FOR THE CAREGIVER

Quick Start Guide

Six steps, once a night. Set it up before bed, take it off in the morning.

Caution: Federal law restricts this device to sale by or on the order of a physician. A summary only — read the full Instructions for Use.

Contents

01 Your device

Buttons, rings and the lock

02 Setting up

Six steps before bed

03 Overnight and morning

The eight-hour session and removal

04 If something goes wrong

Troubleshooting and safety limits

TREATMENT AT A GLANCE

One patch, eight hours, every night during sleep

8 hrs	**1 patch**	**4 wks**
Continued nightly use is recommended	Single use — never clean or reuse a patch	Clinical trials suggest response may be seen within four weeks

Know your device



+	Raises intensity 0.1 mA per press
0	Starts, pauses and resumes treatment
–	Lowers intensity 0.1 mA per press
On/Off	Hold five seconds to power on or off
Lock	Disables the buttons overnight

Outer ring sweeps in 30-second intervals — blue is stimulation, grey is rest. The inner ring counts down the eight hours. A flashing screen means paused.

PART TWO

Setting up

Six steps, in order, every night before bed.

01 Charge the device

Plug the USB-A to USB-C cable into the wall charger and into the Monarch. A full charge can take up to four hours.

Unplug the charging cable before treatment.

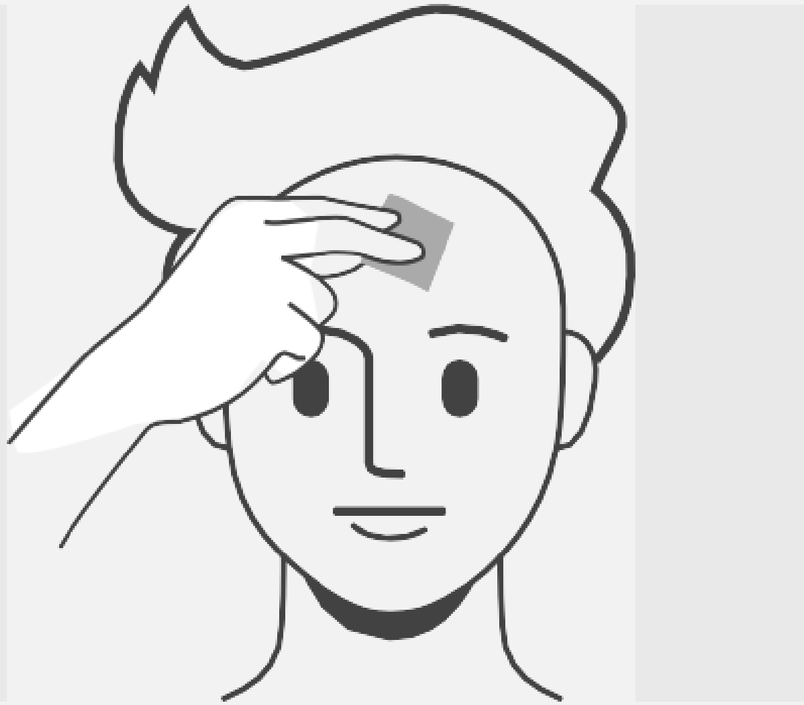
Check the battery icon is green. A partly charged device can switch off before the eight hours are up.

02 Clean and dry the forehead

Wash the forehead with soap and water, or wipe it with an alcohol-based cleaning pad.

Dry the skin completely before the patch goes on.

Healthy, clean, intact skin only — never broken, inflamed or infected skin.

