



# Halo Sport 2 Owner's Guide

Halo Neuroscience | April 2019

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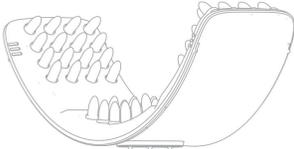
**Looking for troubleshooting help?** [Click here](#) to skip to the troubleshooting section.

**Unpacking**

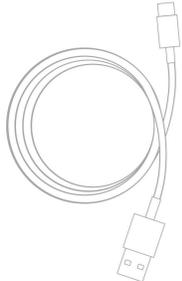
Carefully unpack the box and confirm the following items are included:



**Halo Sport 2 headset**



**Primer band**

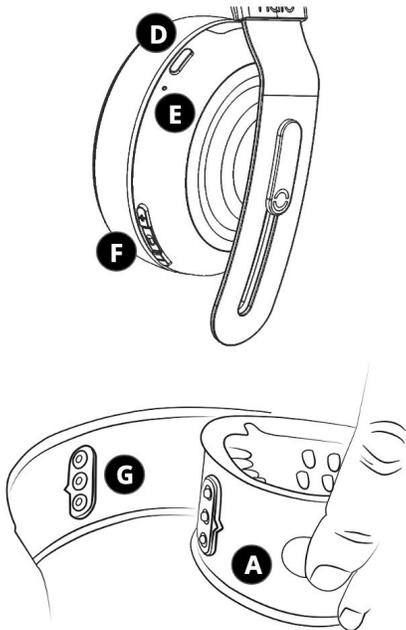
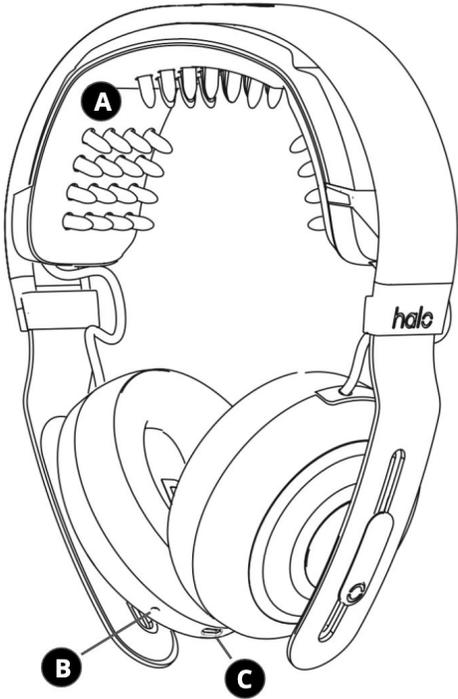


**USB-C Charging cable**

If any part of Halo Sport 2 or the accessories appear to be damaged, please do not attempt to use the headset. Contact Halo Neuroscience support for immediate replacements. Customer support contact information can be found at [support.haloneuro.com](https://support.haloneuro.com).

**Halo Sport 2 details**

- A** Primer band
- B** Microphone
- C** USB-C charging port
- D** Power button
- E** Indicator light
- F** Volume/center buttons
- G** Recessed arrow



## Powering on your Halo Sport 2

To turn on your Halo Sport 2, press the power button (D) on the right earcup once. The indicator light (E) will start flashing.

If the light (E) is rapidly flashing, your Halo Sport 2 is ready to pair through the Halo Sport app.

If the light (E) is slowly blinking blue or green (once every three seconds), your Halo Sport 2 is already paired to your mobile device through the Halo Sport app. To unpair your Halo Sport 2 from your current mobile device and pair to a new one, refer to [page 22](#).

For more information about the indicator light colors and what they mean, [click here](#).

## Powering off your Halo Sport 2

Press and hold the power button (D) until the indicator light (E) turns solid green and starts to fade away, then release. The light will turn off and stay off. Halo Sport 2 is now powered off.

Your Halo Sport 2 will also automatically turn off after 10 minutes of Neuropriming inactivity. If you're connected to Bluetooth audio (flashing green light), the headset will **not** automatically turn off.

## Downloading the Halo Sport app

To use your Halo Sport 2, you first need to download the free Halo Sport app on a [compatible mobile device](#). You will use the app to control your Neuropriming sessions, view your session history and more.

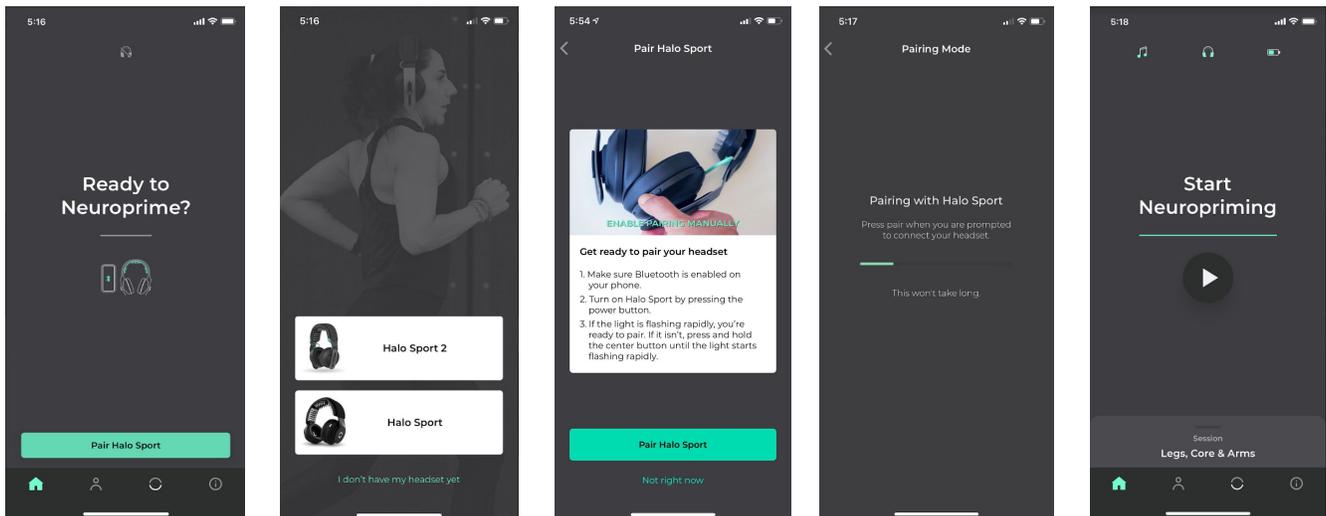


The app is required to start a Neuropriming session, but once the session is in progress, your headset does not need to be in range of your mobile device to continue and complete your Neuropriming session. Please note that the [Bluetooth audio](#) function has a limited range and will be disconnected if you go out of range.

