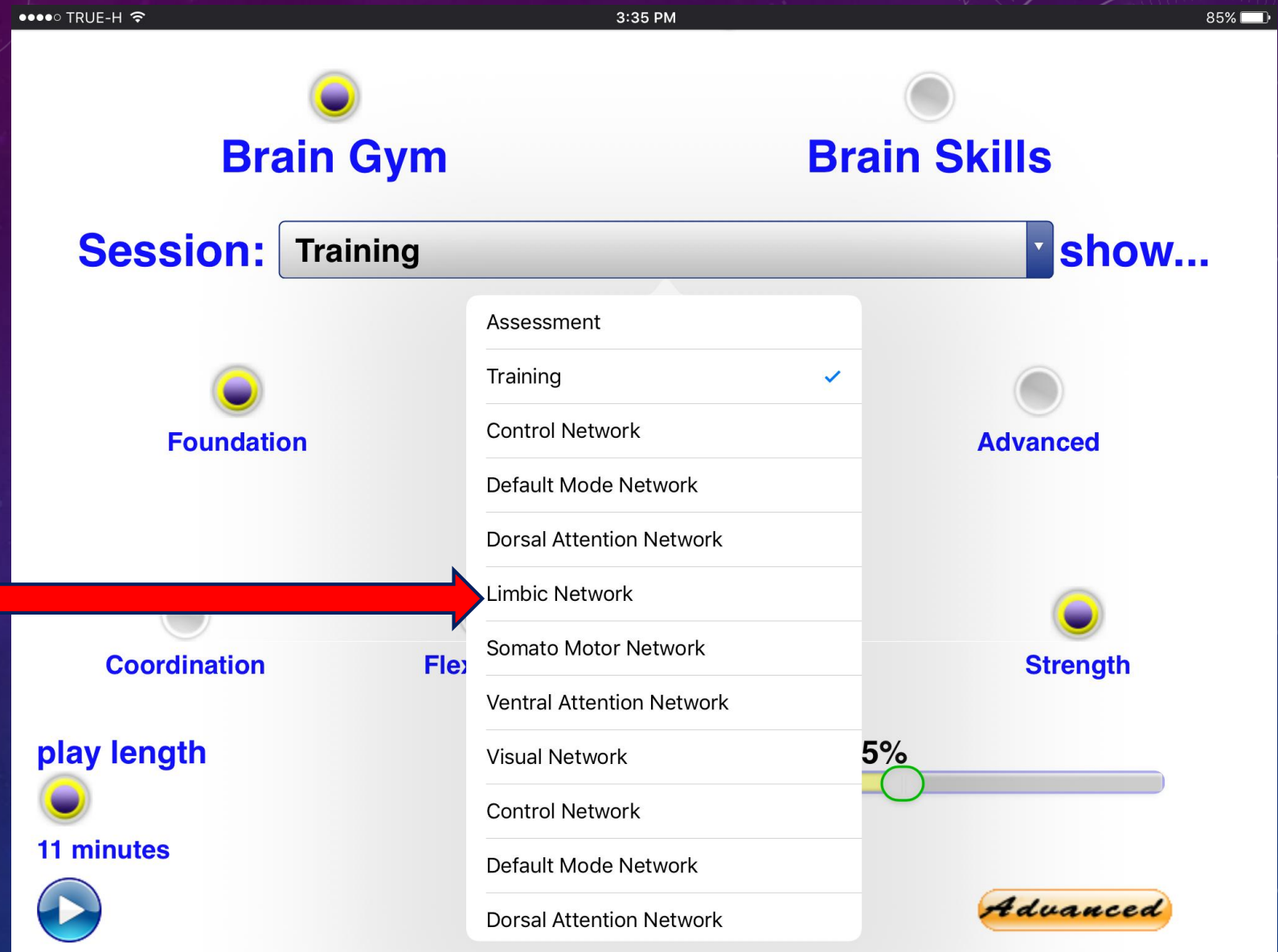
In **Neuroplastic Capacity Training**, regardless of the selection, the **length of the Training** is **always 11 minutes**



NEURO LIGHT USER INTERFACE

In the **Brain Gym**,
there is also a **list of
Network
Reinforcements.**

The **list appears
under** Assessment
and Training.



NEURO LIGHT
USER INTERFACE

Here the **Default Mode Network** has been selected.

Unlike the other Brain Gym items, **Network Reinforcements** can have **different lengths**

TRUE-H 3:35 PM 85%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad


Brain Gym Brain Skills

Session: Default Mode Network show...

play length light intensity: 25%

11 minutes 22 minutes 33 minutes

Advanced

click  before removing power

NEURO LIGHT USER INTERFACE

As with **every item** in the **Session bar** in **any screen**, there is a **Session Description** if you tap/click the **“show...”** word at the right of the Session bar.

TRUE-H 3:35 PM 85%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills

Session: Default Mode Network hide...

This Network Reinforcement is most active when attention is within oneself and not focusing on the outside world. This Network activates “on default” when a person is not involved in a specific task. It is prominent in acts of memory, reflection on emotional states, thoughts about self and others, passive rest, listening to a coherent story and even mind-wandering. Evidence has pointed to disruptions in the DMN in people with conditions such as Alzheimer’s and autism.

