



# Alpha-Stim® AID and You



For Insomnia

ALPHA-STIM®

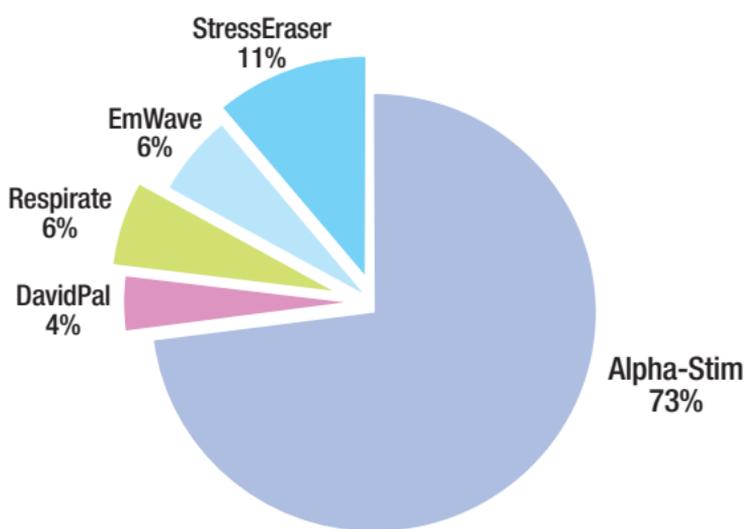


LET NOTHING STOP YOU.™

## Veterans Chose Alpha-Stim 3 out of 4 Times

War veterans, who experienced severe pain and insomnia, chose Alpha-Stim 3 out of 4 times in a study at the Michael E. DeBakey Veterans Affairs Medical Center in Houston, Texas. Alpha-Stim was chosen 73% of the time by veterans suffering from chronic pain, along with sleep disorders after being shown how to use five treatment options.<sup>1</sup>

### CAM Devices Chosen by 32 Veterans Across 197 Group Visits



## Why Veterans Preferred Alpha-Stim for Relief from Insomnia

Alpha-Stim technology treats insomnia using a method called cranial electrotherapy stimulation (CES). Alpha-Stim AID treatment is very simple. The current is applied by easy-to-use clips that attach on the ear lobes. It is used just 20 to 60 minutes every day, every other day, or on an as-needed basis. Alpha-Stim can help induce a pleasant, relaxed feeling of well-being. Alpha-Stim is well-tolerated and very safe, having no significant side effects in more than 8,800 patients involved in research studies.

1. Tan, Gabriel, Dao, Tam K., Smith, Donna L., Robinson, Andrew and Jensen, Mark P. Incorporating Complementary and Alternative Medicine (CAM) Therapies to Expand Psychological Services to Veterans Suffering From Chronic Pain. *Psychological Services*. 7(3):148-161, 2010.



In contrast, pharmaceuticals used in the treatment of sleep disorders have been proven to have a wide range of undesirable side effects and can be addictive. Unlike pharmaceuticals, Alpha-Stim leaves the mind alert.

Alpha-Stim is a unique and effective medical device. There is more research supporting Alpha-Stim than any other therapeutic sleep device, and even more than most pharmaceuticals.

Developed in 1981 by Dr. Daniel L. Kirsch, Alpha-Stim has provided millions of people around the world with relief from insomnia, even when other therapies have failed them. Fortunately, the same Alpha-Stim used by soldiers and veterans is also available to you now.

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In a US Army Study, “The treatment subjects averaged about 43 extra minutes total time slept when compared to control subjects who reported an average 19 minutes less total time slept.”

Lande, R. Gregory and Gragnani, Cynthia. Efficacy of cranial electric stimulation for the treatment of insomnia: A randomized pilot study. *Complementary Therapies in Medicine*, 21(1):8-13, 2013.

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## What is Alpha-Stim and How Does it Work?

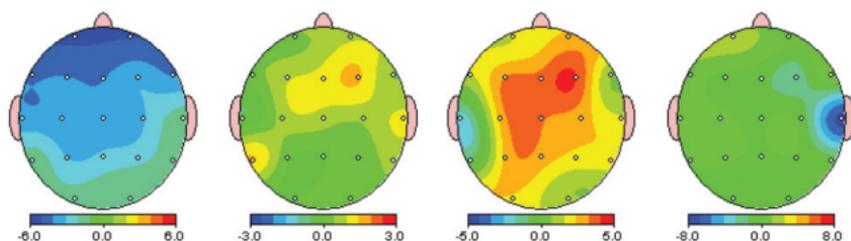
Alpha-Stim is a clinically proven medical device that relieves insomnia using electromedical technology. Alpha-Stim generates a unique, proprietary waveform no other device can offer. Much like every white pill is not the same, the uniqueness of Alpha-Stim's waveform produces results vastly different from its competitors.

