

# Depression Therapy - Quick Start Guide



To ensure safe and effective use, please read the complete user manual.

## 1. Prepare ComfoCap

Caps are available in sizes: Small, Medium, and Large.



Place electrode cups inside the cap.

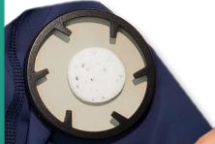


Connect cables to matching colors through the outside.



## 2. Soak pads with 0.9% NaCl

Place new pad into electrode frame.



10–15 ml per pad



Pads will expand to fill the whole frame in 1 min.



## 3. Place ComfoCap

Ensure that **red** cable is on your **left side**.



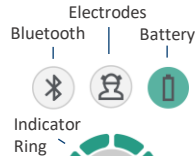
Align the lower edge of cap over the eyebrows.

Align the middle seam in line with nose.

## 4. Start treatment

Use **Sooma App** for simple on-screen prompts.

1. Press button for 1 sec to power on the device.



2. The ring will show availability:



**Bluetooth LED**

- Not connected
- Connected

3. Insert cable and press button to measure contact quality:



4. Start when ring is **Green** by pressing the button.

5. During treatment



**Blue** light will show progress.

6. Once treatment is complete, the device will power off.

## 5. After treatment

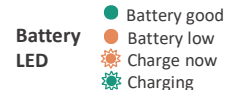
Throw away used pads. Rinse the electrodes. Wipe dry.



Hand-wash and air-dry cap.



Charge the device using the provided charger.



**Download the Sooma App** for easy on-screen guidance, surveys, and treatment reminders.



## Troubleshooting

1. **Dry/hard spots on pad.** Press gently on the hard spots with your finger. If the hard spots don't go away, replace the pad with a new one.
2. **Pad falls out when putting the cap on the head.** Ensure that the pad has expanded to cover the electrode before putting on the cap. Remove the cap and place the pad back in the cup. If pads break, replace them.
3. **Electrode contact is poor.** Gently press the cup to release saline. Tilt your head while pressing the cup to prevent saline leaking. If indicator ring remains fully orange and contact does not improve when pressing the cup, check connections and cables for damage.
4. **Stimulation sensation is intense.** Carefully press the cup to release more saline. Pause the stimulation if discomfort continues.
5. **Device indicates no treatments available.** Connect device to the Sooma App to automatically download the next treatments from your schedule. If there are no scheduled treatments, contact your physician.
6. **Saline leaks from the pads.** Do not use more than 15 ml of saline per pad. Use paper towel to dry excess saline from pad. Wipe away any leaks that occur during treatment.

## Contraindications

Devices or metal objects on or inside the skull

Acute eczema or broken skin in the stimulation area

## Before use

**Inspect skin condition** The skin under the stimulation area should be healthy and clean. Take off metallic objects near the electrodes before starting a session.

**The pads are for single use only.** Reuse may cause reduced conductivity and microbial growth.

**Ensure that the system and accessories are clean, intact, and functional.** Replace electrode if surface is broken. Replace the cables if frayed or insulation is cracked. The system should not be used if signs of external damage or improper function are found.

The head cap fabric can stretch after recurrent washing. Replace head cap and all accessories after 3 months of daily use. **Only use components and accessories indicated suitable by Sooma as replacements.**

## Cleaning after use

1. Discard used pads. You may use the ordinary trash bin.
2. Wipe all sides of the device and cables with a disinfectant wipe. When applicable, also wipe the carry case.
3. Rinse the electrodes with warm running water and dry with a paper towel.
4. Hand-wash the head cap with warm running water and air dry.
5. Let the electrodes and the head cap dry completely before next session.

Insufficient cleaning may decrease the lifetime of the device and reusable accessories.

### Cleaning between patients

Hand-wash or machine-wash cap with detergent in 40°C synthetic fabrics program. Wipe device, electrodes, cables, and case with a disinfectant wipe — do not use detergent.