## Pairing with the Halo Sport app

To Neuroprime with Halo Sport 2, you first need to download the free Halo Sport app and create an app account. **The Neuropriming function must be paired through the Halo Sport app** (NOT through your phone's Bluetooth settings). Once you're logged in on the app, follow the instructions below to connect.

1. Turn on your headset by pressing the power button. If you have already connected to Halo Sport 2 with your mobile device, the indicator light will slowly blink (once every three seconds) and you'll be able to view your headset details in the app.
2. To form a new connection, open the Halo Sport app and select "Pair Halo Sport." When the two headset options come up, select "Halo Sport 2."
3. Put your headset into pairing mode by holding down the center button - between the two volume adjustment (+/-) buttons - until the light on your headset begins to quickly flash blue.
4. Press "Pair Halo Sport." If you see a pop-up notification on your phone asking you to pair, select Pair.
5. The indicator light will briefly glow white, indicating a connection is being made. Then, it will blink slowly - a slow blink means that your headset is paired.

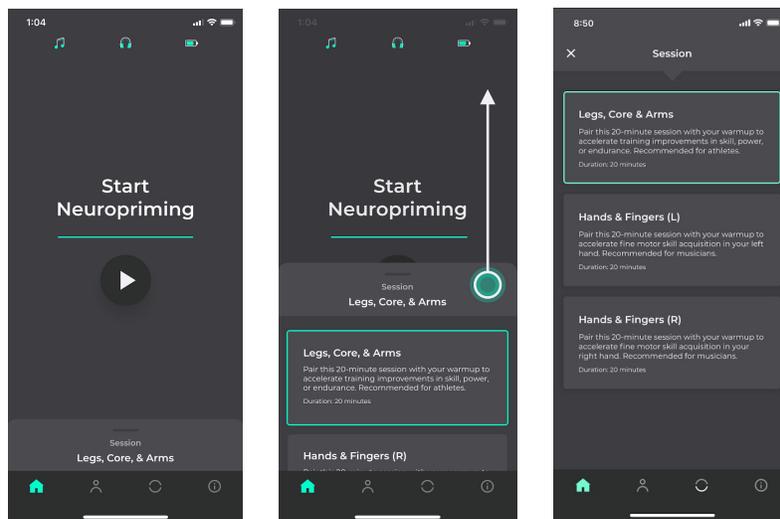


When your headset connects, you're ready to Neuroprime. If you have trouble connecting, be sure to try our [Bluetooth troubleshooting steps](#).

**Wireless audio:** If you follow the instructions above to pair to an Android device, your headset's wireless audio function might now be paired as well (a slow green blinking light means you're connected to Bluetooth audio). If you have an iPhone, the app will show you instructions for how to pair the audio through your Bluetooth settings. If you need help with this, check out the section [Pairing to Bluetooth Audio \(iOS\)](#) or [Pairing to Bluetooth audio \(Android\)](#).

## Choosing a Neuropriming session

1. Once your headset is connected to the Halo Sport app, navigate to the "Home" tab in app and press the play button under "Start Neuropriming."
2. Swipe up from the bottom part of the screen where you see "Session: Legs, Core & Arms" (or the title of the last session you chose).
3. Select your desired session.



## Difference between Neuropriming sessions

1. **Legs, Core & Arms:** Choose this session when you are training larger muscle groups, such as with squats, running, dancing, or martial arts.
2. **Hands & Fingers (R) and (L):** The Hands & Fingers sessions benefit hand movements, and are intended for training fine motor skills like playing an instrument, working on your tennis grip, or dribbling a basketball.

Both of the Hands & Fingers sessions have a positive effect on both hands, but each emphasizes one hand in particular. You should choose whichever side will be more valuable to you (i.e. left hand for practicing finger dexterity on a guitar neck, or right hand for guitar picking). If your goal is to improve both sides equally, alternate between the Left (L) and Right (R) sessions each time you train.

## Wetting the Primer band

To start a Neuropriming session, you'll need to establish good contact between the headset and your head. To do this, you'll need to get your Primer band's foam tips ("nibs") very wet. To do this, remove the Primer band from the headset and hold it under running water with the nibs facing sideways for about **60 seconds**. While wetting, you can press on the nibs to help them absorb water. When fully soaked, all sides of the nibs should be dark grey and very wet. **The more wet the nibs are, the better contact you will get.**



**Primer band with dry nibs**



**Primer band with wet nibs**

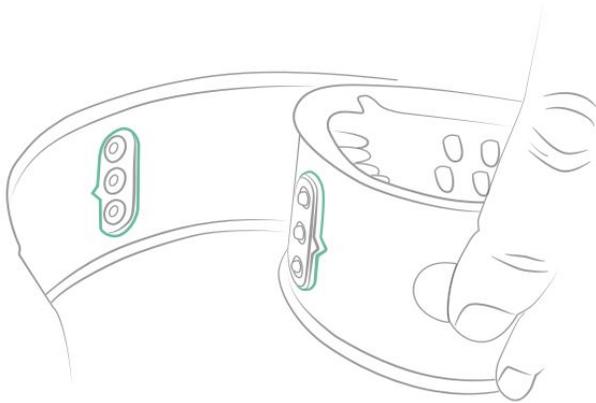
After wetting, shake off your Primer band to remove any excess water. If possible, use a towel to dry the back side of your Primer band.

Do not submerge your Primer band in a bowl of water—it is best to hold it under running water at a slight angle to get it wet.