play length light intensity: 25%

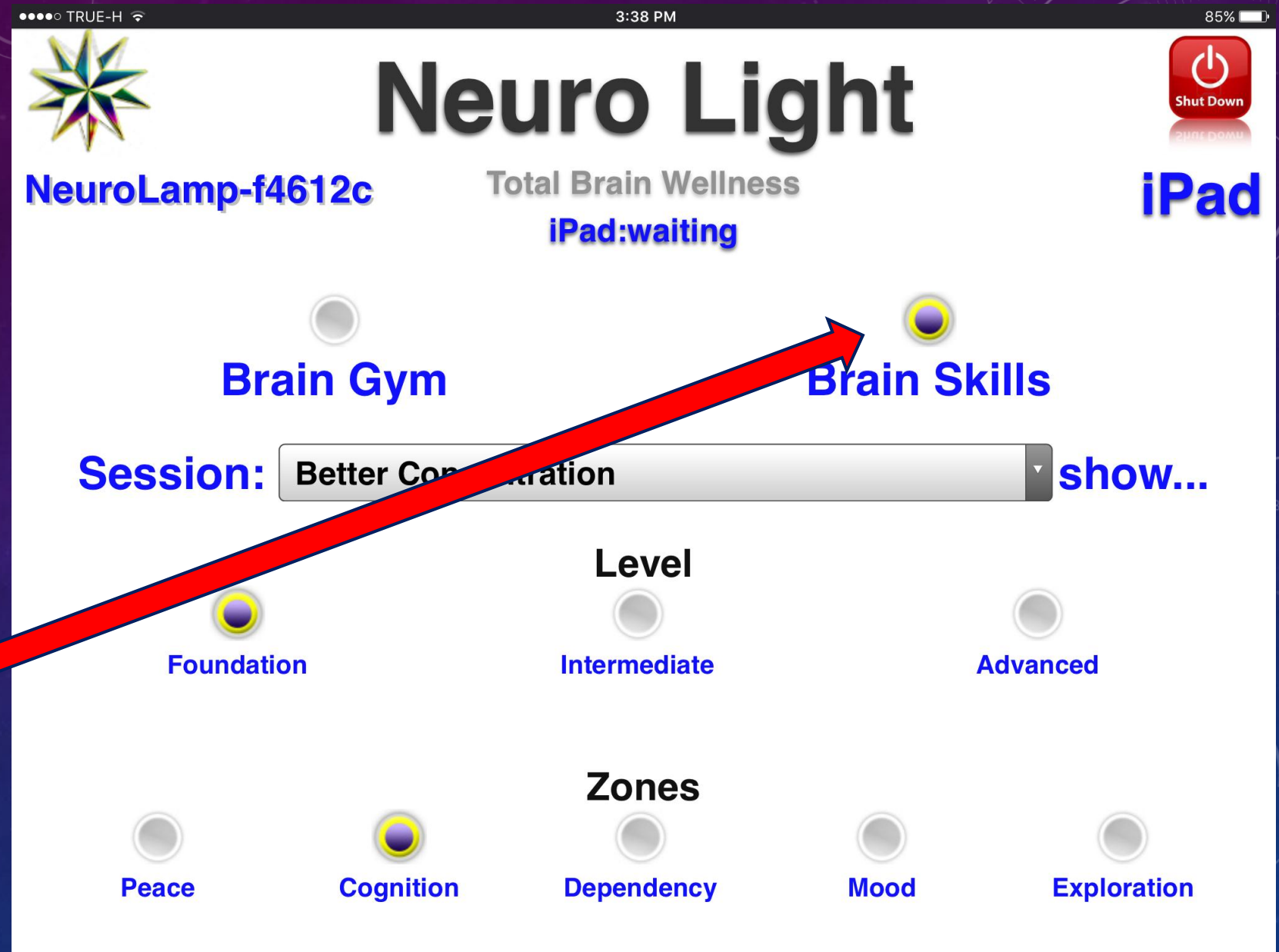
11 minutes 22 minutes 33 minutes

Advanced

NEURO LIGHT
USER INTERFACE

The **other section** of the **Neuro Light** is the **Brain Skills**.

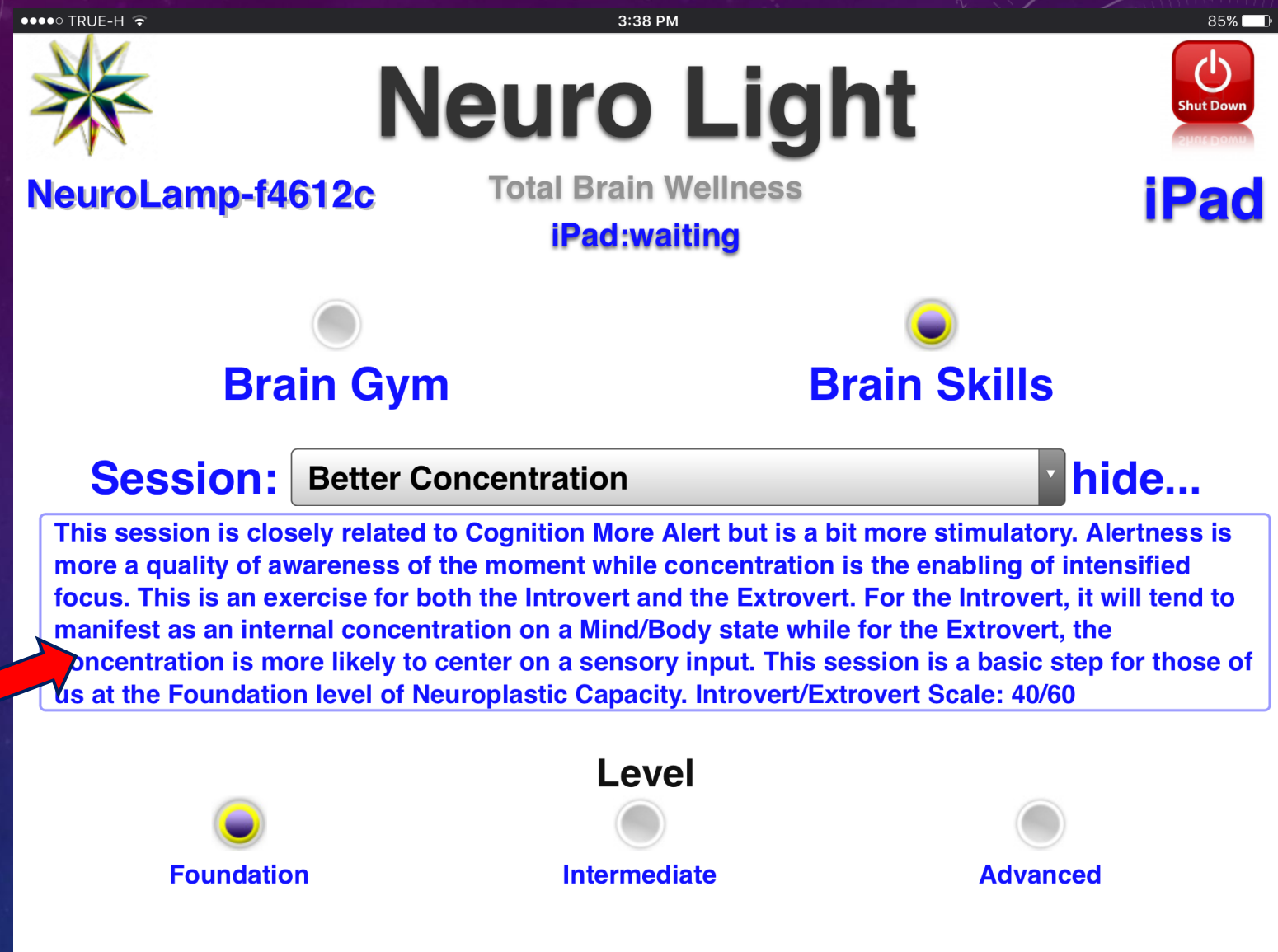
Open Brain Skills by selecting the **button**.



NEURO LIGHT USER INTERFACE

Of course, as with **all Neuro Light sessions**, everyone of the **80 Function Specific Brain Skills Trainings** has its **own description**.

Just select **“show...”**.



NEURO LIGHT USER INTERFACE

All **Brain Skills Trainings** are **classified** according to their **Level of Neuroplastic Capacity**.


They are **also** placed in **separate theme "Zones"**.



