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## MUSE Muse 2

# MUSE 2: The Brain Sensing Headband - User Manual

Model: Muse 2 (MU-03-GY-ML)

## INTRODUCTION

The Muse 2 Brain Sensing Headband is an advanced biofeedback device designed to enhance your meditation and mindfulness practice. By providing real-time feedback on your brain activity, heart rate, breath, and body movements, Muse 2 helps you learn to focus, relax, and achieve a deeper state of calm. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Muse 2 device.



The Muse 2 headband, shown in its sleek black and grey design.

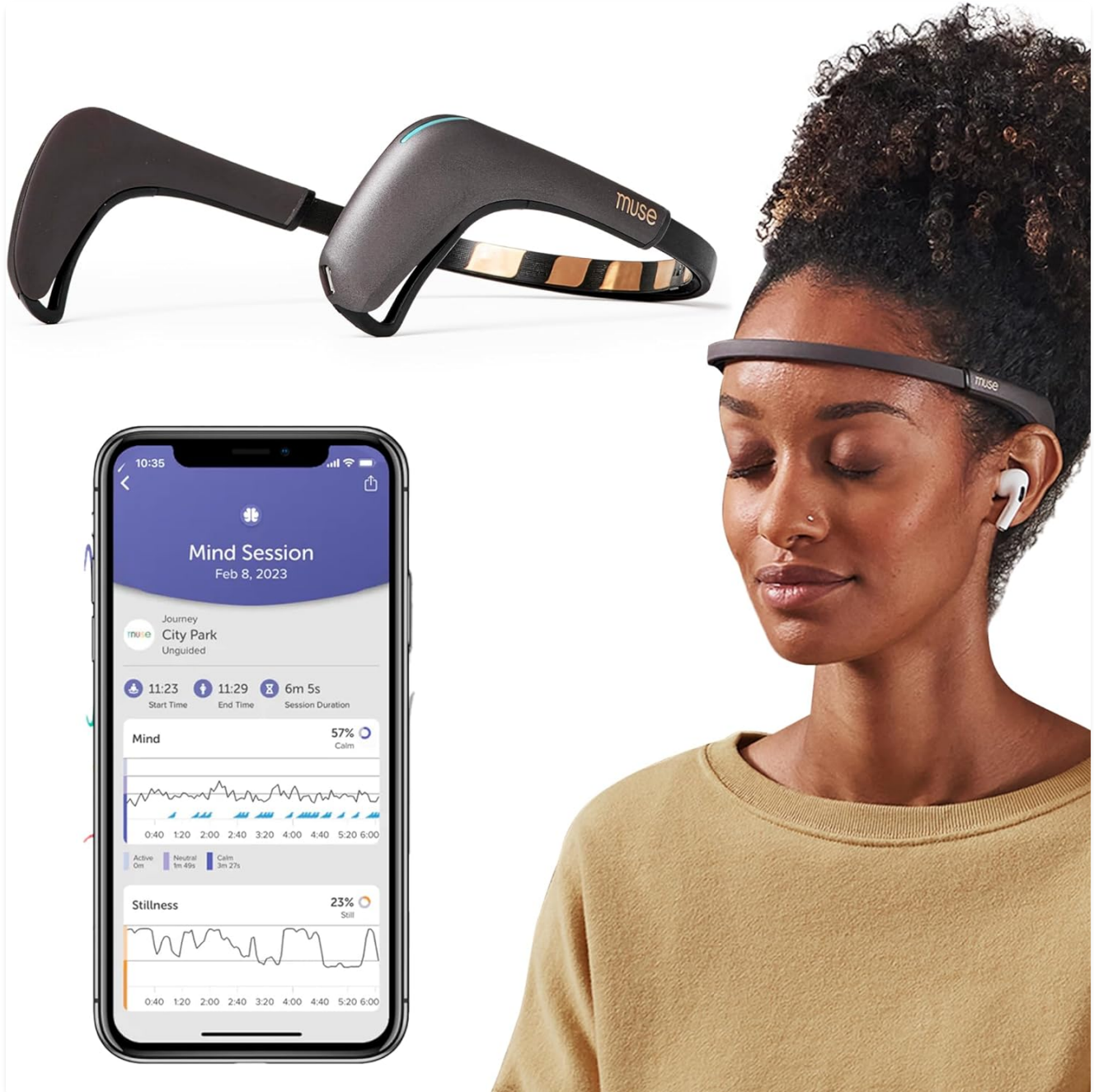
## SETUP

To begin using your Muse 2 headband, follow these steps:

