

sound  oasis®
sleep better. feel better. live better.

Vibroacoustic Therapy System

Proven to help you sleep, relax, renew

HEAR
and FEEL
the therapy
in every cell
of your
body!

Natural,
Clinically
Proven
Therapy



VTS-1000
Instruction Manual
www.avivahealth.com

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Thank you,
for choosing Sound Oasis

Thank you for choosing Sound Oasis®. Sound Oasis® is the world leader in sound therapy systems and we are dedicated to making your life healthier and more enjoyable with creative sound solutions that combine superior quality with the very latest technology.

The revolutionary Vibroacoustic Therapy System uses clinically proven, doctor developed sounds and vibration to help you sleep, relax and renew your body – naturally! Vibroacoustic therapy systems, costing several thousands of dollars, have been successfully used in hospitals and clinics around the world. Now you can enjoy this same therapeutic technology at a fraction of the price.

Please take a few moments to review the following important information before using this item.

Thank You!

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING.

DANGER—TO REDUCE THE RISK OF ELECTROCUTION:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- **DO NOT** reach for an appliance that has fallen into water. Unplug it immediately.
- **DO NOT** use while bathing or showering.
- **DO NOT** place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

Caution: In case of pregnancy, diabetes, pacemaker use, illness or any medical condition, consult your doctor before using this appliance.

WARNING- TO REDUCE THE RISK OF BURNS, ELECTROCUTION, FIRE OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on or near children, invalids or disabled persons.
- **DO NOT** use outdoors.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Sound Oasis; specifically any attachments not provided with the unit.

- **DO NOT** carry this appliance by the power or remote control cords or use the cords as a handle.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to Sound Oasis' Service Center for examination and repair.
- Keep cords away from heated surfaces.
- Never drop or insert any object into any opening.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is being administered.
- **DO NOT** use on or near eyes or other highly sensitive areas.
- **DO NOT** operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.
- Periodically straighten cord if it becomes twisted.

SAVE THESE INSTRUCTIONS

Caution: Please read all instructions carefully before operating. Consult your doctor prior to using this product, if

- You are pregnant - You have a pacemaker - You have any concerns regarding your health
- Never leave the appliance unattended, especially if children are present. **THIS IS NOT A TOY.**
- Never use this product directly on swollen or inflamed areas or skin eruptions.

The Unique Benefits of Vibroacoustic Therapy

What is Vibroacoustic Therapy?

Vibroacoustic therapy is the use of low frequency vibrations to stimulate body cells into therapeutic states of relaxation and healing. With this Sound Oasis® Vibroacoustic Therapy System, we include sound therapy that provides soothing music and clinically proven brainwave entrainment for additional stress reduction, relaxation and healing.

Why is Vibroacoustic Therapy so effective?

The cells in your body respond to vibrations that they feel. Clinical studies throughout the world have proven the positive effects of vibration on circulation, temporary pain relief, increased mobility and many other medical ailments (please refer to Table A on page 6).

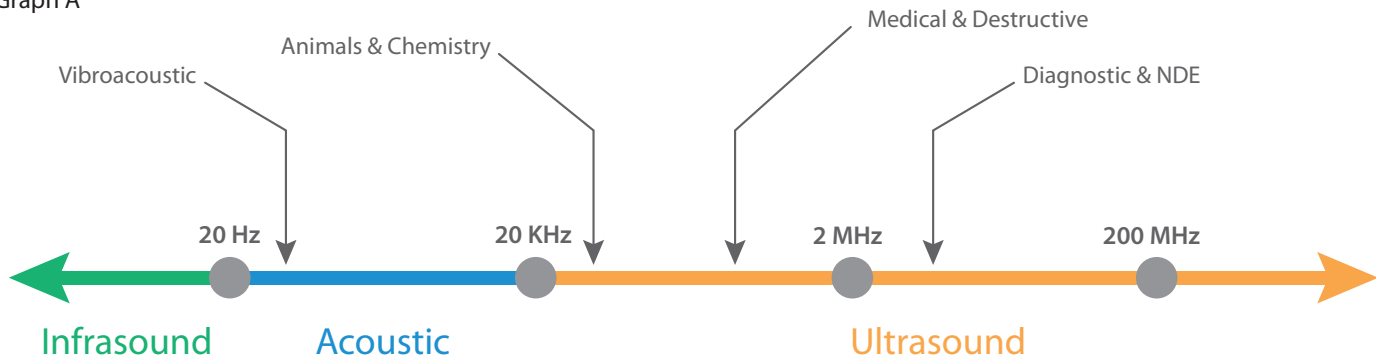
Your Sound Oasis Vibroacoustic Therapy System delivers precise therapeutic vibration frequencies to your body that massagers alone cannot provide.