NEURO LIGHT
USER INTERFACE

When doing a **Brain Skills Training**, you must make **5 choices**:

- What **Level**
- What **Zone**
- What **Session**
- What **Length of Time**
- What **Light Intensity**


The screenshot shows the 'Brain Gym' app interface. At the top, the status bar displays 'TRUE-H', '3:38 PM', and '85%' battery. The app title 'Brain Gym' is centered. Below it, a 'Session:' dropdown menu is set to 'Basic Balance' with a 'show...' link to its right. The interface is organized into sections: 'Level' with radio buttons for 'Foundation', 'Intermediate', and 'Advanced'; 'Zones' with radio buttons for 'Peace', 'Cognition', 'Dependency', 'Mood', and 'Exploration'; and 'Length' with radio buttons for '11 minutes', '22 minutes', and '33 minutes'. A 'light intensity: 25%' slider is positioned below the length options, with a green circle indicating the current level. A play button is located below the length options, and an 'Advanced' button is at the bottom right. A red 'Shut Down' button is at the bottom center. Five red arrows originate from the text on the left and point to the 'Level', 'Zone', 'Session', 'Length', and 'Light Intensity' controls respectively. At the bottom, blue text reads 'click  before removing power'.

NEURO LIGHT
USER INTERFACE

Don't worry...its easy
after a couple of times.

Just click the buttons!

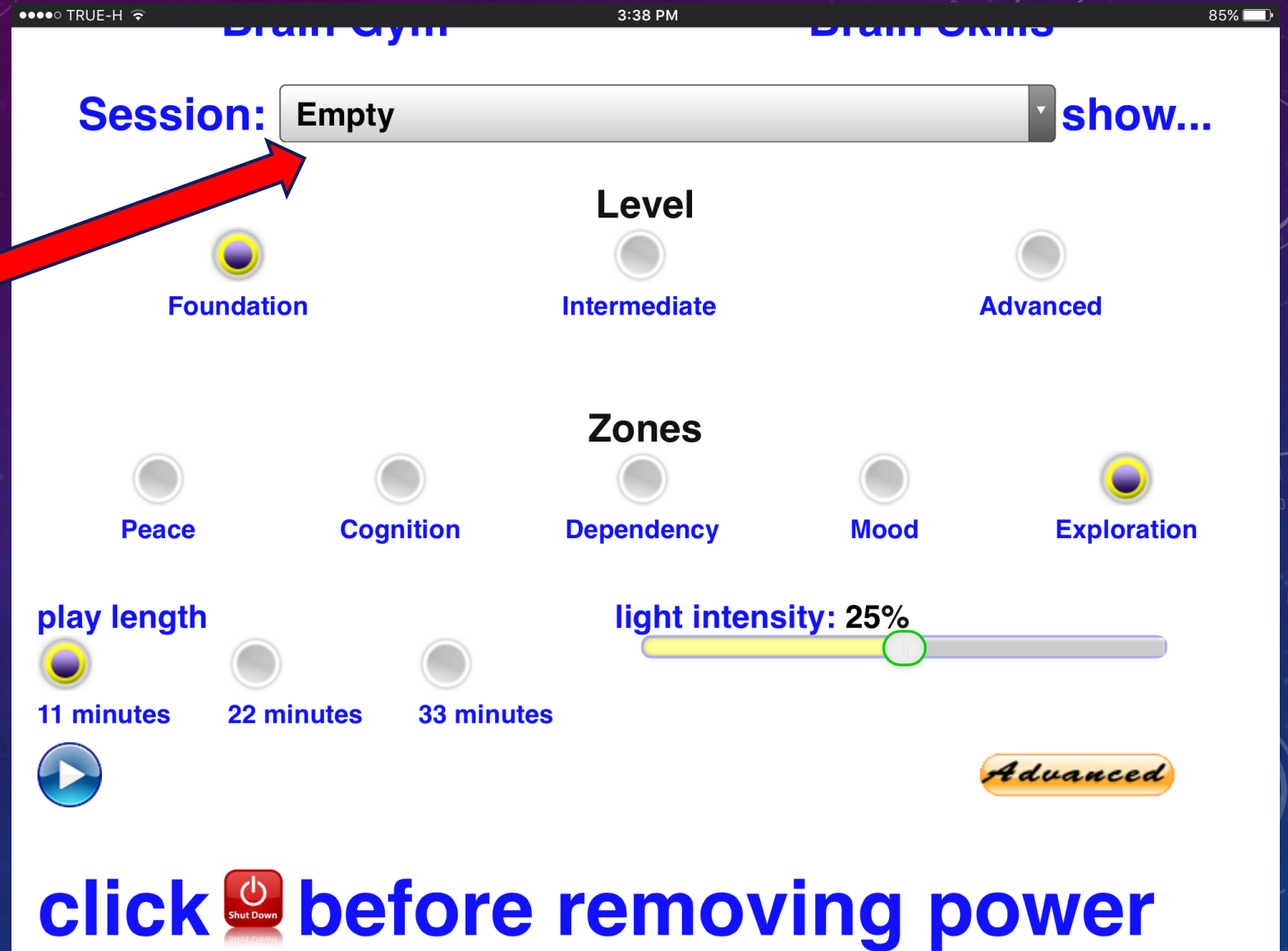
The screenshot shows the Neuro Light user interface on a mobile device. At the top, the status bar displays 'TRUE-H', '3:38 PM', and '85%' battery. The app title 'Brain Gym' is visible. The main interface features a 'Session:' dropdown menu set to 'Basic Balance' with a 'show...' link. Below this are two sections: 'Level' and 'Zones'. The 'Level' section has three radio buttons: 'Foundation' (selected), 'Intermediate', and 'Advanced'. The 'Zones' section has five radio buttons: 'Peace' (selected), 'Cognition', 'Dependency', 'Mood', and 'Exploration'. At the bottom left, there is a 'play length' section with three radio buttons: '11 minutes' (selected), '22 minutes', and '33 minutes'. To the right of this is a 'light intensity: 25%' slider. At the bottom right, there is a blue play button and an orange 'Advanced' button. A red power button with 'Shut Down' text is overlaid on the bottom left of the screenshot.

click  before removing power

NEURO LIGHT USER INTERFACE

Don't be **surprised** to find the word "**Empty**" appear **once and awhile**.

