NERVELO

Quick Start Guide

Everything you need for a comfortable, effective 20-minute session.



Before your first session, remember 3 things

1 Charge it fully

Charge Nervelo with the included USB-C cable before first use (about 1 hour). A low battery can make the device turn off after a few minutes or feel weak.

2 Gel is the conductor

The conductive gel carries the signal to your skin. Without gel you won't feel anything at all, and it may seem like the device isn't working.

3 Contact matters

Both metal contacts must touch your skin, on the left and right sides of your neck, where you can feel your pulse. Choose the right size for a steady fit.

How to use Nervelo

Five simple steps. About a minute of setup, then 20 quiet minutes.

1 Charge

Charge the device fully using the included USB-C cable before first use (1 hour of charging provides up to 25 days of use).

2 Add gel

Apply enough of the included conductive gel to fully cover both metal contact pads. Without gel, you won't feel the stimulation at all, and it may seem like the device isn't working.



Why the gel matters

The gel is the conductor between the metal contacts and your skin. Use enough to fully cover each contact. Too little gel can dry out during the 20-minute session and the sensation will fade. If that happens, add a little more gel. Reapply fresh gel before every session.

3 Put it on

Press and hold the power button for 3 seconds to turn it on. It always starts in Sleep mode. Place the device around your neck with the metal contacts resting on the left and right sides of your neck, where you can feel your pulse. Make sure the fit is comfortable and both contacts touch your skin (Small fits 12"–15.75" necks, Large fits 15"–19.7" necks).



Contact and fit

If the contacts don't touch your skin, you won't feel anything, or the pulse may feel very weak. Sit upright: lying down or resting your head back can move the device and break contact. Before you start, clean and dry your neck and remove any jewelry from the area.

4 Choose a mode and intensity

Use the remote control or the device buttons to choose one of 4 modes: Sleep, Focus, Recovery or Relax. Start at a low intensity and raise it gradually, using one of 9 levels, until you feel a soft, comfortable tingle.

Press M to switch modes, in this order:



1. SLEEP

Default: it always starts here



2. FOCUS



3. RECOVERY



4. RELAX

Press M again to return to Sleep

> **Intensity**
> Use + and – on the remote or on the device to move between the 9 levels. Start at level 1 or 2 and go up one level at a time. Every mode and every level is unlocked from day one.

5 Relax

Each session runs for 20 minutes and ends on its own. For best results, use it consistently, morning and night. After use, wipe the contacts clean and keep the device in the included storage pouch. Reapply conductive gel before every session.

What you should feel

A gentle, steady tingle on both sides of your neck. It's not a massage, not a strong pulse and not a sharp sting, and it should never feel uncomfortable. Nervelo isn't a magic pill: results build with regular, consistent use.

Choose your size

Size	Neck size	Tip
Small	12" – 15.75" (30–40 cm)	Between 15" and 15.75"? Choose Small.
Large	15" – 19.7" (38–50 cm)	Measure around the middle of your neck with a soft tape.

Not feeling it? Check this first

What happens	What to do
I don't feel anything	Make sure both metal contacts are fully covered with gel and touching your skin on the sides of your neck. Then raise the intensity one level at a time.
The sensation fades during the session	The gel may have dried, or the device may have moved. Add a little more gel, sit upright and check that both contacts touch your skin.
It turns off shortly after I turn it on	The battery is low. Charge it fully with the USB-C cable (about 1 hour) and try again.
The pulse feels weak	Check the fit: if the band is loose, the contacts lose pressure. Make sure you have the right size, add gel and raise the intensity.
It feels too strong	Lower the intensity with the – button. It should always feel comfortable.

Safety

Not a medical device. Results vary and consistent use matters. Do not use if you have a pacemaker or another implanted electronic device, if you are pregnant or breastfeeding, or if you have severe heart or lung disease. Do not use on damaged, irritated or broken skin. Stop using it if you feel discomfort. Not intended for children. Do not use if the device is damaged. Keep away from water when charging. Do not disassemble or modify the device.

Care

After each session, wipe the gel off the contacts with a soft cloth and keep Nervelo in its pouch. If needed, clean the contacts with alcohol or a diluted cleaning solution. Do not use soap, detergents or abrasive cleaners on the contacts. Do not overcharge the device, and charge it at least once a month if you won't use it for a long time.

1-year warranty

If something isn't working, we're here to help. Email hello@nervelo.tech with your order number and a photo or short video showing the issue, and we'll make it right.