

At-home tDCS as a supplement to your treatment

Information for clients

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1. What is tDCS and how can it benefit your treatment

tDCS (*transcranial direct current stimulation*) is an evidence-based, non-invasive, neuromodulation technique for supporting the treatment of a wide range of psychiatric and psychological conditions. The safety profile for tDCS is very strong (see section 3. *Safety and side effects*), which makes it well-suited for home use.



tDCS is a well-established method for influencing neuronal activity. In tDCS, two or more electrodes are placed on the scalp and a weak electric current is sent between them. Where the current enters, brain activity increases. Where the current exits, the activity decreases. An increase in activity means that tDCS enhances the natural processes that occur in the brain.

2. The PlatoWork headset and app

With the PlatoWork tDCS headset from PlatoScience, you have the chance to maintain the quality and continuity of your therapy in between consultations. The PlatoWork headset is a user-friendly device designed for safe and easy at-home use without supervision. The PlatoWork headset cannot induce activity that is not there already, but it can enhance the natural plasticity, and thereby your brain's ability to develop and strengthen new neural connections.

The PlatoWork headset is controlled by the PlatoApp (iOS/Android), which allows you to follow the suggested protocols to support your treatment.

3. Safety and side effects

tDCS is in itself a very safe technology. Additionally, the headset has several built-in hardware and software safety mechanisms, which ensure that it can never supply more current than what is recommended for this type of treatment. tDCS is characterised by its high level of tolerability and its absence of serious side effects. Across thousands of studies, no permanent or serious side effects have ever been reported with the use of tDCS. However, non-serious side effects may still occur: It is common to experience a tingling sensation in the skin at the beginning of the stimulation, as well as a reddening of the skin after the electrodes/headset are removed ('erythema'). This is due to increased blood flow in the skin and will subside after 15-30 minutes.



More severe side effects do exist but are very rare. These can be: tension headaches, light skin burns and nausea. PlatoScience products are GDPR compliant and your personal data will only be available to you and your therapist. The PlatoWork headset cannot measure, read or otherwise monitor your brain activity.

4. About PlatoScience

PlatoScience is a Danish company founded by neuroscientists and engineers in 2015. We are leading the development of neurostimulation equipment for home treatment and have users in more than 80 countries worldwide. With a solid scientific background, we strive to create user-friendly and accessible products that allow people new opportunities to improve and maintain their mental health.

If you have technical questions about using the PlatoWork headset, please feel free to contact PlatoScience: hi@platoscience.com

For medical questions or questions regarding your course of treatment, you should always contact your healthcare practitioner.