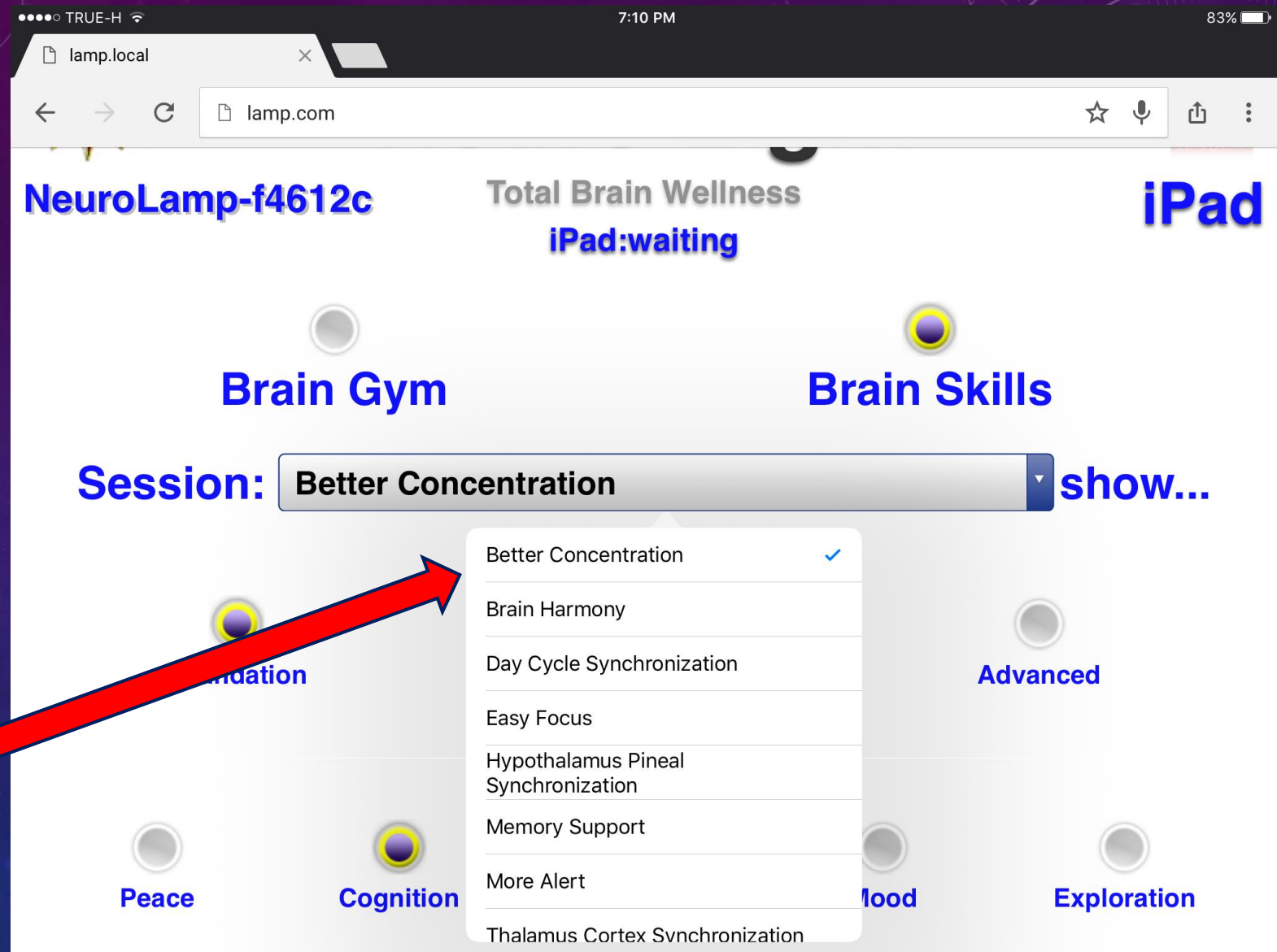
With **3 Levels** and **5 Zones**, there are just a **couple of combinations** that **have no specific sessions** in them.



NEURO LIGHT USER INTERFACE

To **view** all the Brain Skills Trainings in this group **just click on the Session bar.**

A **list** will appear and you just **click on the one you want.**



NEURO LIGHT USER INTERFACE

Click on “**show...**” if you want to **read** the **description** which also has the **Introvert/Extrovert Scale** for **extra help** in choosing a session.

lamp.local

lamp.com

NeuroLamp-f4612c

Total Brain Wellness
iPad:waiting

iPad

Brain Gym

Brain Skills

Session: Better Concentration hide...

This session is closely related to Cognition More Alert but is a bit more stimulatory. Alertness is a quality of awareness of the moment while concentration is the enabling of intensified focus. This is an exercise for both the Introvert and the Extrovert. For the Introvert, it will tend to manifest as an internal concentration on a Mind/Body state while for the Extrovert, the concentration is more likely to center on a sensory input. This session is a basic step for those of us at the Foundation level of Neuroplastic Capacity. Introvert/Extrovert Scale: 40/60

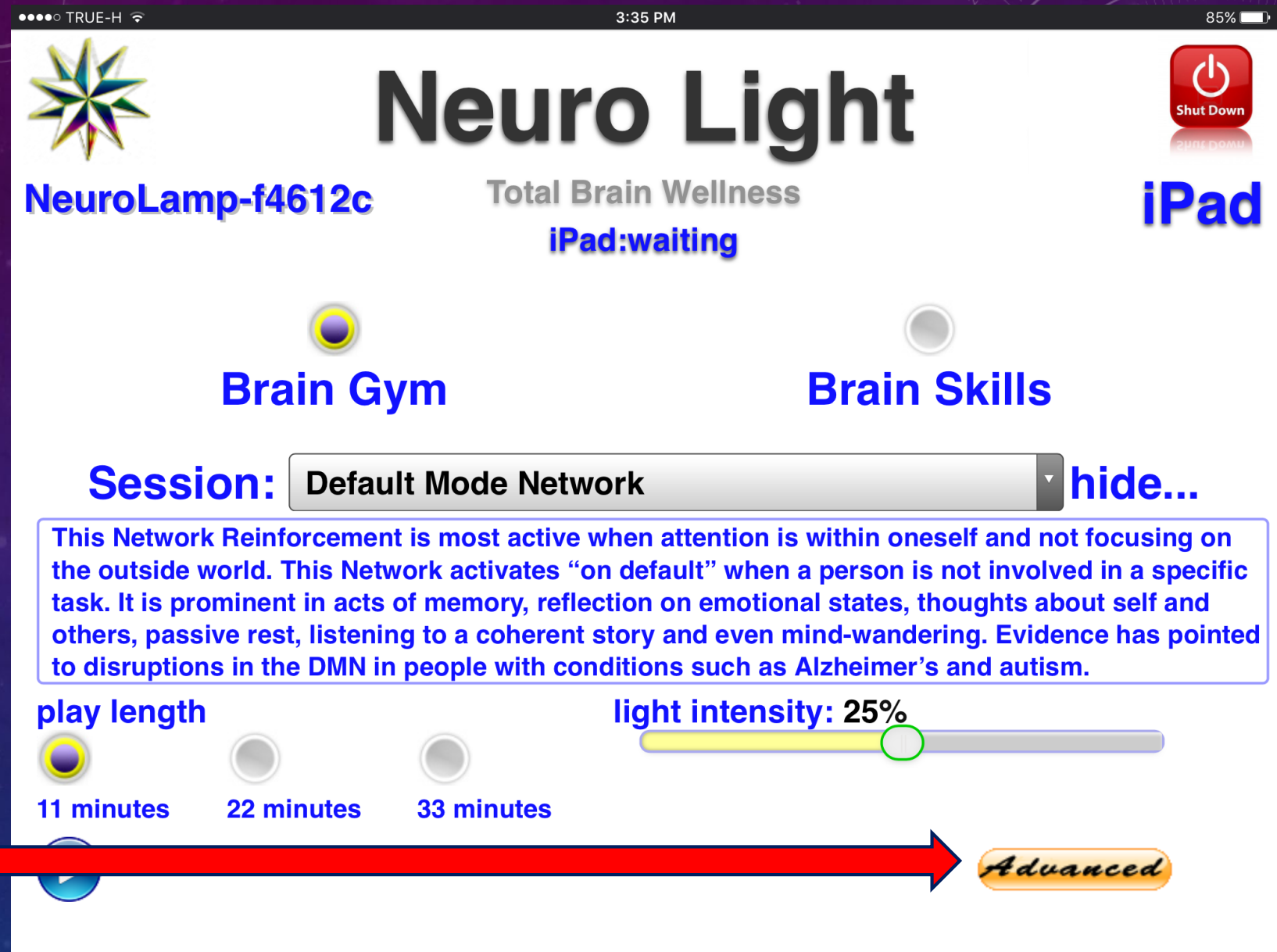
Level

Foundation Intermediate Advanced

NEURO LIGHT USER INTERFACE

There some **special features** in the **Neuro Light** that are **hidden**.