Sound penetrates deeper. It provides massage therapy to muscles and joints that hand/mechanical massage can not reach. For comparison purposes, ultrasound is a well known and accepted sound technology for viewing tissue inside a body and it operates at 20 KHz + (please see Graph A below).

Vibroacoustic Therapy frequencies correspond to key brainwave activities. Vibroacoustic Therapy functions at 20 Hz to 100 Hz, the same frequency range that the body's energy channels operate at. We can bring these energy channels into healthy alignment with Vibroacoustic Therapy.

Vibroacoustic Therapy provides sensual stimulation. Like hand/mechanical massage, Vibroacoustic Therapy aids circulation, relaxes muscles and feels good.

Graph A



What Medical Benefits have been Proven to Result from Vibroacoustic Therapy?

Clinical studies have proven the following benefits from vibroacoustic therapy:

Table A

Benefit/Medical Study

Music has a powerful therapeutic effect on our health and well being.
Bartelett

Low frequency sound vibration has a therapeutic effect on our health and well being. *Olav Skille, 1988*

Brainwave entrained music has a therapeutic effect on our health and well being. *McCraty and Eha Ruutel*

Vibroacoustic therapy can relieve stress.
Wigram Thesis Abstract

Vibroacoustic therapy can increase blood circulation and healing.
Olav Skille, 1988

Vibroacoustic therapy can increase mobility and flexibility.
Wigram Thesis Abstract

Vibroacoustic therapy can decrease pain.
Thomas

Vibroacoustic therapy massages muscles.
Wigram Thesis Abstract

Vibroacoustic therapy can decrease insomnia. *Olav Skille, 1989; Skille, O., Wigram, T. & Weeks, L. 1989; Skille, O. and Wigram, T. 1995.*

Why is Sound Therapy so Effective?

Your brain responds to sounds that it hears. Your Sound Oasis Vibroacoustic Therapy System plays back nature, music and therapy sounds with Delta, Alpha or Theta brainwaves to coax your brain to match these frequencies, thus entering states of sleep, relaxation or renewal.

Results

A significant strengthening of the immune system occurred when study participants were exposed to music and vibration.

Study participants experienced the rise of self confidence, fewer stomach troubles, fewer headaches, less depression and asthenia.

Emotional states and feelings of health and comfort were dramatically increased by the use of brainwave entrained vibroacoustic therapy.

60 participants in this study showed a significantly greater effect of arousal and heart rate reduction.

Blood circulation improved, the temperature of limbs rose, systolic and diastolic blood pressure dropped and headache and nausea vanished.

Vibroacoustic therapy was found to be much more effective than music alone in increasing range of movement.

Total knee replacement patients experienced significant reduction in pain following surgery when vibroacoustic therapy was used.

Two separate studies showed effective muscle massaging at vibroacoustic frequencies of 30 – 68 hz and 52 – 88 hz.

Participants noticed measurable reduction in insomnia.

The Scientific Breakthrough of Sound Therapy with Brainwave Entrainment



All of us experience different states of consciousness throughout our daily lives. Some states are frequent – like ordinary waking consciousness, sleep and dreaming – while others are less frequent states such as when we are particularly aware or extra creative. All of these states exhibit a unique pattern of brainwaves that have been mapped and measured over the years by many experts, including Dr. Lee Bartel.

