

Frequently Asked Questions

Bellabee's Real Life Experience

Is Bellabee safe to use?

Yes. Bellabee uses PEMF technology which has been around for almost fifty years in the neuroscience and medicine fields with proven benefits. The electromagnetic pulses emitted are minute and low, making it safe for frequent and long-term use.

Can I use my mobile phone while using Bellabee?

Yes. But using apps with sound output such as answering a call or playing music will stop the Bellabee from running. We advise using a separate device for other activities while you are using the Bellabee.

Are there any side effects?

Usually, there are no side effects associated with the use of Bellabee. However, some might experience mild discomfort, headache, nausea/vomiting, and itching at the side. These are generally temporary and would go away after a few sessions.

What is the maximum number of session at a given time?

This is variable. More than 2-3 sessions every 24 hours are not recommended, unless advised by your therapist or physician. The total number of sessions can vary depending on the person, condition and response, but you can use it as often as needed while keeping in mind the above parameter.

What should I do if I experience any discomfort or adverse effects?

You can shorten the session time to 40 minutes (from the 60 minute default) or decrease the mobile device volume setting to 75% (from 100%). Doing this for first few sessions will usually counter the discomfort.

Does Bellabee require specialist supervision?

No. It can be used as a stand-alone device or in combination with other treatment methods.



**Sustainable
Well-Being
Via Established
Science.**



**Improved
Sleep**



**Reducing
Stress**



**Better
Concentration**

Bellabee is a wearable and portable device that uses Pulsed Electromagnetic Field technology (PEMF) to deliver improved well-being with long-lasting effects. PEMF has been used for almost 50 years in neuroscience and medicine with proven benefits, and is approved by FDA. Whether it is for better concentration, improved sleep, effective meditation or simply reducing anxiety or stress, Bellabee is easily reachable to train your brain for such results. Bellabee has also been known to help with and alleviate symptoms of various conditions such as depression, sleep disorders, Anxiety, Parkinson's, Alzheimer's, PTSD, autism and ADHD. Many studies have been done to show how PEMF therapy has helped in treating various mental conditions.



wearing Bellabee is like wearing headphones but, there will be:

- no sound
- no light
- no vibration.

In a form of a headband, Bellabee utilizes PEMF to send out signals that will train your brain waves to create patterns and frequencies that will match the brain activity you would like to experience. With regular use, Bellabee is teaching the brain about these new patterns. Over time, your brain will get used to creating these patterns and you might not need to use the Bellabee as often. The electromagnetic pulses emitted by Bellabee are low and non-intrusive.



How to Use?

As a wearable device, Bellabee can be used as a stand-alone at the comfort of your home or wherever you are, even at work. With the pre-set modes available, you can use Bellabee to manage stress, stay focused, have a good night's sleep, and thus achieving a healthy well-being. All you need to do are:

Download the Bellabee App onto your mobile phone or tablet



Connect the Bellabee to your mobile phone or tablet



Wear the Bellabee by placing the band at the lower back of your head, where the Cerebellum is situated (just above your neck)



Select the program or mode you wish to use, and set the volume to maximum



Press start and sit back while Bellabee is at work



Soon after you start your program, you will become calmer, less tensed, more focused and more meditative. In fact, clinical tests have revealed changes in brain activity in under 3 minutes.