To **access** these features, **select** “**Advanced**” at the lower right of the screen.



NEURO LIGHT USER INTERFACE

There are **3 features** that appear when you select “**Advanced**”.

- **Upload**
- **Test**
- **Session Log**

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting


Brain Gym Brain Skills

Session: Default Mode Network show...

play length light intensity: 25%

11 minutes 22 minutes 33 minutes

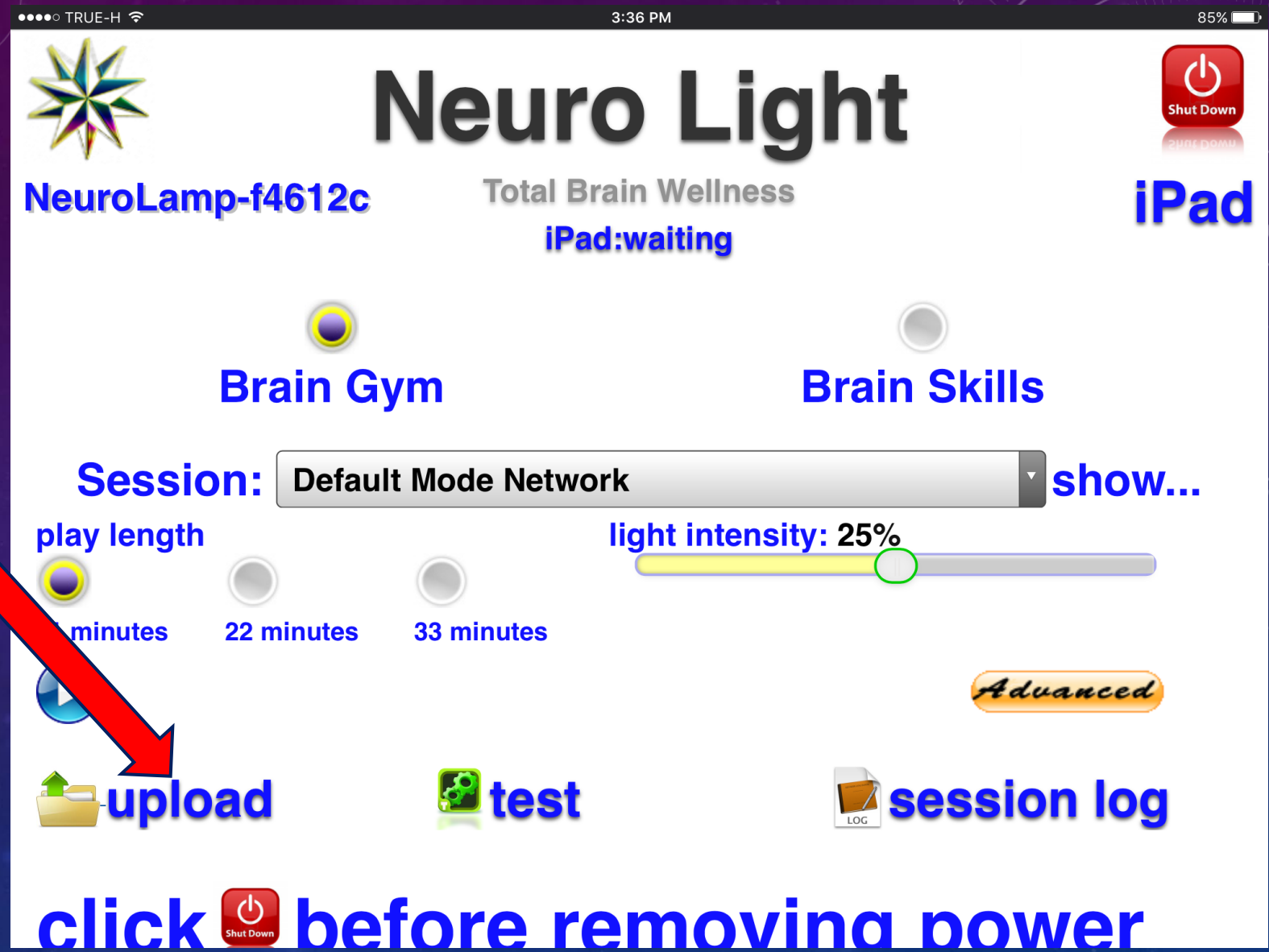
upload test session log

click  before removing power

NEURO LIGHT USER INTERFACE

“**Upload**” is used typically for **software upgrades**.