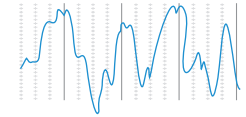
By understanding the variety of brainwaves that occur during these different states, Dr. Bartel has been able to develop sounds, music and techniques that cause your brain to produce the state that you want to experience. Totally safe and clinically proven, this work has helped millions of people sleep better, relax easier and think more effectively.

One technique commonly used by Dr. Bartel is “entrainment”. This naturally derived technique is the tendency of our brainwaves to adjust to our sound environment so they vibrate in harmony (for example, two pendulum clocks mounted side by side on the same wall will gradually start to swing at the same rate as they become “entrained”). The principle is universal and found in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more.

Your Sound Oasis Vibroacoustic Therapy System incorporates these effective techniques.

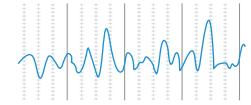
Delta Waves (0.5 - 4.0 Hz)

Delta waves are associated with the deepest levels of physical relaxation. Delta is the rhythm of dreamless sleep and its presence usually corresponds with physical rejuvenation and healing.



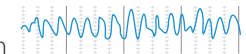
Theta Waves (4.0 - 7.0 Hz)

Theta waves reflect a state of mind that is attuned to intense creativity, visualization, imagination, and subconscious problem solving in a non-sleep state and emotional healing in the sleep state. Theta waves are produced during deep meditation, dreaming and daydreaming.



Alpha Waves (7.0 - 12.0 Hz)

Alpha waves indicate an alert state with a quiet mind (e.g. a person who has completed a task and sits down to rest is often in an Alpha state). In this state attention may be focused outward for reflection or inward to achieve an alert meditative state (e.g. pondering). Increased Alpha is often present in the brainwaves of people who practice meditation, yoga and tai chi.



Beta Waves (12.0 - 27.0 Hz)

Beta waves are associated with normal waking states that we experience from day to day at work and play. In beta states we are highly alert and focused – busy computing, arranging, and organizing – making sense of the external world. Beta is increased in moments of stress or anxiety, enabling us to manage situations and solve immediate problems.



Key Buttons & Features



1. Vibroacoustic Back Support
2. Stereo Audio Speakers
3. Low Frequency Generator
4. Power Adapter Jack
5. Remote Control Jack
6. Headphone Jack



1. Display
2. Therapy Track Selection Buttons
3. Vibration Intensity Selection Buttons
4. Power On/Off Button
5. Sound Volume Buttons
6. Timer Selection Button
7. Remote Control Pocket
8. AC Adapter
9. External Sound Source Cable
10. External Input Jack

Vibroacoustic Soundtrack Descriptions



Energize

Energize Track 1 - [total track length 5:18]

Guitar, piano, digital keyboards, bass

Low pitch 41 Hz - 73 Hz with 41 Hz dominant

Mono and binaural high alpha and beta entrainment

Energize Track 2 - [total track length: 4:40]

Guitar, piano, digital keyboards, bass

Low pitch 36 Hz - 61 Hz with 41 Hz dominant

Mono and binaural high alpha and beta entrainment

Energize Track 3 - [total track length: 5:55]

Guitar, piano, digital keyboards, bass

Low pitch 36 Hz - 65 Hz

Mono and binaural high alpha and beta entrainment



Relax

Relax Track 1 - [total track length 5:15]

Ocean surf nature sound.

Instrumentation: keyboards, vocal, guitar.

Low pitches centered around 40 Hz, 52 Hz and 68 Hz (34 Hz)

Mono and binaural alpha – theta entrainment (5 Hz - 8 Hz)

Relax Track 2 - [total track length 4:40]

Ocean surf nature sound.

Digital sound

Low pitch – 36 Hz

Binaural Alpha theta entrainment

Relax Track 3 - [total track length 5:35]

Ocean surf nature sound.