1. **Charge the Device:** Before first use, fully charge your Muse 2 headband using the provided Micro USB cable. The LED indicator will show charging status.
2. **Download the Muse App:** Install the official Muse app on your compatible smartphone or tablet (iOS 12.2 or higher, Android 8 or higher). Huawei devices are not supported.
3. **Pair via Bluetooth:** Turn on your Muse 2 headband. Open the Muse app and follow the on-screen instructions to pair

your device via Bluetooth. Ensure Bluetooth is enabled on your mobile device.

4. **Fit the Headband:** Place the Muse 2 headband on your head with the sensors making good contact with your forehead and behind your ears. Adjust for a comfortable and secure fit.
5. **Calibration:** The app will guide you through a quick calibration process to ensure optimal sensor connection before each session.



The Muse 2 headband alongside a smartphone displaying the Muse app interface, showing a 'Mind Session' with progress tracking.

## OPERATING INSTRUCTIONS

The Muse 2 offers various biofeedback experiences to guide your meditation practice:

- **Mind Biofeedback (EEG):** This mode uses EEG sensors to detect your brain activity. When your mind is calm, you'll hear peaceful sounds (e.g., birds chirping). When your mind wanders, the sounds will become more active (e.g., stormy weather), guiding you back to a calm state.

- **Heart Biofeedback (PPG+ Pulse Oximetry):** Focus on your heart rate. The app provides real-time audio feedback based on your heart's rhythm, helping you learn to slow it down and achieve a state of relaxation.
- **Body Biofeedback (Accelerometer):** This mode tracks your stillness. Gentle chimes will guide you to maintain a stable and grounded posture during your meditation.
- **Breath Biofeedback (PPG+ Gyroscope):** Learn to control your breathing. The app responds to your breathing rhythms, helping you pace your breath to either energize or relax your mind and body.

After each session, the Muse app provides detailed reports on your performance, allowing you to track progress, set goals, and deepen your practice over time.

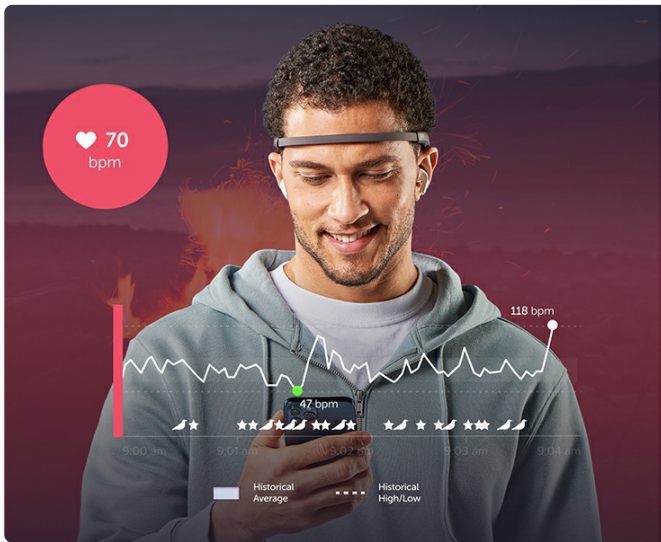
## Your personal brain coach.

Muse 2 tracks your brain activity to help reduce stress, improve mood, and cultivate peace of mind.



A man adjusting the Muse 2 headband on his head, demonstrating its comfortable fit.