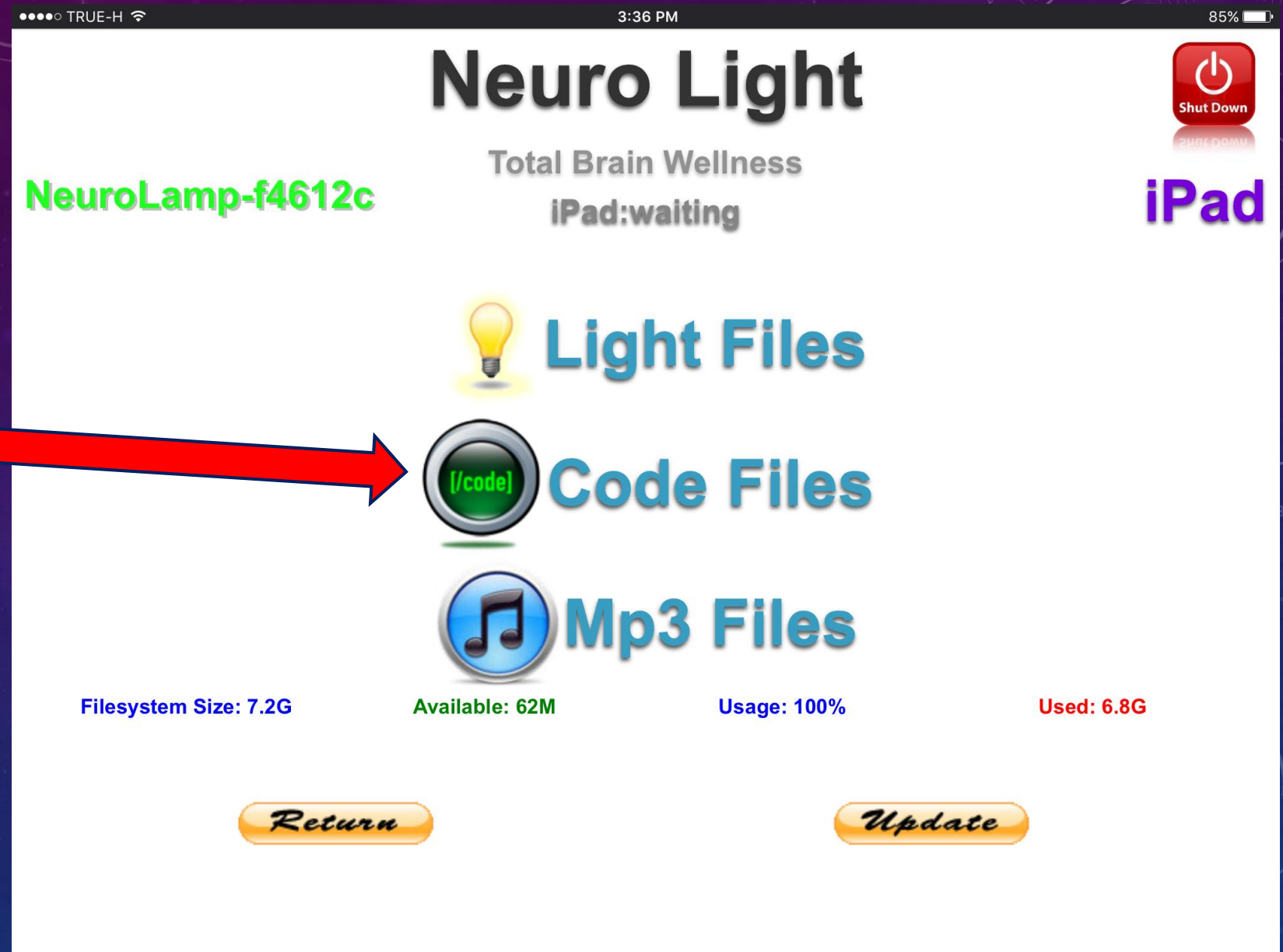
In the **future**, you may receive such an **upgrade by email** and this feature is used to **put it into your NL “gold box”**.



click  before removing power

NEURO LIGHT USER INTERFACE

When you click open
“**Upload**” it looks like
this.



NEURO LIGHT USER INTERFACE

“**Test**” is used to **trouble shoot** if ever you have **problems**.

This is an **easy way** to **search** for what might have happened.

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills


Session: Default Mode Network show...

play length light intensity: 25%

11 minutes 22 minutes 33 minutes

upload test session log

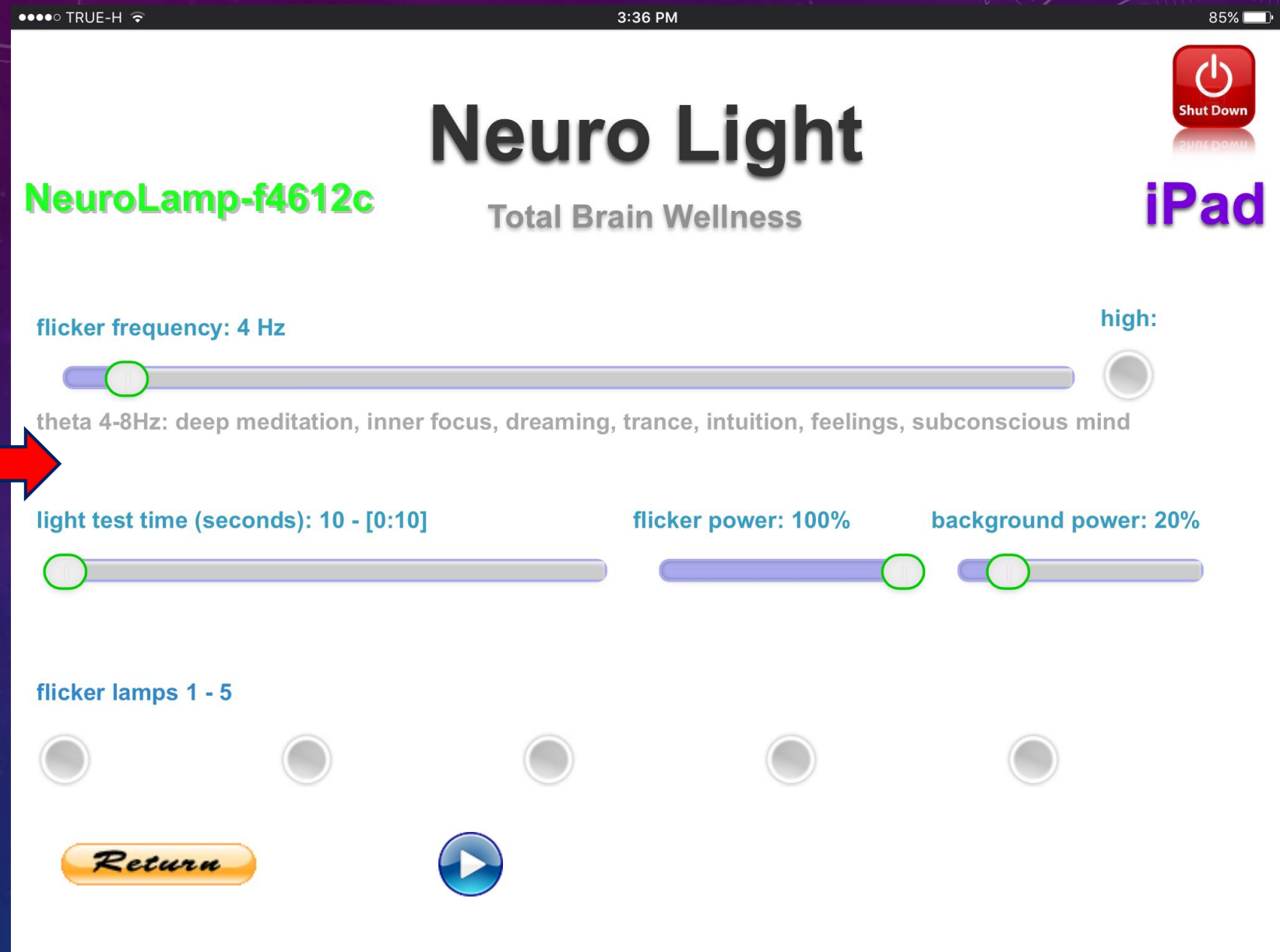
Shut Down

click  before removing power

NEURO LIGHT
USER INTERFACE

When you **select**
“**Test**” it looks like
this.

Don't worry...if you
have a problem
someone will help
you.



NEURO LIGHT
USER INTERFACE

“Session Log” is used
to keep records of
sessions if you want.

TRUE-H 3:36 PM 85%

Neuro Light

NeuroLamp-f4612c Total Brain Wellness iPad:waiting iPad

Brain Gym Brain Skills

Session: Default Mode Network show...

light intensity: 25%

11 minutes 22 minutes 33 minutes

upload test session log

Shut Down

Shut Down

click Shut Down before removing power

NEURO LIGHT USER INTERFACE

When you **select**
“**Session Log**” it looks
like this.