Digital Sound

Low pitch – 32 Hz

Binaural Alpha theta entrainment



Sleep

Sleep Track 1 - [total track length 4:58]

Digital Sound

Low pitch – 32 Hz

Mono and binaural Delta entrainment

Sleep Track 2 - [total track length 5:00]

Digital Sound

Low pitch – multiple between 27.5 – 44 Hz

Mono and binaural Delta entrainment

Sleep Track 3

[total track length 6:05]

Digital keyboards

Low pitch – multiple between 34 – 52 Hz

Mono and binaural Delta entrainment



Stress Relief

Stress Relief Track 1 - [total track length 3:30]

Piano, flute, digital sound

Low Frequencies – 36 Hz – 41 Hz

Mono and binaural theta entrainment 4 Hz – 6 Hz

Stress Relief Track 2 - [total track length 3:00]

Piano, flute, digital sound

Low Frequencies – 32 Hz – 65 Hz

Mono and binaural theta entrainment 4 Hz – 6 Hz

Stress Relief Track 3 - [total track length 3:40]

Piano, flute, digital sound

Low Frequencies – 27.5 Hz – 55 Hz

Mono entrainment at delta, theta and alpha. Binaural theta entrainment 4 Hz – 6 Hz

Demo Track

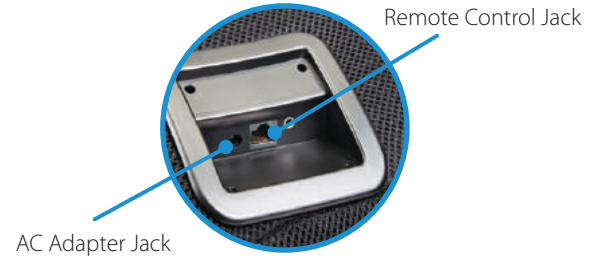
For a personal introduction to vibroacoustic therapy by Dr. Lee Bartel, press and hold down the Timer Selection Button for about 3 seconds while the unit is turned on. When the Demo track is playing, the following will show on the display.



DR LEE BARTEL ON
VIBRO-ACOUSTICS

Set-Up

- a. Unpack the product and make sure that any and all tape and protective wrap is removed from the various parts.
- b. Attach the Remote Control to the Remote Control Jack located on the side of the Vibroacoustic Back Support.



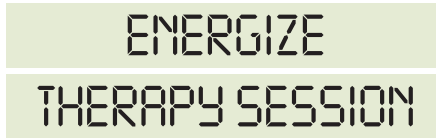
- c. Connect the supplied AC Adapter to the AC Adapter Jack located on the side of the Vibroacoustic Back Support. Plug the AC Adapter into an electrical wall outlet.
Note: Your AC Adapter is dual voltage and may be used worldwide with the proper slip-on adapter plug.
- d. Place the Vibroacoustic Back Support on a chair, sofa or on top of a bed.
Note: If used on a bed, place pillows under the upper portion of the Vibroacoustic Back Support to position it more comfortably.



Operation

Sound Track Selection

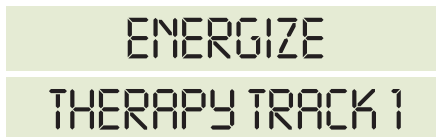
- a. Press the Power Button to turn the unit on. The unit will automatically start playing the ENERGIZE THERAPY SESSION. The Remote Control Display will show:



ENERGIZE
THERAPY SESSION

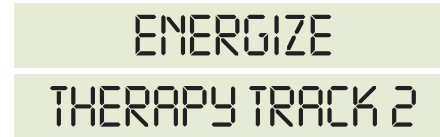
Adjust the vibration intensity and sound volume to your desired levels (Please see page 18).

- b. The unit will play all three (3) ENERGIZE tracks and then continue looping all three (3) tracks unless you press the ENERGIZE BUTTON. Pressing the ENERGIZE BUTTON will play and loop ENERGIZE THERAPY TRACK 1. The Remote Control Display will show:



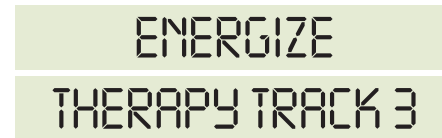
ENERGIZE
THERAPY TRACK 1

- c. Pressing the ENERGIZE BUTTON a second time will play and loop ENERGIZE THERAPY TRACK 2. The Remote Control Display will show:



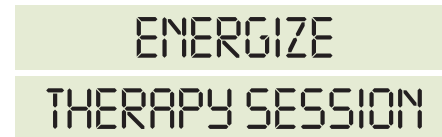
ENERGIZE
THERAPY TRACK 2

- d. Pressing the ENERGIZE BUTTON a third time will play and loop ENERGIZE THERAPY TRACK 3. The Remote Control Display will show:



ENERGIZE
THERAPY TRACK 3

- e. Pressing the ENERGIZE BUTTON a fourth time will place you at the beginning (where all three (3) tracks will play and then loop continuously). The Remote Control Display will show:



ENERGIZE
THERAPY SESSION

To change sound themes, simply press your desired sound theme ENERGIZE, RELAX, SLEEP and STRESS RELIEF. The operation is the same for each sound theme.

Vibration Intensity - Vibration therapy is projected to your body from the proprietary Low Frequency Generator. To change the intensity vibration therapy, press the (+) Button to increase vibration and press the (-) Button to decrease vibration.

Volume - Sound therapy is projected to your ears from the two Stereo Audio Speakers. To change the sound volume, press the (+) Button to increase volume and press the (-) Button to decrease volume.

Timer - A built-in timer allows you to automatically turn your vibroacoustic session off. The following timer selections are available and selected by pressing the Timer Button until the display shows your desired timer selection.

| | | Display Shows |
|--------------|------------|-----------------------------|
| First Press | 60 minutes | SESSION TIMER 60 MINUTES |
| Second Press | 45 minutes | SESSION TIMER 45 MINUTES |
| Third Press | 30 minutes | SESSION TIMER 30 MINUTES |
| Fourth Press | 15 minutes | SESSION TIMER 15 MINUTES |

Fifth Press Timer Off

The display will count down the time.

Using an External Sound Source

Your Vibroacoustic Therapy System can play sounds from external sources like an iPod®, iPhone®, iPad®, MP3 player, CD player, etc.

To use this feature, please follow these steps:

- a. Connect your external product to the External Input Jack on your Vibroacoustic Therapy System using the included 1/8" (3.5 mm) External Sound Source Cable. One end of the External Sound Source Cable must exit your external product's headphone jack (e.g. the earphone jack on your iPod) and the other end must connect with the External Input Jack on your Vibroacoustic Therapy System.



External Input Jack

- b. Whatever sound you select on your external sound source will now be played through your Vibroacoustic Therapy System.

Using Headphones

You can use headphones with your Vibroacoustic Therapy System for improved sound quality or privacy. Simply connect your headphones to the Headphone Jack located on the side of the Vibroacoustic Back Support. Headphone sound volume is controlled by the Sound Volume Buttons.



Note: Brainwave entrainment is even more effective with headphones.

Care & Maintenance

Always turn the unit off and unplug it before cleaning.

Clean the outer surface of your unit by wiping it with a damp cloth soaked with mild soap. Do not use stronger chemical cleaners as they may damage the plastic and cushion material.

CAUTION: DO NOT CLEAN ANY PART OF THE UNIT WHILE PLUGGED IN.

Caution: Never operate unit near or in water.

iPod®, iPhone®, iPad® are trademarks of Apple, Inc.

ARTWORK#: 111110

1 Year Limited Warranty

Sound Oasis Company warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If the product fails to operate in accordance with our specifications, simply return the product to the retail location where you purchased it or call our toll free number below within one (1) year of the date of purchase. Proof of date of purchase is required. Sound Oasis Company will, at its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts, or subjecting the product to anything but the specified batteries.

This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to one (1) year from the date of original purchase. In no event will Sound Oasis Company be responsible for incidental, consequential, or special damages resulting from the use of this product.

Some states do not allow limitation on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights which vary from state to state.

To speak with a Sound Oasis representative, please call: 1-866-625-3218 or email us at info@sound-oasis.com

Thank you for choosing Sound Oasis®.

FCC Notice: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference; and
2. This device must accept any interference received, including interference that may cause undesired operation.