Unlike medications which are introduced to your body in a chemical form and then broken down to smaller components such as electrons, Alpha-Stim begins at the electron level, allowing your body's cells to return to their natural functioning state. Alpha-Stim provides long lasting, cumulative relief to you fast.

Alpha-Stim provides lasting results without the risks of negative effects such as tolerance and addiction to medications. After treatment, there are usually no physical limitations imposed so you can resume normal activities immediately. Treatments are generally administered two to three times per week, or less.

## Just 20 Minutes will Change Your Brainwaves and Your Outlook

The diagram below is a quantitative electroencephalogram (qEEG) brain map showing the changes in brain activity by traditional EEG bands of 30 volunteers after a single 20 minute treatment with Alpha-Stim CES at 0.5 Hz.



Kennerly, Richard. QEEG analysis of cranial electrotherapy: a pilot study. *Journal of Neurotherapy* (8)2:112-113, 2004. Presented at the International Society for Neuronal Regulation Annual Conference, Houston, Texas, September 18-21, 2003.

Blue shows a decrease in activity after CES while red shows an increase. There is an increase in alpha activity (relaxation brain waves) with a simultaneous decrease in delta activity (sleep waves) after using CES for 20 minutes. Sleep is achieved by the relaxation effect. You will actually feel more alert after using the Alpha-Stim so it should not be used just before going to sleep.

## **Testimonials**

*“My doctor prescribed Alpha-Stim for my chronic insomnia. The first night I tried it, I went to sleep without any medication for the first time in years. It’s a small miracle. I’m extremely grateful to have discovered this wonderful device.”*

– Linda S.

*“Anyone who has ever had any problems sleeping knows how miserable it is not getting a decent nights sleep. I cannot tell you how wonderful it has been to be able to sleep through the night once again and not to have to rely on sleep aids.”*

– Dana G.

*“My sleep cycle has improved dramatically. Prior to using Alpha-Stim, I never felt as though I could completely fall asleep at night. I woke up multiple times through the night to change positions and get comfortable. I was tired every morning and hit snooze button on the alarm 2 or more times. Since I started using the Alpha-Stim, I sleep all night long and have no recollection of waking up to change positions. I even wake feeling fully rested prior to the alarm.”*

– Donna H.

*“I had the Alpha-Stim recommended by my therapist for insomnia. I have been dealing with poor sleep for about five years trying various remedies from meditation to several*

*different sleep drugs. I am very pleased and surprised by the results as I have tried virtually everything else and nothing has even come close to working this well. Thank you so much for your product and the results”*

– Fred H.

*“Before I used Alpha-Stim I had a problem with insomnia, I was waking up about 2 AM and couldn’t go to sleep again until about 6 AM. After I started using Alpha-Stim, this problem was resolved and I have not had the insomnia since. Three cheers for Alpha-Stim and the Dr. who recommended it to me!”*

– A.C. E.

*“I am 72 yrs. old and have had severe insomnia since childhood. Changing my diet and exercise helped me to get to sleep, but I still suffered from middle of night insomnia. I don’t take any kind of drugs, but I did try different herbs. Again, they helped but not entirely. One day I read about your product in a magazine and the concept was extremely interesting. After checking with a doctor as to the company’s reliability, I sent for one and I am overwhelmed at the results – The more I use the unit the better I sleep. Thank you so much for your wonderful product. And my thanks to all the scientists who worked so hard to make it all possible.”*

– Ann B.

## **Is Alpha-Stim Safe?**

There are over 95 research studies and published reports, as well as ongoing research, surveys of patients and professional endorsements, all supporting the safety and efficacy of Alpha-Stim. In over three decades of studies involving approximately 8,800 people, only minor, self-limiting side effects have been reported, with the two most common being headaches (0.10%) and skin reactions at the electrode sites (0.07%). Alpha-Stim technology is significantly effective when it is used correctly for 9 out of 10 people who use it.