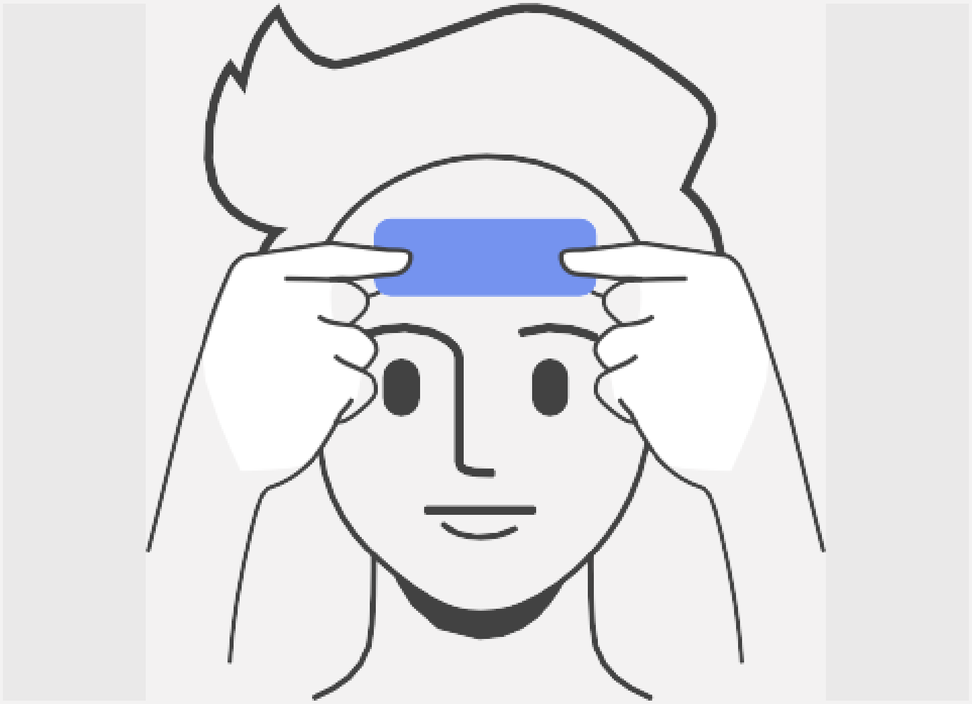


03 Apply the patch

Peel one patch off its release liner. Using a mirror, centre it on the forehead and apply it just above the eyebrows.

Press the whole patch down so no edge is lifted.

Forehead only. Never the neck, the chest, or over a skull defect or open fontanel.



04 Connect the wires

Join the patch wires to the lead wires, then push the 3.5 mm plug firmly into the port at the bottom of the Monarch.

Run the wires over and behind the ears to keep them out of the way.

Never let the lead wires wrap around the neck.



05 Find a comfortable level

Hold the On/Off button for five seconds. Stimulation starts at 0.0 mA.

Press **+** to reach the highest level your child still finds comfortable, then press **0** to begin the session.

It should never be painful. If it feels sharp, press **−** to come back down.



06 Lock it and sleep

Slide the lock into the locked position. The padlock on screen closes and every control except the slider stops responding.

The device can rest under the pillow or on a bedside table.

Eight hours of continued nightly use is recommended.



Nightly checklist

- ☐ Device charged — battery icon green
- ☐ Charging cable unplugged
- ☐ Forehead washed and completely dry
- ☐ Fresh patch centred above the eyebrows
- ☐ Patch wires joined to the lead wires
- ☐ 3.5 mm plug pushed fully into the device
- ☐ Comfortable intensity set, 0 pressed
- ☐ Lock slider in the locked position

In the morning

1	2	3	4	5
Unlock the slider and read the session summary on screen	Hold On/Off five seconds to switch off	Unplug the lead wire from the device, then from the patch wires	Peel the patch off gently and throw it away	Wash the forehead and put the device on charge

If something goes wrong

WHAT YOU NOTICE	WHAT TO DO
A sudden, sharp stimulus	Usually a broken lead wire, or poor contact at the skin, the patch wire or the device port. Replace the lead wire and patch, restart at a low amplitude. If it repeats, stop and contact your physician immediately.
“Ensure all cables are attached correctly”	Treatment paused after an interruption. Reseat the patch, lead wires and 3.5 mm plug, then press **0** when prompted.
Device off when you wake	Check the connections and hold On/Off. If it won't start it is most likely out of battery. Tell your physician if turn-offs recur.
Red or irritated skin	Stop use and consult your physician. Never patch broken, inflamed or infected skin.

CONTRAINDICATIONS AND WARNINGS

Do not use the Monarch

- With an implanted cardiac or neurostimulation system, or an implanted metallic or electronic device in the head
- In children under seven years
- With body-worn devices such as insulin pumps or t-VNS
- Alongside other electronic therapeutic or monitoring equipment
- Within 100 cm of RFID readers or emitters below 150 kHz
- Near MRI, CT, diathermy, microwave or shortwave, cell phones, metal detectors or HF equipment
- In the bath or shower, or while operating machinery
- With accessories not approved by NeuroSigma

Safety is unknown in trigeminal neuralgia or nerve injury, in pregnancy, and with concurrent hearing-aid use. Use with caution in heart disease or serious medical disorders.

BEFORE YOU BEGIN

Three things to remember

An adult who has read the manual supervises every session for children aged 7 to 12.	The device is for the one person it was prescribed to, used only with the guidance of a physician.	Call your physician about skin irritation, repeated turn-offs, or anything that feels painful.

Caution: Federal law restricts this device to sale by or on the order of a physician. This deck summarises the Operating Procedures section only and does not replace the Monarch eTNS System Instructions for Use — read the full manual, including all warnings, precautions and adverse events, and keep it for future reference.