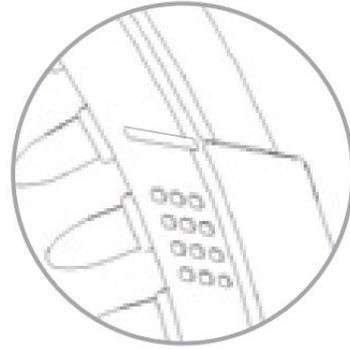
**Do not submerge the Halo Sport 2 headset - it is not waterproof.**

## Installing the Primer band

Dry off the back side of the Primer band. Using your thumb and pointer finger, pinch the Primer band from the textured circles on the back. While pinching, insert the Primer band into your headset by lining up the green arrow on the back of your Primer band with the corresponding recessed arrow on your headset. Use your thumbs to press the left and right sides of the Primer band against the headset to secure it. Use the alignment lines to verify that your Primer band is inserted properly.



Line up the arrow.

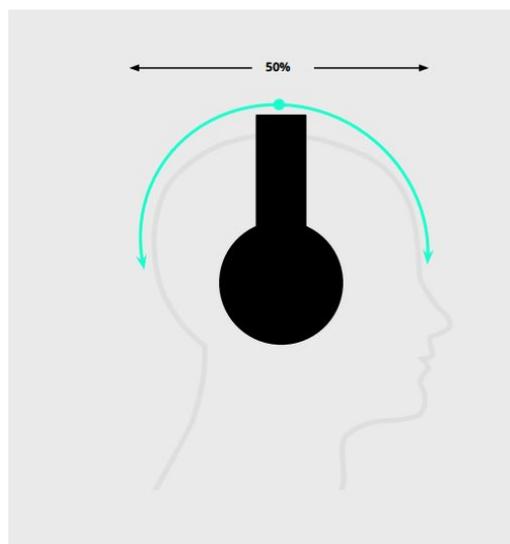


Check the alignment lines.

## Placing Halo Sport 2 on your head

With the Primer band installed, **spread the headset wide** and place it directly over the top of your head so that the Primer band's nibs are the first thing to make contact with your head.

The headset should look vertical on your head when standing up straight. To be exact, you can measure the distance from the bridge of your nose to the bump on the back of your head and place Halo Sport 2 at the halfway point.

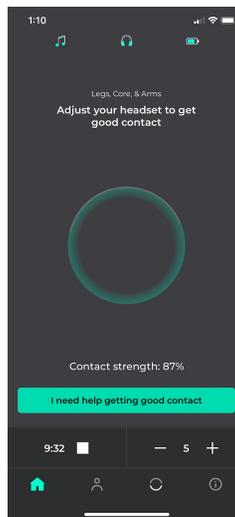


## Getting good contact

To get good contact:

1. Make sure that your Primer band nibs are [very wet](#), your Primer band is [inserted](#) properly and the headset is [placed correctly](#) on your head (as described above).
2. Press down on top of the headset and wiggle the Primer band's nibs down through your hair. You'll want to make sure that the nibs are getting the best possible contact with your skin.
3. Tighten the headset down on your head using the sliding adjustment on both earcups. The headset should be snug, but comfortable.
4. Re-wet your Primer band if necessary. The wetter your Primer band's nibs are, the better contact you will get between the headset and your head.

As you adjust the headset, the "Contact strength" percentage on the "Adjust your headset" screen will indicate how close you are to getting good contact. When the contact strength reaches 100%, the app will advance past this screen to begin or resume your Neuropriming session.



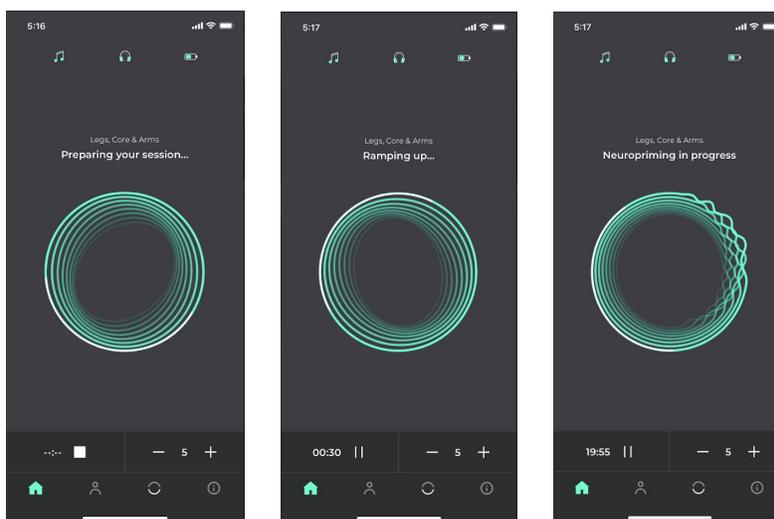
**If the contact strength is changing but not quite 100%**, try adding more water to your Primer nibs.

**If the contact strength is stuck at 0%**, check to make sure that your Primer band is [installed](#) correctly. The arrow on the back of the Primer band (outlined in green) should line up with the recessed arrow on your headset. Once you've inserted the band, press it against the headset and check the [alignment lines](#) to verify that the band is centered.

If your headset loses contact with your head during your session, the "Adjust your headset" screen will appear and you will hear a repeating tone (see "[Halo Sport 2 tones](#)"). When you re-establish contact, the Neuropriming session will automatically resume.

## Starting a Neuropriming session

When you establish good contact, the stimulation will ramp up and your 20-minute Neuropriming session will begin.

