

PlatoWork tDCS headset: Neurostimulation as part of your treatment

Information for clients

Welcome!

In collaboration with your healthcare practitioner, you will be using the PlatoWork tDCS headset as a supporting tool for your treatment.

This brochure contains information about the headset. It also contains contact details for the PlatoScience support team in case you need to get in touch with us for any technical or device-related enquiries. For medical or treatment enquiries you should always contact your healthcare practitioner.



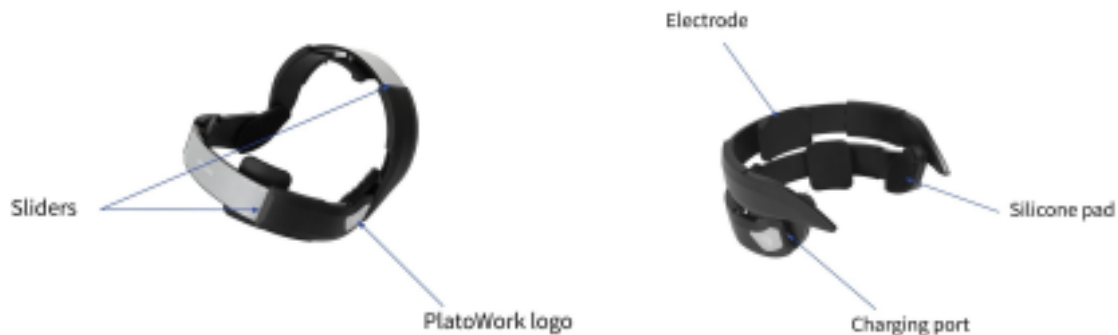
How does the headset work

The technology used in PlatoWork is called tDCS, short for *transcranial direct current stimulation*. tDCS works by sending a low-intensity current between two electrodes. In the region of the brain where the current enters, brain activity increases. In the region of the brain where the current exits, the activity in the brain decreases. An increase in activity

means that tDCS enhances the natural activity processes that occur in the brain. 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 new neural connections.

Using the headset

PlatoWork is turned on by opening it. You can identify that it's on and ready to use when the logo on the side of the headset starts blinking blue. The headset is operated through the smartphone app (PlatoApp), which you can download from the Google and Apple app stores. In the app, you can find the user manual and other relevant information.



Getting started with the PlatoWork headset

Follow the instructions below to start using your headset. Additional information can also be found at our website: www.platoscience.com/manual.

1. Download PlatoApp to your smartphone (available for iOS/Android)
2. Log in with the username and password provided by your clinician
3. Follow the instructions in the app, you can find them under the tab “Instructions”
4. Follow the use protocol that you have received from your healthcare practitioner

Pre/post-session rating

Before and after each session you will be asked to rate your level of focus, stress, mood and energy. These pre- and post stimulation ratings are part of the foundation for following up with your therapist and evaluating the headset’s efficacy in your treatment.

Safety

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 intended for this type of treatment.

Side effects

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. While this confirms the safety and suitability of the technology for home treatment, non-serious side effects may still occur. It is thus 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). The red patches are 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, first-degree burns and nausea.

While the tingling sensation in the skin during the first couple of minutes of stimulation is normal, using the PlatoWork headset should never feel painful. If you experience pain during use, please interrupt your session and remove the headset.

Your personal data

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.

Contact and support

If you have technical questions about using the PlatoWork headset, please feel free to contact PlatoScience:

Email: hi@platoscience.com

Phone: (+45) 65 74 64 10

Operating hours:

Monday - Friday: 8.00 -16.00 CET

For questions regarding your course of treatment, you should always contact your clinician/ healthcare practitioner.

About us

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.