

## Intranasal 1070nm Photobiomodulation Applicator Instructions

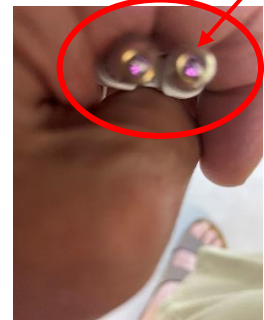
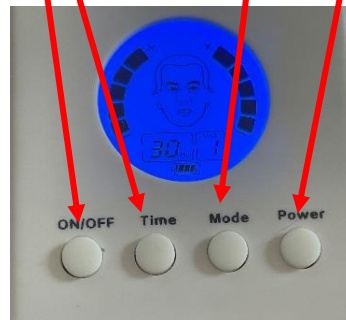
Thank you for participating in our trial studying the response to 1070nm intranasal stimulation on symptoms associated with long-COVID infection. The device will deliver 40mw/cm<sup>2</sup> into each nostril during the 15 minute stimulation period. Users may wish to start at 5 minutes and then turn the unit off for 5-10 minutes to gauge their response as we want to avoid over stimulation and produce temporary symptoms including **dizziness, headache, fatigue, irritability, agitation, or congestion**. If you notice any of these overstimulation related reactions, cease treatment for 24hrs. and start again. If they persist more than 3 days, decrease duration to 3 minutes each interval and work up to 15 minutes.

If no overstimulation symptoms are noticed, you should turn the unit on and continue for another 5 minutes, pausing again to notice their response and then a 3<sup>rd</sup> five-minute interval would be undertaken to complete the initial stimulation sequence. Users should remain alert to overstimulation responses after treatment as there have been instances of delayed reactions which again are temporary and not cause for alarm. When it is determined that no overstimulation responses are evident then conduct the treatment for an uninterrupted 15minute period.

Should cognitive symptoms or normal sense of smell return before reaching the full 15 minutes, maintain the stimulation period at the point where smell returned for more 2 weeks. If smell starts to fade or other symptoms return, resume stimulation at the duration at which it had returned, **note: more stimulation isn't necessarily going to provide better results.**



- **On/off** button also serves to 'start' treatment. **Press 2 secs unit on**, press again to activate probe.
- **Power** is set at full power -- 5 bars
- **Time** button shows 15-30 / 45-60 min. duration.
- **Mode** set to '1' so both diodes are active
- 1070nm light is visible through phone camera



I will be organizing a regular Zoom meeting of all the participants so we can discuss the project further and collect anecdotal comments.

Please contact me if with any further questions at [marvinberman@quietmindfdn.org](mailto:marvinberman@quietmindfdn.org) or phone 1-267-481-3987.