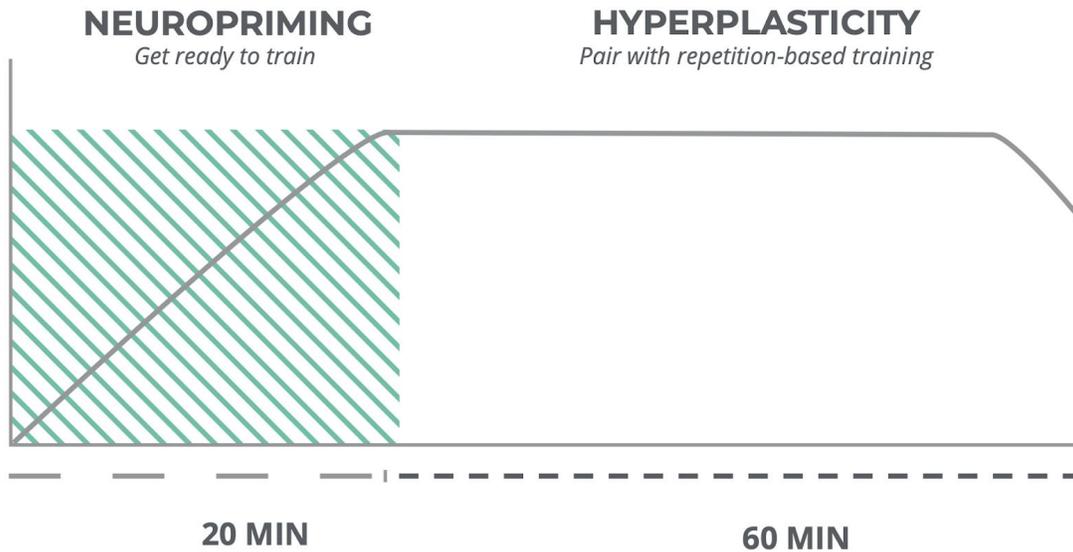


During the stimulation, it's normal to feel some tingling on your scalp. If you find the stimulation to be uncomfortable, try turning down the amplitude (see ["Adjusting the amplitude"](#) for details). Getting great contact between the headset and your head will also reduce the sensation of the stimulation (see ["Getting good contact"](#)).

Once you start a Neuropriming session, you do not need to remain in range of your mobile device. If you go out of range and you hear a tone from the headset, most likely [this means](#) that you've lost contact between the headset and your head and need to adjust the headset and/or re-wet your Primer band. Once you re-enter close range of your mobile device, Halo Sport 2 will automatically link back up with your mobile device and the Halo Sport app will display your updated session status.

## What to do during a Neuropriming session

A Halo Sport 2 training session has two parts—a Neuropriming phase and a hyperplasticity training phase:



Depending on your activity, you can do one of the following during your 20-minute Neuropriming session:

1. Warm up for your training. This can include stretching, light weights, an easy run, visualization, etc.
2. If you are using the headset for music training, or if your training involves low-impact activity, you can start your training once you start the Neuropriming session—there is no need to wait.
3. If the beginning of your workout and/or your warm-up involves high-impact activity, like box jumps, we recommend Neuropriming on your way to the gym or while you are getting ready. High-impact activity can cause the headset to lose contact with your head, which will cause your Neuropriming session to be interrupted.

Be sure to [begin your training](#) right after the 20-minute Neuropriming session is over to ensure maximum benefit from Halo Sport 2.

You can listen to audio during and after your Neuropriming session. Listening to audio with the headset will not impact the effect of the Neuropriming technology. Check out the [Bluetooth Audio](#) section for audio setup instructions.

## Adjusting the amplitude

To adjust the stimulation amplitude, navigate to the stimulation screen in the app and press the (+) to increase or the (-) to decrease. The range is 1-10 and the default setting is 5.



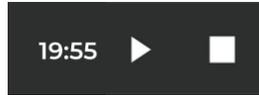
The amplitude adjustment allows you to set the level of Neuropriming to your comfort level. While the whole range is effective and safe, for optimal results it is recommended to set the level to the highest number that's comfortable for you.

## Pausing and resuming

During your Neuropriming session you can choose to pause it. To do this, press the pause button next to the countdown timer on the Halo Sport App:



To resume, make sure you have the headset on correctly and then press the play (resume) button.



## Halo Sport 2 tones

Halo Sport 2 has 3 different types of tones that will come from the earcups:

1. Neuropriming started / resumed - A short high beep
2. Neuropriming completed - A short low beep
3. Poor contact - A short low beep, followed by a break, then a short low beep. Beeping will continue until poor contact is fixed or 5 minutes have elapsed (at which point the Neuropriming session will end). This is accompanied by a blinking yellow light ([see page 24](#)).

## What to do after a Neuropriming session

After you complete a Neuropriming session, start your training! The headset's benefits will apply to any physical training you do during the following 60 minutes, whether you continue to wear the headset or not. You can keep the headset on to listen to audio or take it off when the Neuropriming session is over. There is no difference in training benefit either way.

Halo Sport 2 training results are best when the training period is paired with focused, repetitive movements for the specific skill you are trying to improve. It's also important to focus on proper form, because Halo Sport 2 accelerates the development of muscle memory.

Need some inspiration? Check out our [training guides](#) or follow us on [Instagram](#).

## Audio overview

To listen to audio with Halo Sport 2, you must be connected to an audio source (mobile device or computer) through Bluetooth. This will allow you to listen to audio wirelessly.

Halo Sport 2 has a built-in microphone. If you're connected to a mobile phone, you can use the microphone to make phone calls while wearing Halo Sport 2.

## Pairing to Bluetooth audio (iOS)

To listen to audio wirelessly with Halo Sport 2, your headset needs to be on and the audio function must be paired through your iPhone or computer's Bluetooth settings.

To do this, open the Bluetooth settings on your phone or computer and look for the "Halo Sport 2 XXXXX Audio" listing. Select the listing to pair. You may need to change the settings in your audio application to select your headset as the audio source. You'll know that your headset is connected to an audio source when the headset's indicator light is flashing green. A blue light means that audio is not connected.

## Pairing to Bluetooth audio (Android)

To pair your Halo Sport 2's audio function with your Android phone, you can either pair through the Halo Sport app (on some phones) or through your phone's Bluetooth settings. If you just want to listen to audio with your headset (and not Neuroprime), then pairing through your Bluetooth settings is the fastest way to get set up. If you're using a computer as your audio source, you must pair through your computer's Bluetooth settings.