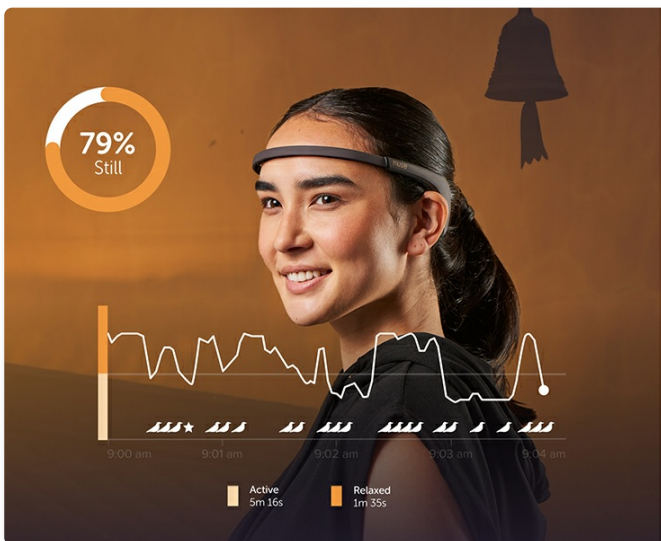




## PPG+ Pulse Oximetry Heart Biofeedback

- **Turn anxious into energized:** Learn how to slow down your heart rate to optimize performance and reduce stress.
- Your ability to synchronize your heartbeat can help you find stillness and calm.

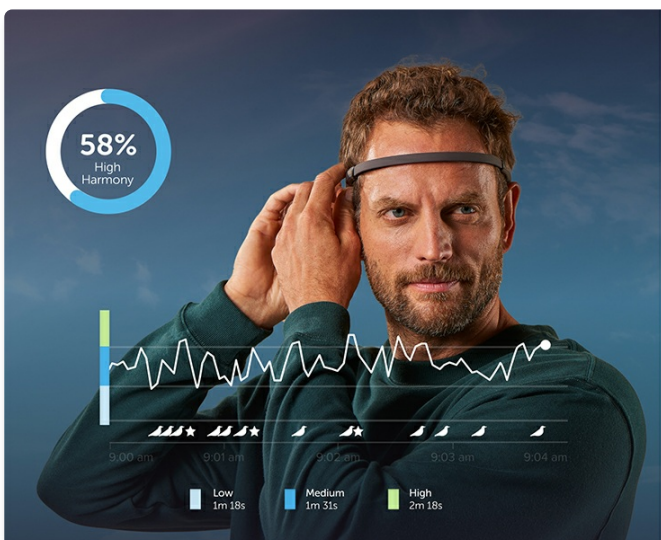
A woman wearing the Muse 2 headband, with a graphic illustrating EEG Mind Biofeedback, which translates mental activity into guiding sounds to help focus and calm the mind.



## Accelerometer Body Biofeedback

- **Relax your restlessness:** Learn the art of stillness to support a grounded and centered practice.
- Let the sound of gentle wind chimes guide you as you adjust into a grounded and balanced position.

A man wearing the Muse 2 headband, with a graphic illustrating PPG+ Pulse Oximetry Heart Biofeedback, showing how to slow down heart rate for stress reduction and performance optimization.

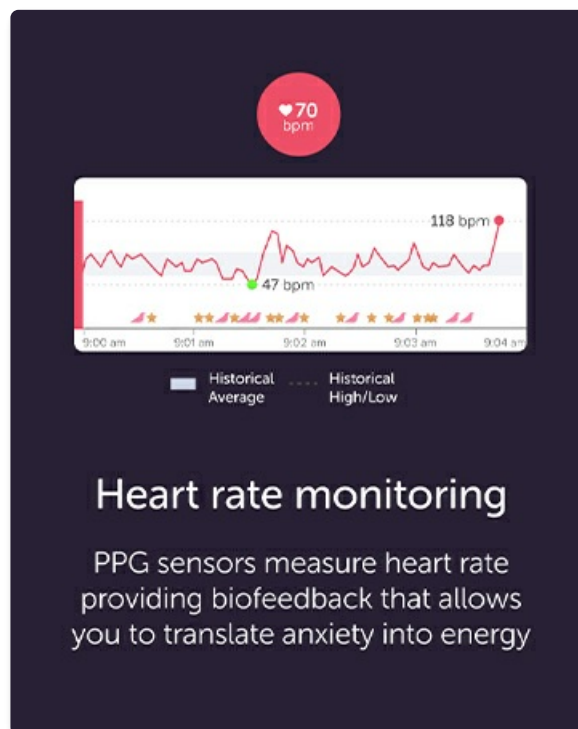


## PPG+ Gyroscope Breath Biofeedback

- **Build confidence & control:** Learn how to pace your breath to either energize or relax your mind and body.
- Discover how your breath can be a powerful tool to gain confidence, fight stress, or build energy.

Guided ambient music responds to your breathing rhythm.

A woman wearing the Muse 2 headband, with a graphic illustrating Accelerometer Body Biofeedback, guiding users to stillness with gentle wind chimes.



