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Mystim MY46000

Mystim Tension Lover E-Stim Power Unit User Manual

Model: MY46000 | Brand: Mystim

Introduction

The Mystim Tension Lover is an E-Stim power unit designed to provide a range of stimulation experiences, from gentle prickling to rhythmic pulsations. This device offers versatile settings to suit individual preferences. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Tension Lover unit.

Important Safety Information

Please read all safety warnings and instructions carefully before using the Mystim Tension Lover. Failure to do so may result in injury or damage to the device.

- **Age Restriction:** This product is intended for use by individuals 18 years of age or older.
- **Medical Conditions:** Consult a healthcare professional before use if you have any medical conditions, including but not limited to heart conditions, epilepsy, pacemakers, or if you are pregnant.
- **Skin Irritation:** Discontinue use immediately if you experience any skin irritation, redness, or discomfort.
- **Electrode Placement:** Do not place electrodes on the head, neck, chest, or over open wounds or irritated skin.
- **Water Exposure:** Do not use the device in or near water.
- **Cleaning:** Clean electrodes and the device according to the maintenance instructions to prevent infection.

Package Contents

Verify that all items are present in your Mystim Tension Lover package:

- 1 x Tension Lover Digital Nerv Simulator Unit
- Self-adhesive electrodes (quantity may vary based on version)
- Connection cables
- 1 x D battery (included)
- User Manual



Image: Complete Mystim Tension Lover package contents, including the main unit, electrodes, cables, battery, and manual, all neatly arranged within the carrying case.

Product Overview

The Mystim Tension Lover features a compact design with an intuitive interface for easy operation.





Image: Front view of the Mystim Tension Lover unit, highlighting the digital display and the six control buttons (Mode, Time, Width, Rate).

Key Components:

- **Digital Display:** Shows current settings such as time, pulse width, and frequency.
- **Control Buttons:**
  - **MODE:** Selects different pre-installed programs.
  - **TIME:** Adjusts the duration of the session.
  - **WIDTH:** Controls the pulse width (in microseconds).
  - **RATE:** Adjusts the pulse rate/frequency (in Hz).
- **Intensity Dials:** Two rotary dials at the top for adjusting the intensity of each channel (CH1 and CH2) independently.
- **Electrode Ports:** Two ports for connecting electrode cables.



Image: The Mystim Tension Lover unit shown with its physical dimensions: 128.0 mm (5.0 inch) height, 70.0 mm (2.8 inch) width, and 26.0 mm (1.0 inch) depth. The total height with battery compartment is 163.0 mm (6.4 inch).

Setup

1. Battery Installation:

1. Locate the battery compartment on the back of the unit.
2. Open the compartment cover.
3. Insert one D battery, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

2. Connecting Electrodes:

1. Connect the electrode cables to the output ports (CH1 and CH2) at the top of the Tension Lover unit.
2. Attach the self-adhesive electrodes to the other end of the cables. Ensure a secure connection.
3. Peel the protective film from the electrodes and apply them to clean, dry skin in the desired area.



Image: A close-up view of the self-adhesive electrodes, showing their square shape and the Mystim logo pattern. These electrodes are designed for repeated use but have a shorter lifespan than silicone electrodes.

Operating Instructions

1. Power On/Off:

- To turn on the device, rotate either intensity dial (CH1 or CH2) clockwise from the 'OFF' position. The display will illuminate.
- To turn off the device, rotate both intensity dials counter-clockwise to the 'OFF' position.

2. Selecting a Program (MODE):

- Press the **MODE** button to cycle through the 7 pre-installed programs. Each program offers a unique stimulation pattern.
- Observe the display to see the program number or name.

3. Adjusting Session Time (TIME):

- Press the **TIME** button to adjust the duration of your session. The time will be displayed in minutes.

4. Adjusting Pulse Width (WIDTH):

- Press the **WIDTH** button to change the pulse width, measured in microseconds (µs). This affects the sensation of the stimulation.

5. Adjusting Pulse Rate (RATE):

- Press the **RATE** button to change the pulse rate or frequency, measured in Hertz (Hz). This controls how quickly the pulses are delivered.

6. Adjusting Intensity:

- Slowly turn the CH1 and CH2 intensity dials clockwise to increase the stimulation intensity for each channel.
- Turn the dials counter-clockwise to decrease intensity.
- Always start with the lowest intensity and gradually increase to a comfortable level.

Maintenance

Cleaning the Unit:

- Wipe the main unit with a soft, damp cloth. Do not submerge in water or use abrasive cleaners.
- Ensure the unit is completely dry before storage.

Cleaning Electrodes:

- For self-adhesive electrodes, gently wipe the adhesive surface with a damp cloth after each use to remove any skin oils or debris. Allow to air dry.
- Store electrodes on their protective film in a cool, dry place to prolong their lifespan.
- Replace electrodes when they lose their adhesiveness or if they show signs of wear.

Battery Care:

- Remove the battery if the device will not be used for an extended period to prevent leakage.
- Dispose of used batteries responsibly according to local regulations.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Battery is dead or incorrectly inserted.	Check battery polarity. Replace with a new D battery.
No sensation or weak sensation.	Electrodes not properly attached, worn out electrodes, or low intensity setting.	Ensure electrodes are firmly attached to clean skin. Replace old electrodes. Slowly increase intensity using the dials. Check cable connections.
Sensation is uncomfortable or stinging.	Intensity too high, electrodes not fully adhered, or dry skin.	Decrease intensity. Ensure electrodes are fully adhered. Apply a small amount of conductive gel if skin is very dry (ensure gel is compatible with electrodes).
Display is blank or flickering.	Low battery.	Replace the D battery.

Specifications

Feature	Detail
Model Name	Mystim Tension Lover E-Stim Power Unit with Electrodes, Black
Item Model Number	MY46000
Brand	Mystim
Product Dimensions	7 x 2.6 x 12.8 cm (453.59 g)
Power Source	1 x D battery (included)
Channels	2 (for simultaneous use of 2 toys/electrode pairs)
Pre-installed Programmes	7
Material	Plastic (Unit), Medical Aluminium (Internal components)
Colour	Black
Country of Origin	Germany

Warranty and Support

For warranty information or technical support, please refer to the official Mystim website or contact their customer service directly. Keep your proof of purchase for any warranty claims.
Mystim Official Website: www.mystim.com

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