### Pairing Bluetooth audio through the Halo Sport app (Android)

Open the Halo Sport app and log in. Put your headset into pairing mode by holding down the center button until the light on the headset begins to quickly flash blue (the center button is located below the power button, between the two volume adjustment (+/-) buttons). Once your headset is in pairing mode, go to the app's home screen and select "Pair." When paired successfully, you will be able to both Neuroprime and listen to audio wirelessly.\*

\*Please note that due to the wide variety of Android phone functionality, this method may not work for some phones. Halo Sport 2's Bluetooth audio function may need to be paired through Bluetooth settings, as described in the section below.

### Pairing Bluetooth audio through Bluetooth settings (Android)

First, enable pairing mode on Halo Sport 2 by holding down the center button until the light on the headset begins to quickly flash blue. The center button is located below the power button, between the two volume adjustment (+/-) buttons.

Once your headset is in pairing mode, go into your Bluetooth settings and select “Pair new device”. You should see a “Halo Sport 2 XXXX Audio” listing. Select that listing to connect.

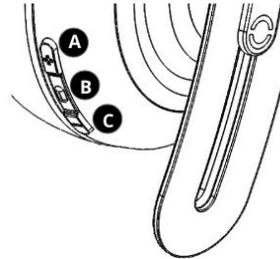
## Headset audio controls

On the back side of your headset’s right earcup, you will find a set of three buttons located underneath the power button. The raised +/- buttons can be used to control audio volume, and a quick press of the center button (between the volume controls) can be used to either play or pause your audio. You can also use your mobile device’s audio controls to control your audio.

**A** Volume up (+)

**B** Center button (play/pause)\*

**C** Volume down (-)



\*The center button has several functions:

- If you’re connected to [Bluetooth audio](#), a quick press of the center button will **play or pause your audio**.
- If you receive a **phone call** on your mobile device while connected to Bluetooth audio, you can use the center button to **answer** the call through your headset, and to **hang up** when the call is complete.
- If you’re not yet paired, the center button can also be used to put the headset into **pairing mode**. To do this, **hold down the button for about 10 seconds** until the indicator light starts flashing rapidly.

## Switching between audio sources

If you want to switch between audio sources (for example, controlling audio from your computer instead of your phone), you’ll first need to unpair your headset’s audio from the current audio source.

You can do this by going into your device’s Bluetooth settings, locating the “Halo Sport 2 XXXXX Audio” listing and “forgetting” that listing.

You’ll know that your headset is ready to pair to a new audio source when the headset’s light is flashing blue. You can then go into the Bluetooth settings of your desired audio source device (mobile device or computer), locate the “Halo Sport 2 XXXXX Audio” listing and pair.

## App features

- Control your Halo Sport 2 headset
- [Select session types](#) based on what muscle groups you want to train
- View your [Neuropriming session history](#)
- Set up automated [Neuropriming reminders](#)
- Explore training tips, featured user stories, and more

## Where to download



## Device and operating system compatibility

Halo Sport 2 is compatible with most iPhones and iPads running **iOS 11** and newer, as well as most Android devices on **Android operating system 6.0** (Marshmallow) and newer that support **Bluetooth Low Energy (BLE) 4.0** and newer. To view a list of devices that are fully verified for compatibility with Halo Sport 2, please visit our [Help Center](#).

## Viewing headset details

Your headset details can be viewed in the “My Halo” section of the Halo Sport app. To get to “My Halo,” navigate to:

**Profile tab → Settings icon (upper right) → My Halo Sport**

In the My Halo section of the app, you can:

- View your headset’s serial number and firmware version
- See if a firmware update is available for your headset ([click here](#) for firmware update instructions)
- Unpair your Halo Sport 2 headset from the app by selecting “Pair to a new Halo Sport”

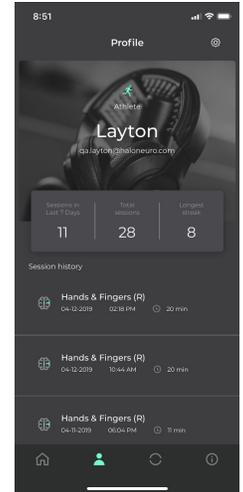


## Viewing session history

Within the Profile tab of the Halo Sport app, you can view the date, time, length and session type for any past Neuropriming sessions that you have initiated.

This screen will also tell you how many Neuropriming sessions you've done over the past week, how many total sessions you've done and what your longest session streak is. A streak is the number of days in a row you have Neuroprimed. Keep your streak going and see how high you can go!

Please note that if your headset gets disconnected from the app during your session, that session's duration might appear as 'Connect to update.' Once you reconnect your headset, the session duration will sync and be updated within 5 minutes.



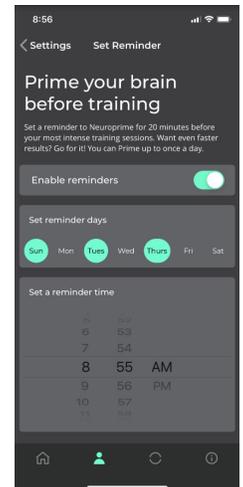
## Setting reminders

The Halo Sport app can remind you to Neuroprime before your training. To set up reminders, go to:

**Profile tab → Settings icon (upper right) → Set a reminder**

To set reminders, you'll need to toggle on "Enable reminders," which will allow the app to send notifications to your phone.

You can then select a time and the days on which you want to receive Neuropriming reminders.



## Connecting the USB cable

1. Plug the small end of the USB cable into the USB-C port on the bottom of the right earcup.
2. Plug the other end into a USB wall charger or computer USB port.

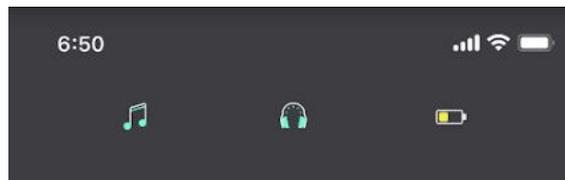
While charging, the indicator light will be solid yellow.

*Note:* You cannot do a Neuropriming session while your Halo Sport 2 is charging. Do not wear your Halo Sport 2 while it is charging.