A detailed graph from the Muse app illustrating breath detection, showing how the accelerometer measures breathing rhythms to help pace for energy or relaxation.

## MAINTENANCE

Proper care and maintenance will extend the life of your Muse 2 headband:

- **Cleaning:** Gently wipe the sensors and the headband with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store your Muse 2 in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided protective case when not in use to prevent damage.
- **Battery Care:** For optimal battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.



The Muse 2 headband stored in its protective grey carrying case, demonstrating proper storage for maintenance.

## TROUBLESHOOTING

If you encounter issues with your Muse 2 headband, try the following solutions:

- **No Signal/Poor Connection:** Ensure the headband sensors are making good contact with your skin. Try adjusting the headband's position. Clean the sensors if necessary. Ensure your mobile device's Bluetooth is on and the headband is charged.
- **App Not Connecting:** Restart both the Muse 2 headband and your mobile device. Close and reopen the Muse app. Forget the device in your Bluetooth settings and re-pair.
- **Battery Draining Quickly:** Ensure the headband is fully charged before use. Close the Muse app when not in use. Reduce background app activity on your mobile device.
- **Inaccurate Readings:** Ensure the headband is worn correctly and sensors are clean. Avoid excessive movement during sessions.

For more detailed troubleshooting or persistent issues, please refer to the official Muse User Manual PDF or contact customer support.

## SPECIFICATIONS

|              |             |
|--------------|-------------|
| Brand        | MUSE        |
| Model Name   | Muse 2      |
| Model Number | MU-03-GY-ML |




|                    |  |
|--------------------|--|
| Material           | Plastic  |
| Color              | Black/Grey   |
| Product Dimensions | 6.1"L x 4.84"W x 2.44"H  |
| Item Weight        | 0.2 Kilograms  |
| Battery Life       | 8 Hours  |
| Sensor Type        | EEG  |
| Compatible Devices | Muse App Compatibility (iOS 12.2, Android 8 or higher, Huawei devices not supported) |
| UPC                | 629230310316   |




### WARRANTY AND SUPPORT

Your Muse 2 Brain Sensing Headband comes with a Limited 1 Year Warranty from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or additional information, please visit the official Muse website or refer to the comprehensive [User Manual \(PDF\)](#).

### Related Documents - Muse 2

|   |  |
|---|--|
|  | <p><a href="#">Muse Headband: Technical Specifications, Validation, and Research Use</a></p> <p>Comprehensive technical specifications, validation data, and research applications for the Muse brain sensing headband. Learn about its use in consumer meditation and advanced scientific research, including its features, compatibility, and data analysis tools.</p> |
|  | <p><a href="#">MUSE M-238 BC Bone Conduction Earphones with MP3 Player - User Manual</a></p> <p>User manual for the MUSE M-238 BC bone conduction earphones with built-in MP3 player. Learn about setup, operation, Bluetooth pairing, charging, specifications, and safety warnings.</p>  |
|  | <p><a href="#">Muse M-056 AG/SC/VB Portable Radio User Manual</a></p> <p>User manual for the Muse M-056 AG, M-056 SC, and M-056 VB portable radio. Provides instructions on operation, controls, power supply, radio tuning, auxiliary input, technical specifications, and safety guidelines.</p>   |

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|   | <p><a href="#"><u>MUSE M-35 BT User Manual: Portable CD/MP3 Player with Bluetooth &amp; USB</u></a></p> <p>Comprehensive user manual for the MUSE M-35 BT portable radio, CD, and MP3 player. Learn how to use Bluetooth, USB playback, FM radio, and all features of this versatile audio device.</p>  |
|  | <p><a href="#"><u>MUSE MT-120 MB Turntable Micro System User Manual</u></a></p> <p>Comprehensive user manual for the MUSE MT-120 MB Turntable Micro System. Learn how to set up, operate, and enjoy features like the turntable, CD player, USB playback, Bluetooth connectivity, and FM radio. Includes safety instructions and maintenance tips.</p>                                |
|  | <p><a href="#"><u>MUSE M-199 DAB Autoradio User Manual - DAB+/FM, Bluetooth, USB/SD</u></a></p> <p>This user manual provides comprehensive instructions for the MUSE M-199 DAB car radio. Discover how to install, operate, and utilize its advanced features, including DAB+/FM radio reception, Bluetooth connectivity, USB/SD media playback, and essential safety guidelines.</p> |