

FINDING YOUR SWEET SPOT WITH CEFALY

CEFALY®

WHAT IS YOUR CEFALY SWEET SPOT?

Your sweet spot is the precise level of stimulation that is both comfortable and effective in treating and preventing migraine.

- When treatment is comfortable, it means that the stimulation on your forehead is noticeable but not painful.
- Your sweet-spot intensity may increase as you become accustomed to the sensation of CEFALY.
- You may have different sweet spots for the ACUTE and PREVENT treatment modes.



ACUTE TREATMENT



PREVENT TREATMENT

HOW DO YOU FIND YOUR SWEET SPOT?

- Pair your CEFALY with the CeCe app (if you have CEFALY Connected.)
- Begin treatment. The stimulation intensity will slowly increase over the first 14 minutes.
- Pay attention to how the stimulation feels.
 - Do you feel a gentle tingling, prickling, or vibrating sensation? This is how CEFALY should feel when you're at or approaching your sweet spot.
 - Do you feel prolonged eyelid or eyebrow twitching? This may mean that your electrode is in the wrong place, or the stimulation level is too high. Stop the treatment, adjust the electrode, and begin your treatment again.
 - If the sensation becomes too strong, stop the treatment and begin again. Using CEFALY should never be painful.
- When you reach a point where the treatment is both comfortable and noticeable and you don't want to go higher, press the device button one time or press stabilize in the app.
- Ramping will stop and the intensity will stabilize. This is your sweet spot!
- Remember...your sweet spot might be different for ACUTE and PREVENT modes and could change over time.

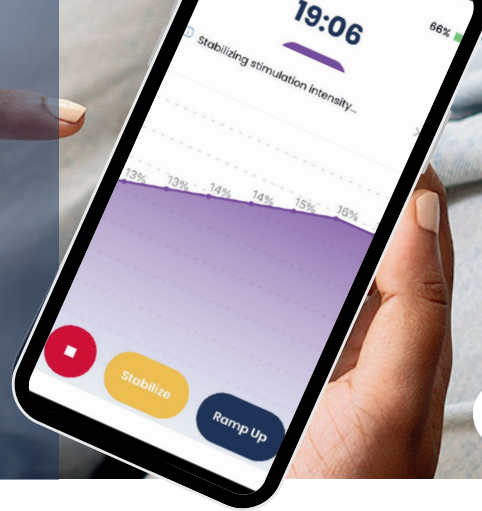
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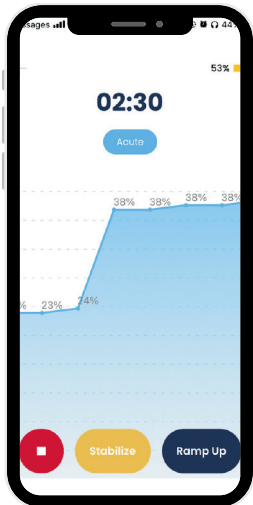
[cefaly.com](https://www.cefaly.com)



RECORDING AND ADJUSTING YOUR CEFALY SWEET SPOT

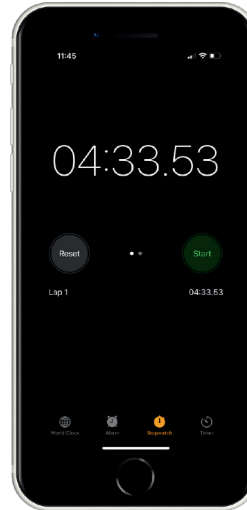


CEFALY®



Have the Bluetooth-enabled CEFALY Connected? Find your sweet spot with the CeCe Migraine Management app.

- Pair your CEFALY Connected with the CeCe app.
- Once treatment starts, you will see the stimulation intensity increase.
- Press **Stabilize** anytime in the first 14 minutes when the stimulation feels noticeable and comfortable. Note the percentage — that's your sweet spot.



Don't want to use the CeCe app during your CEFALY treatment? You can also use the timer on your phone.

- Start the timer when you begin treatment.
- When you find your sweet spot, stop the timer. Note the time, so you can stabilize the intensity at that point in later treatment sessions.
- Remember, your time might be different for ACUTE and PREVENT treatment modes.

PRO TIPS

- To increase the intensity, tap the **Ramp Up** button in the app to increase the stimulation by about 1%.
 - Or, hold down the device button. Start slow, holding it down for only a couple of seconds. As soon as you release the device button, the intensity will stabilize at the new level.
 - You may repeat this process to increase the intensity again.
- If treatment is ever painful, take off the device and restart your treatment.