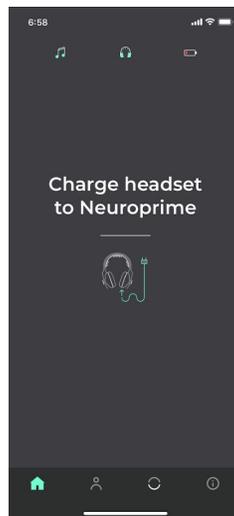
When fully charged, the light will turn solid green. If the charger is left plugged in for a long period of time, the light may turn yellow again, indicating that the charging system is properly refreshing the battery.

## Checking the battery status

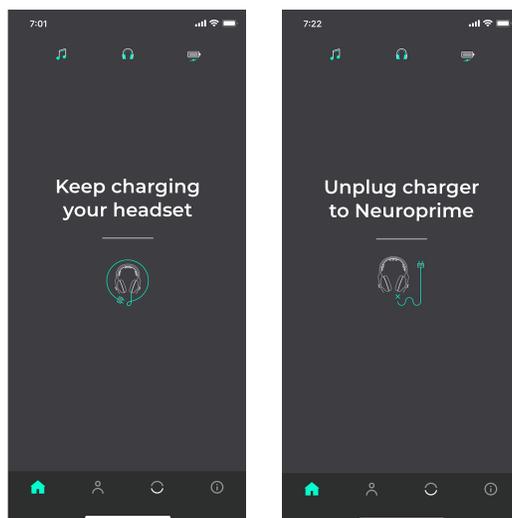
To check battery status when the headset is not charging, go to the 'Home' tab of the Halo Sport app. A battery indicator will appear on the top right.



If your headset battery is very low, your Halo Sport app will notify you that you need to charge your Halo Sport 2 before you can start another Neuropriming session:



If you see this screen, please plug in your headset to charge. While charging, the indicator light on the headset will be solid yellow. When your headset has enough battery life for one Neuropriming session, the app will say “Unplug charger to Neuroprime.” When your headset is fully charged, the headset’s indicator light will turn green.



## Battery information

You can use the included USB-C cable with any USB adapter or USB port to charge Halo Sport 2.

The headset takes about 2 ½ hours to fully charge.

A fully-charged battery will provide you with 15 complete Neuropriming sessions. If the headset is used for audio only, the battery will last about 10 hours.

For more information, troubleshooting tips, and videos, visit [support.haloneuro.com](https://support.haloneuro.com).

| Problem   | What to Do   |
|---|--|
| <b>Headset will not turn on</b>   | <ul style="list-style-type: none"> <li>• Charge the headset overnight.</li> <li>• Perform a hard reset by holding down the power button for 20 seconds. Release the power button. Wait 15 seconds, then press the power button once to turn on.</li> </ul>   |
| <b>Headset will not connect to the Halo Sport app through Bluetooth</b> | <ul style="list-style-type: none"> <li>• Put Halo Sport 2 into pairing mode: Turn the headset on and hold down the center button (between the +/- volume buttons) for about 10 seconds until the light starts flashing quickly.</li> <li>• Turn off the headset (hold the power button until the light starts to fade, then let go; the light should turn off and stay off).</li> <li>• Open the app. If the Home tab has a small gray headset icon at the top, move on to the next step. If the headset icon is green, go to the Profile tab, select the Settings icon in the upper right hand corner, and select "My Halo Sport" → "Pair to a new Halo Sport" → "Confirm" → "I don't have my headset yet."</li> <li>• Close out of the Halo Sport app (On iOS, double-click the home button or swipe up from the bottom of the screen, then swipe the app away. On Android, tap on the bottom right button of the screen - usually a square button - and swipe the app away).</li> <li>• 'Forget' Halo Sport in your Bluetooth settings. Go into your Bluetooth settings and delete or 'forget' any Halo Sport listings.</li> <li>• Turn on your headset, re-open the app and attempt to pair.</li> </ul> <p>If these steps do not fix the problem, please try the following:</p> <ul style="list-style-type: none"> <li>• Check to make sure that your device and operating system are <a href="https://support.haloneuro.com">supported</a>.</li> <li>• Make sure that you have the latest version of the app.</li> <li>• Make sure that Bluetooth is enabled on your mobile device.</li> <li>• Move your mobile device closer to Halo Sport 2 and away from any interference or obstructions.</li> <li>• Turn your mobile device on and off.</li> </ul> |
| <b>App shows some contact, but not enough to start a session</b>        | <ul style="list-style-type: none"> <li>• Remove the Primer band from the headset and soak the Primer band's foam tips (nibs) under a sink or water fountain for about a minute, until they are very wet and dark gray.</li> <li>• When putting on the headset, spread it wide and place it directly over the top of your head so that the Primer band nibs are the first thing to make contact with your head.</li> <li>• Press down on top of the headset and wiggle the nibs down through any hair. You'll want to make sure that the nibs are getting the best possible contact with your skin.</li> <li>• Tighten the headset on your head using the sliding adjustment on both sides. The headset should be snug, but comfortable.</li> <li>• If necessary, re-wet the Primer band.</li> </ul>  |

|                                    |  |
|------------------------------------|--|
| <b>App shows no contact at all</b> | <ul style="list-style-type: none"> <li>• Check to make sure that your Primer band is inserted correctly. When inserting, line up the green arrow on the back of your Primer band with the corresponding recessed arrow on your headset band. Then press the left and right sides of the Primer band against the headset to secure it. Use the <a href="#">alignment lines</a> to verify that your Primer band is inserted properly.</li> </ul>   |
| <b>No Bluetooth audio</b>          | <p>Be sure to follow our <a href="#">instructions for connecting to Bluetooth audio</a>. If you've followed those instructions and you still don't hear audio, try these steps:</p> <ul style="list-style-type: none"> <li>• Go into your mobile device's Bluetooth settings and "forget" the "Halo Sport 2 XXXX Audio" listing.</li> <li>• Put your headset into pairing mode (hold down the center button until the light on the headset begins to quickly flash blue. The center button is located below the power button, between the two volume adjustment (+/-) buttons).</li> <li>• Within your mobile device's Bluetooth settings, locate the "Halo Sport 2 XXXXX (Audio)" listing and connect.</li> </ul> |
| <b>Poor sound quality</b>          | <ul style="list-style-type: none"> <li>• Disconnect and reconnect to Bluetooth audio by following the steps above.</li> </ul>  |
| <b>Headset won't charge</b>        | <ul style="list-style-type: none"> <li>• Make sure both ends of the USB cable are correctly inserted.</li> <li>• Try a different power source and/or a different charging cable.</li> <li>• If your Halo Sport 2 has been exposed to high or low temperatures, let the Halo Sport 2 return to room temperature and try to charge again.</li> </ul>   |
| <b>Headset is unresponsive</b>     | <ul style="list-style-type: none"> <li>• Turn on (if possible) by pressing the power button once. Then press and hold the power button for 20 seconds. Release the power button. Wait 15 seconds, then press the power button once to turn back on.</li> <li>• If the above steps do not work, fully charge your headset overnight. Be sure to try the steps above ("Headset won't charge") if your Halo Sport 2 does not seem to be charging.</li> </ul>  |