## **Electromedical Products International, Inc. A Dedicated Company You Can Trust**



Electromedical Products International, Inc. (EPI) was founded in 1981 by Dr. Daniel L. Kirsch, a world-renowned neurobiologist, who developed a safe and effective solution for the treatment of pain and

stress related disorders with Alpha-Stim technology. EPI was a recipient of the 2013 Best of Business Award in the Surgical and Medical Instruments category by the Small Business Commerce Association (SBCA). EPI and its staff are dedicated to the pursuit of excellence in the treatment and diagnosis of medical and healthcare related issues.



In 2011 EPI won the prestigious American Institute of Stress Award for Distinction and Innovation based on the growing list of publications in peer reviewed journals demonstrating safety and efficacy of Alpha-Stim products.



EPI today is a global enterprise with representatives throughout the world. EPI is an FDA registered establishment with operations certified by an independent third party to the International Standards Organization (ISO) 13485:2003 standards for quality in medical devices. Alpha-Stim products earned and maintain the CE mark through compliance with the European Medical Device Directive, and are licensed by Health Canada.



## **What to Expect From Treatments**

While Alpha-Stim technology is significantly effective when it is used correctly for 9 out of 10 people who use it, it will not work for everyone. If the Alpha-Stim is not working well for you, contact your local authorized Alpha-Stim distributor, or EPI for technical support.

Insomnia is usually improved after the initial treatment but may take 3 weeks to start to see a significant difference. Most people can use it at bedtime and when awakened during the night. However, some find they must conduct their 20 - 60 minute Alpha-Stim CES treatment at least 3 hours before going to bed because the increased alertness after a CES treatment may interfere with sleep. It may also be used in the morning to promote better sleeping at night. After the condition is under control, use of Alpha-Stim 2 - 3 times per week or less is usually sufficient to maintain good results.

Following treatment, there are usually no physical limitations imposed so most users can resume normal activities immediately. Some users may have a response that may affect their ability to perform potentially hazardous tasks, such as operating a motor vehicle or heavy machinery for up to several hours after treatment.

# Alpha-Stim® Product Features

## Primary Indications

Pain

Insomnia

## Treatment Methods

Probes for Pain

Electrodes for Pain

Ear Clips for CES

Five (5) Year Warranty

Access to clinical and technical support

## Select the Alpha-Stim That's Right for You

Alpha-Stim technology is available in two easy-to-use therapeutic devices for both home and clinical use.

Alpha-Stim M provides both microcurrent electrical therapy (MET) that treats pain and cranial electrotherapy stimulation (CES) that treats insomnia.

Alpha-Stim M is the most complete and versatile product, and the only choice for those wanting to treat pain as well as insomnia. Alpha-Stim M comes complete with probes and self-adhesive AS-Trodes™ for treating pain, and earclips for administering CES.



## Alpha-Stim® M

*For treating multiple pain areas and insomnia.*

## Alpha-Stim® AID

*For treating insomnia.*



Alpha-Stim AID provides cranial electrotherapy stimulation (CES) for those suffering from insomnia. Alpha-Stim AID comes complete with earclips for administering CES. See the Table above for a summary of product features.



## How do I Get an Alpha-Stim?

Go to [www.alpha-stim.ca](http://www.alpha-stim.ca) or call toll-free (800) FOR-PAIN or 940.328.0788 to order your Alpha-Stim or for a referral to your local distributor. Or email [info@epii.com](mailto:info@epii.com).

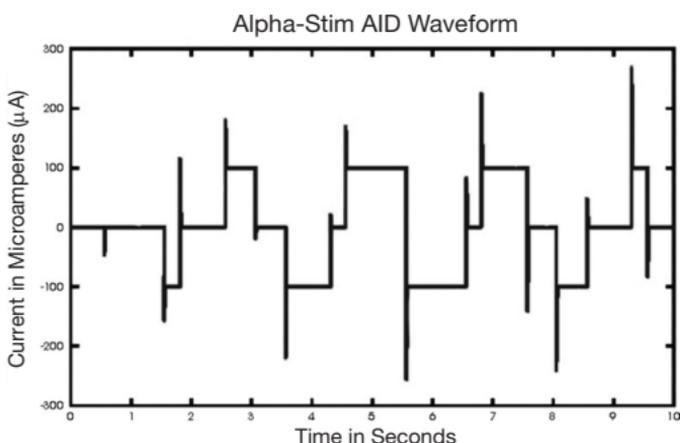
## 5 Year Limited Warranty

Each Alpha-Stim AID is warranted to be free from defects in materials and workmanship under normal use for a period of five years from the date of purchase (not including batteries and accessories). See Owner's Manual for complete details.

