

# Bio Tuner Modes



The Bio Tuner offers a choice of 6 settings designed to help with relaxation. When turned on, it operates in Mode 1. Press the Mode button to choose other Modes.

## MODE SELECTION

The unit provides 6 different Modes with which to experiment and discover what feels or works best. Try different Modes to determine what feels most comfortable as well. One Mode is not considered more beneficial than another. With extended use, it is recommended to vary the Mode from time to time. In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present. Here are some guidelines for use:

Mode 1: The output is continuous. This mode is popular for general relaxation.

Mode 2: The output is pulsed. A 0.5 Hz frequency modulates the output so relaxation may be further enhanced.

Mode 3: The Schumann (Earth) frequency of 7.83 Hz modulates the output.

The following three Modes have the same outputs as the three Modes above. The difference is the pulse width. Use of these Modes may be helpful for electro-sensitive individuals as the shorter pulse width results in decreased intensity and may have a gentler feel.

Mode 4: The output is continuous. This mode is popular for general relaxation.

Mode 5: The output is pulsed. A 0.5 Hz frequency modulates the output so relaxation may be further enhanced.

Mode 6: The Schumann (Earth) frequency of 7.83 Hz modulates the output.

The table on the following page lists the frequencies and outputs of the six Bio Tuner modes.



## Bio Tuner Modes

<b>MODE 1-3 (550uS pulse width)</b>
Mode 1: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 2: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 3: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave
<b>MODE 4-6 (220uS pulse width)</b>
Mode 4: 1,000 Hz modulated by 111.11 Hz, Output = Continuous
Mode 5: 1,000 Hz modulated by 111.11 Hz, Output = 1 Second ON, 1 Second OFF (0.5 Hz)
Mode 6: 1,000 Hz modulated by 111.11 Hz, Output = Amplitude Modulated by 7.83 Hz Schumann (Earth) Sine Wave