If you've tried the steps listed here and you are still experiencing problems, please contact Halo Neuroscience Support. Contact information can be found at [support.haloneuro.com](https://support.haloneuro.com).

## About Bluetooth technology

Bluetooth Smart (Bluetooth Low Energy) lets you start, pause, and resume Neuropriming sessions from a compatible mobile device using the Halo Sport app. Bluetooth Smart is specifically designed to use the lowest amount of power possible to transfer data. Before you can start a Neuropriming session with Halo Sport 2, you must pair the headset with a [compatible mobile device](#).

Audio is streamed with conventional Bluetooth technology (Bluetooth BD/EDR), which is used in virtually all wireless audio products to transmit high-quality sound between phones, computers, and headsets or speakers.

## Pairing with multiple devices

You cannot pair Halo Sport 2 with multiple mobile devices for Neuropriming at the same time. Once the Bluetooth Low Energy link is paired for Neuropriming within the Halo Sport app, only your phone can access your headset for Neuropriming. In order to Neuroprime from a different mobile device, you must unpair the headset from your current one (see '**Unpairing a mobile device**' below).

## Unpairing a mobile device

To unpair your mobile device from Halo Sport 2:

1. **Put your headset into pairing mode** (hold down the center button on your headset, between the +/- volume buttons, until the light starts flashing quickly).
2. **'Forget' Halo Sport 2 in your Bluetooth settings.** Go into your Settings app → Bluetooth -> Press the "i" or gear icon next to any Halo Sport listing → select "Forget This Device". You'll need to do this for every Halo Sport listing in your Bluetooth settings.
3. **Halo Sport 2 is now unpaired.** You can now pair it to another mobile device. If you have paired to the new mobile device previously, you'll need to 'forget' any Halo Sport entries in your Bluetooth settings before pairing (perform step 2 on the new device).

### Sharing Halo Sport 2

If you want to share Halo Sport 2 between multiple people, you can do so one of the following ways:

1. Each person can download the Halo Sport app to their own mobile device (i.e. iPhone or Android phone). You can unpair and re-pair Halo Sport 2 between the two phones, depending on who is using the headset (see '[Disconnecting a mobile device](#)').
2. Each person can make their own user account in the app, but share a single mobile device. After one session is complete, the next person can log in to their own account on the same mobile device.
3. Within a single user account, there is an option to run two back-to-back Neuropriming sessions.

For teams or organizations interested in utilizing shared hardware, we also offer premium features for managing a roster of individuals on a single device. For more details, contact Halo Neuroscience at [partnerships@haloneuro.com](mailto:partnerships@haloneuro.com) to ask about creating an enterprise account.

## PRIMER BAND

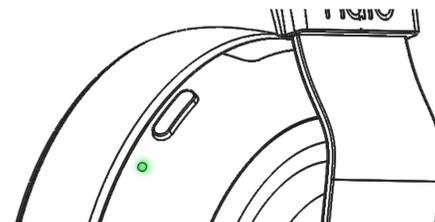
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### Replacing the Primer band

Primer bands are designed to be long-lasting. However, like your running shoes or the padding in your bike helmet, Primer bands can become physically worn out after extended use. When this happens, you may want to replace your Primer band.

You can purchase more Primer bands from the Halo Neuroscience website at [www.haloneuro.com](http://www.haloneuro.com).

## Color and duration



| Indicator Light Activity                       | Headset State   |
|--|---|
| Off  | Headset is off  |
| Fast blue blinking (twice per second)          | Headset is ready to pair with the Halo Sport app. The blue color shows that Bluetooth audio is NOT connected.   |
| Slow blue blinking (once every three seconds)  | Headset is paired with the Halo Sport app. When you open the app, the headset will connect to your phone automatically. The blue color shows that Bluetooth audio is NOT connected.                               |
| Fast green blinking (twice per second)         | Headset is ready to pair with the Halo Sport app. The green color shows that Bluetooth Audio is connected.  |
| Slow green blinking (once every three seconds) | Headset is paired with the Halo Sport app and Bluetooth audio is connected. When you open the app, the headset will connect to your phone automatically. The green color shows that Bluetooth Audio is connected. |
| Brief green glow                               | Headset is in the process of connecting to the app.   |
| Smooth green -> yellow -> green rotation       | Neuropriming session is active.   |
| Blinking yellow                                | Neuropriming session paused by user or automatically paused due to poor contact.  |
| Blinking red                                   | Headset battery is critical and will shut off. Plug into charger.   |
| Solid yellow                                   | Headset is charging.  |
| Solid green                                    | Headset is fully charged.   |
| Flashing orange                                | Internal error detected. Turn off headset. Headset can be turned back on after waiting 10 seconds.  |

# UPDATING HEADSET FIRMWARE

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## Updating the firmware

Halo Neuroscience may release firmware updates for your Halo Sport 2 headset in order to optimize your Halo Sport 2 experience. To check for and install a firmware update:

- 1) Open the Halo Sport app and log in.
- 2) Select the settings icon in the upper right corner of the Profile tab.
- 3) If there is a software update available, there will be an option to 'Update Headset' in the menu.
- 4) Make sure your Halo Sport 2 is charged above 50%, but unplugged from the charger.
- 5) Select 'Update Headset.'
- 6) The firmware update process will begin. It will take between 5-10 minutes to complete. The indicator light will turn purple when the firmware update is almost complete.
- 7) The Halo Sport app will reconnect to your Halo Sport 2.
- 8) You can continue using your Halo Sport 2.