# Alpha-Stim AID Technical Specifications

## Electrical

Batteries	2 AAA 1.5 volt (included).
Timer	20, 40 or 60 minute countdown timers to auto-off.
Current	0 to 500 $\mu$ A adjustable in 50 $\mu$ A increments.
Frequency	0.5 Hz.
Pulse Widths	Varying between 0.25, 0.5, 0.75, and 1 second.
Charge Per Pulse	The charge per pulse varies between 150, 300, 450 and 600 microcoulombs ( $\mu$ C). Every 10 seconds the total charge is 1.5 millicoulombs (mC) in each direction.
Waveform	The impedance range within which the waveform parameters remain valid are from 100 $\Omega$ to 10 K $\Omega$ . The waveform is composed of bipolar asymmetric rectangular waves at a 50% duty cycle repeating periodically. It repeats at 10 second intervals. The waveform is balanced to achieve 0 net current in either direction (see graphic).



## Mechanical

Height	9.8 cm
Width	6.3 cm
Depth	2.0 cm
Weight	101 gm with batteries

Made in China to the exacting specifications of EPI, USA.

The Alpha-Stim AID comes complete and ready to use with 1 set of Earclip electrodes, 1 15-ml bottle of Alpha Conducting Solution™ (250 ml refill bottles available), 256 Earclip Electrode Pads (EEPS), Illustrated Owner's Manual, Instructional DVD, Lanyard, Storage Case, and 2 AAA Batteries. This is everything you need to begin to use your new Alpha-Stim AID. Replace Alpha Conducting Solution™ and EEP electrodes only with authorized Alpha-Stim brand products.



# Prescribing Information

## **EPI is ISO Certified**

Electromedical Products International, Inc. is an International Standards Organization (ISO) certified establishment. ISO is an International organization working with some 140 countries and the United Nations to maintain standards for all applications of technology for global industry. Requirements for the medical device industry relate to design controls, risk management, environmental controls, special processes (*e.g.* software validation), traceability, record retention, and regulatory actions such as vigilance.

## **Electromagnetic Interference**

This equipment has been independently tested by outside agencies and found to comply with the limits of Comité International Spécial des Perturbations Radioélectriques (CISPR). These limits are designed to provide reasonable protection against harmful interferences in a residential or clinical environment. However, it is still possible that interference could occur in a particular environment. In case interference does occur, increase the distance between this device and the equipment it interferes with. Consult Electromedical Products International, Inc. if the problem persists.

## **CE Conformity Statement for Europe**

The Alpha-Stim AID is a Class IIa, Type BF medical devices. It has been independently tested by outside agencies to provide assurance of conformity to applicable standards for medical equipment safety and electromagnetic compliance.

## **Indications**

Alpha-Stim AID is an effective treatment with broad applications for a variety of syndromes involving insomnia, or for the short term relief of symptoms associated with this indication. In many cases, Alpha-Stim is the sole therapeutic method required. As with any therapeutic intervention, not all people will respond to Alpha-Stim. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment. As much as a one month initial trial may be required to see significant reductions in symptoms.

## **Contraindications**

Alpha-Stim may affect the operation of implanted demand type cardiac pacemakers and implanted defibrillators.

## **Precautions**

For external use only. Do not allow children to use or handle these devices without adult supervision. Do not operate potentially dangerous machinery or vehicles during treatment, and in some cases for several hours after treatment. Safety of stimulation has not been established during pregnancy.

## **Adverse Effects**

Adverse effects are usually mild and self-limiting. Adverse effects from data on approximately 8,800 patients participating in 144 controlled studies, open clinical trials, and uncontrolled conditions, and by physician survey and reasonably associated with the use of CES are dizziness (6 cases, 0.07%), skin irritation/ electrode burns (6 cases, 0.07%), and headaches (9 cases, 0.10%). Prolonged CES treatment at currents higher than necessary may cause dizziness or nausea that can last for hours to days. Treatment immediately prior to going to sleep may cause difficulty sleeping due to increased alertness. Paradoxical reactions such as increased anxiety, and sleep disturbances may occur, but are rare.

If Alpha-Stim does not begin to control your insomnia within one month, consult your healthcare practitioner, authorized Alpha-Stim distributor, or EPI for advice.



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Type BF Equipment.  
This stimulator  
is internally  
powered only.



See instructions  
for use. Read the  
manual thoroughly  
before using.

REV F Canada