Click on the Date bar.

The screenshot shows the Neuro Light user interface. At the top, there are four circular indicators for **Coordination**, **Flexibility**, **Endurance** (which is highlighted with a yellow ring), and **Strength**. Below these, there is a **play length** section with a play button icon and the text **3 minutes**. To the right, there is a **light intensity: 25%** slider. An **Advanced** button is located in the top right corner. Below the play length section, there are three icons: **upload** (folder icon), **test** (gears icon), and **session log** (document icon with 'LOG' text). The main heading is **Search Neuro Lamp Session Log**. Below this, there are two date input fields: **Start Date:** Wednesday, 19 October 2016 and **End Date:** Wednesday, 19 October 2016. A **Search** button is at the bottom right. At the very bottom, there is a red power button icon with the text **click Shut Down before removing power**.

NEURO LIGHT USER INTERFACE


Click on the **Date bar** and a **calendar pops open**.

Choose a date you may want to **search** for a **past session record**.

The screenshot shows the Neuro Light app interface. At the top, there are four circular indicators for 'Coordination', 'Flexibility', 'Endurance', and 'Strength'. Below them, a 'play length' section shows '3 minutes' and a 'light intensity: 25%' slider. A 'Date bar' is visible, and a calendar pop-up is open, displaying 'October 2016'. A red arrow points to the date '19' (Wednesday) in the calendar. At the bottom of the calendar, there are 'Today' and 'Clear' options. Below the calendar, there is a 'Shut Down' button and the text 'click before removing power'.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