# STORAGE AND MAINTENANCE

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## Storing Halo Sport 2

When you are not using Halo Sport 2, store the headset in a clean, dry place.

- For best results, make sure your Halo Sport 2 is dry before storing it.
- Be sure to turn your headset off when not in use. The device will automatically turn itself off after 10 minutes of inactivity, UNLESS it is connected to Bluetooth audio.
- Before storing the headset for more than a few months, be sure the battery is [fully charged](#).
- Store Halo Sport 2 in a dry location, avoiding temperature extremes.

## Halo Sport 2 maintenance

Wipe and dry Halo Sport 2 with a clean cloth after each Neuropriming session.

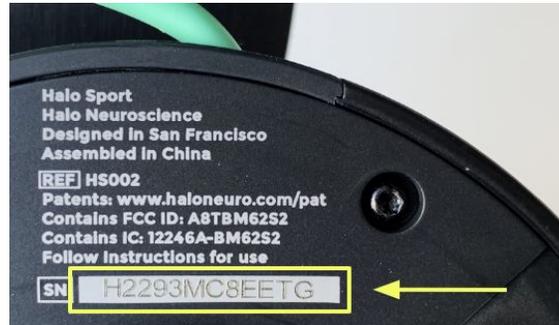
## Serial Number location

The headset's serial number can be found:

- On the outside of the Halo Sport 2 box.
- Inside of the headset's left earcup, under the ear pad.

- Within the Halo Sport app, by going to the Profile tab → Settings icon (upper right) → My Halo Sport (your headset must be connected to the app for the serial number to be visible).

To view the serial number on the left earcup, you can remove the left ear pad from the Halo Sport 2 headset. To remove the ear pad, grip the back of the ear cup with one hand, and grip the outer edge of the ear pad with the other hand. Press down and pull/twist the ear pad counterclockwise. This might require a bit of force, so don't be shy. Once successful, you will hear a click and you'll be able to remove the ear pad.



## Replacement parts and accessories

Replacement parts and accessories can be purchased on Halo Neuroscience's website at [www.haloneuro.com](http://www.haloneuro.com).

If you cannot find the replacement part or accessory you are looking for, please contact Halo Neuroscience customer support. Customer support contact information can be found at [support.haloneuro.com](http://support.haloneuro.com).

## Limited warranty

Halo Neuroscience warrants this Halo Sport 2 hardware product against material defects in materials and workmanship for a period of **one year from the ship date** of purchase from Halo Neuroscience by the original purchaser. This express written warranty is exclusive and in lieu of any other warranty or remedy, express or implied. For additional information regarding this warranty and related topics, please go to our website at <https://www.haloneuro.com/pages/warranty>.

## Technical information

### Headset dimensions

Height adjustment: 40 mm slider each side  
Head size range: 125-180mm  
Weight: 350 g

### Primer band

Nominal area: 46 sq cm  
Conductive path: Carbon, saline solution  
Contact material: Elastomer foam

### Audio

Connection type: Bluetooth Audio  
Interface type: 3.5mm Audio Jack  
Frequency range: 20Hz - 20,000Hz  
Total Harmonic Distortion (THD): < 5% @ 1kHz

### Headset details

Operating temperature: 0 to 40 degrees C  
Storage temperature: -40 to 60 degrees C  
Power supply: Lithium-ion (LiPo) cell, USB - C recharge

### Inputs & outputs

Output configuration: 1 scalp Primer band  
Output architecture: Voltage-controlled current source  
Number of current sources: 1  
Maximum current: 2.2mA

### Communication protocol

Bluetooth Low Energy (BLE) custom GATT service with encryption and binding  
Bluetooth Audio  
Contains TX FCC ID: A8TBM6252  
Contains TX IC: 12246A-BM6252  
CE R&TTE Conformity

## Undesired reactions

If you experience undesired reactions, please stop using the system and consult with your trainer or physician. While Primer nibs are hypoallergenic and designed for comfort, users with sensitive skin may experience irritation under the Primer band due to stimulation. Use of any headset for prolonged periods may cause or exacerbate headaches.

## Warnings

- Do not use if you have any injury or defect (such as a hole, plate, past fracture, or implanted medical device) in the portion of your skull over your brain.
- Do not use if you have any active implanted medical or electronic device, such as a pacemaker or defibrillator.
- Do not use if you have epilepsy or any history of seizures.

- The safety of neurostimulation has not been studied in pregnant women. Do not use during pregnancy or if you are breastfeeding.
- If you are in the care of a physician, please consult your physician before using this device.
- Do not use while driving, operating machinery, or in any situation in which you are at risk for injury.
- Do not use if the housing has been damaged.
- Do not use on children.
- Only use Halo Sport 2 when positioned like normal headphones, over the vertex of the head.
- Do not use over the neck or other body regions.
- Halo Sport 2 should only be used as directed over normal, healthy, intact skin.
- Use of products or accessories not approved by Halo Neuroscience and/or not compatible with the Halo Sport 2 system may cause harm or injury.

## Precautions

The performance of Halo Sport 2 may be compromised by electromagnetic interference (EMI), such as interference from power lines, induction heaters, or body fat measurement scales. This could cause the headset to shut down and not deliver Neuropriming.

Although Primers are meant to be used with water or saline solution, Halo Sport 2 should not be immersed in liquid. Clean by wiping with a dry or damp cloth.

Halo Sport 2 contains a lithium-ion power cell. Do not disassemble the headset or dispose of it contrary to appropriate regulations.

Do not use Halo Sport 2 if the headset or Primer band has been damaged.

Charge Halo Sport 2 only with the included USB cable and an adapter compliant with all applicable regulations and standards.

Listening through any headphones at high volume can gradually cause hearing loss. Please listen responsibly.

## FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause

harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

## **ICC RSS-Gen Statement**

This Device complies with Industry Canada License-exempt RSS standard(s). Operation is subject to the following two conditions: 1) this device may not cause interference, and 2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.