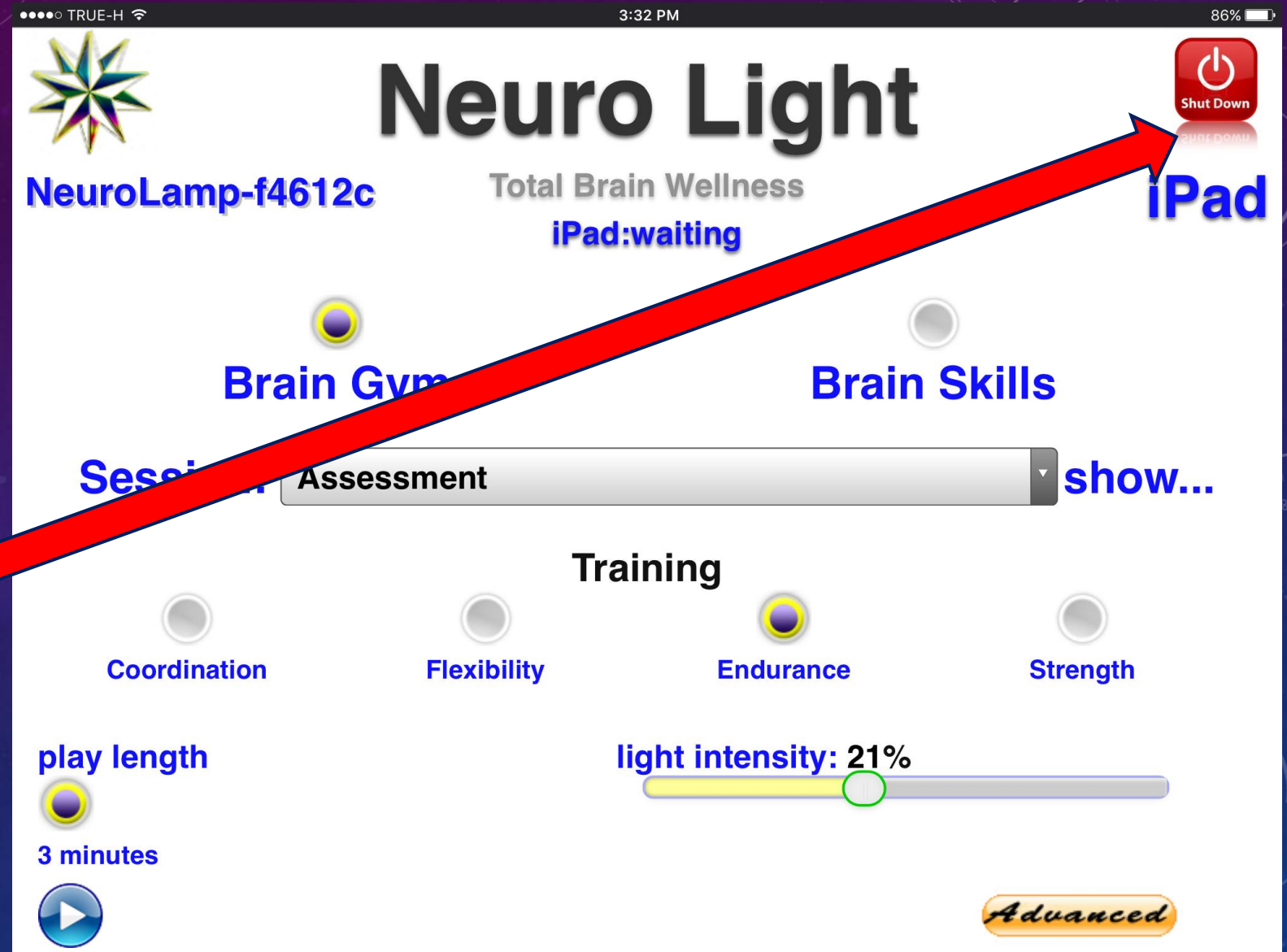
Today Clear

click  before removing power

NEURO LIGHT
USER INTERFACE

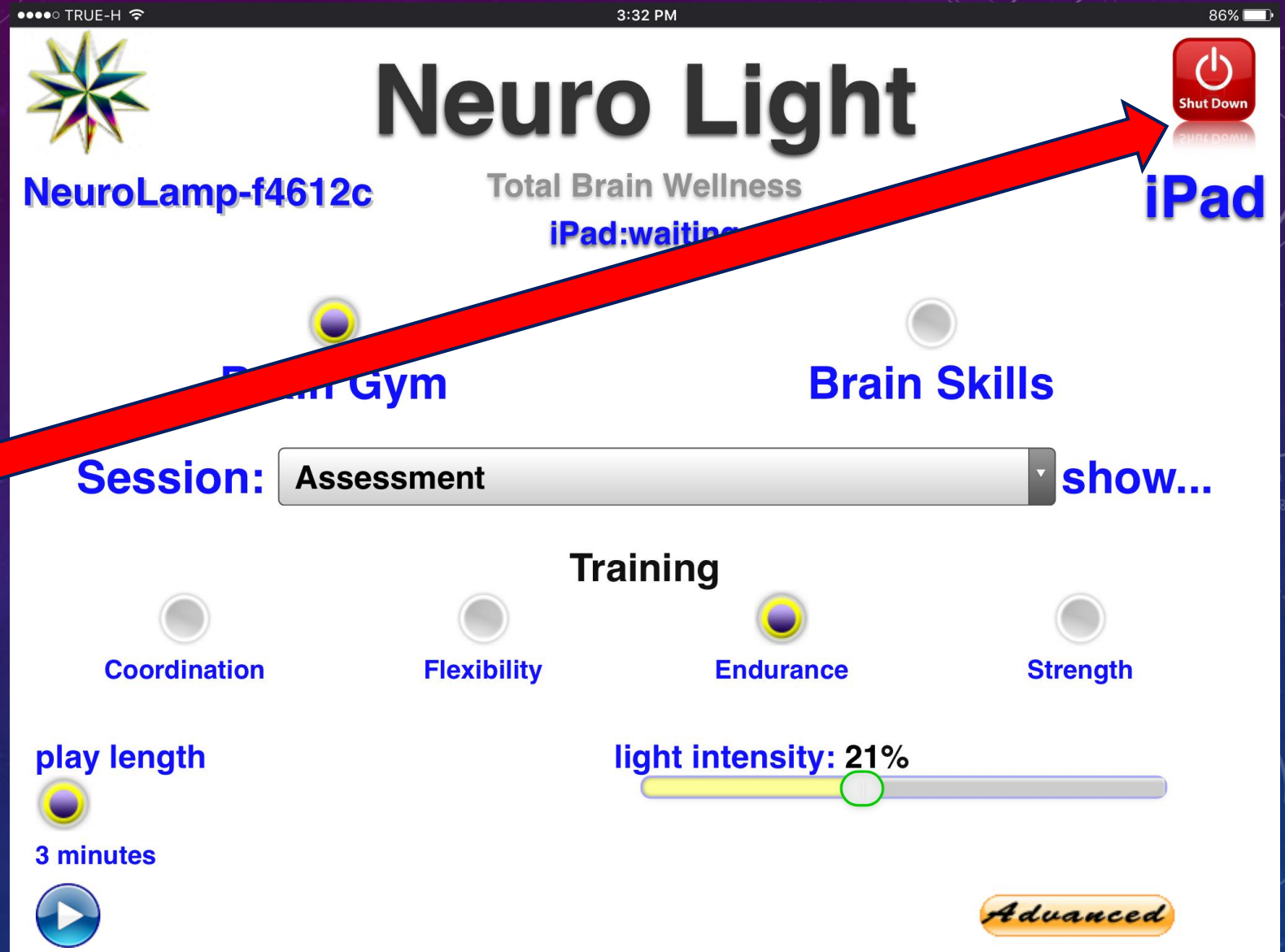
When you are
finished using the
Neuro Light....you
MUST FOLLOW this
Shutdown sequence.

If you don't, you can
damage the hardware
and this is **NOT**
covered in warranty!



NEURO LIGHT
USER INTERFACE

FIRST – click the red **Shut Down button** in the upper right corner of the screen.

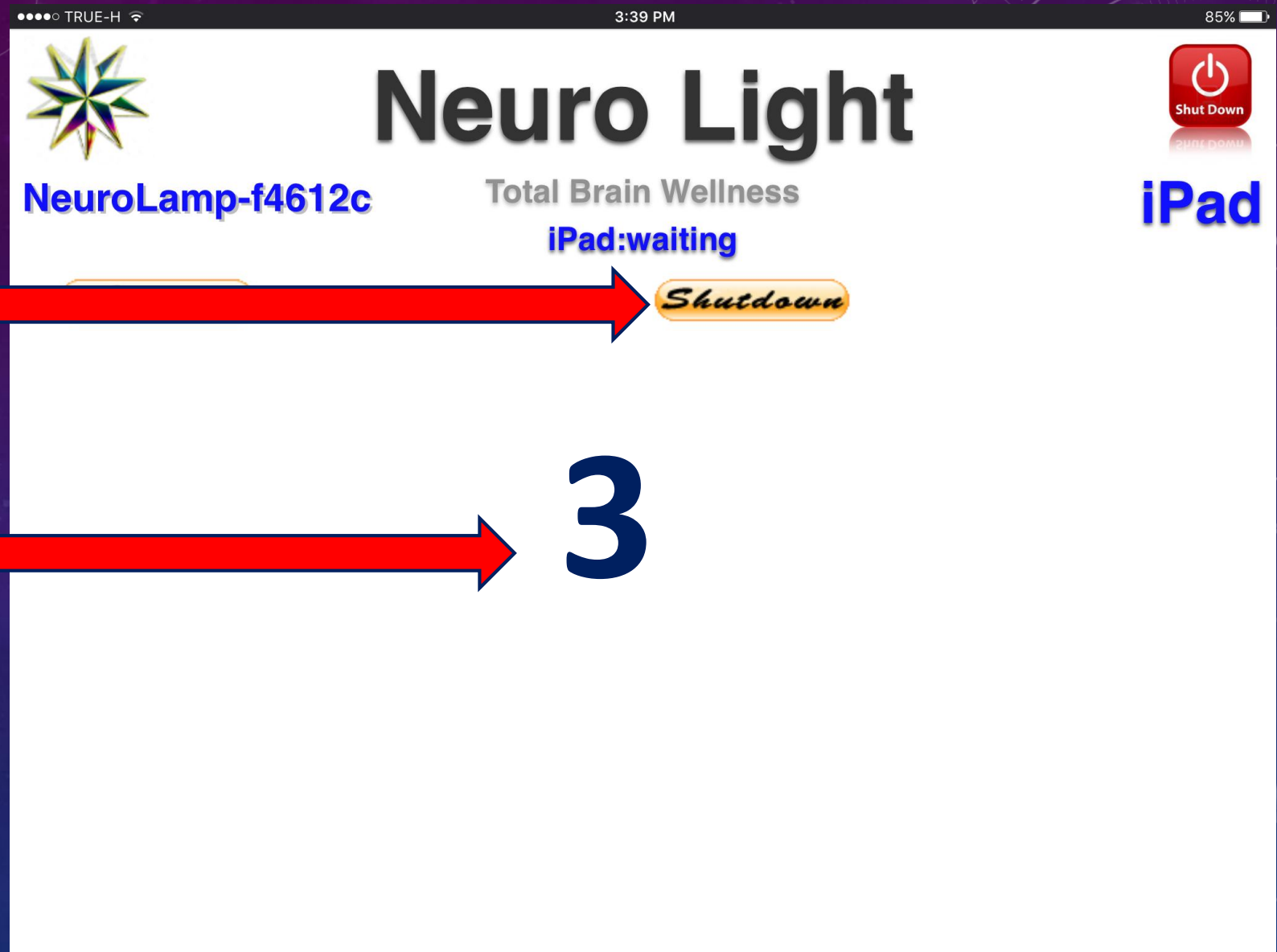


NEURO LIGHT
USER INTERFACE

Now **press** the
“**Shutdown**” button.

A **count down**
sequence will appear
– **3 - 2 - 1 - 0**.

Then **it will say** that it
is **safe to turn OFF** the
power to the Neuro
Light.



NEURO LIGHT
USER INTERFACE

