

## tVNS Auricular Electrodes: Assembly Guide

### Items needed:

2x Body Clock auricular clips

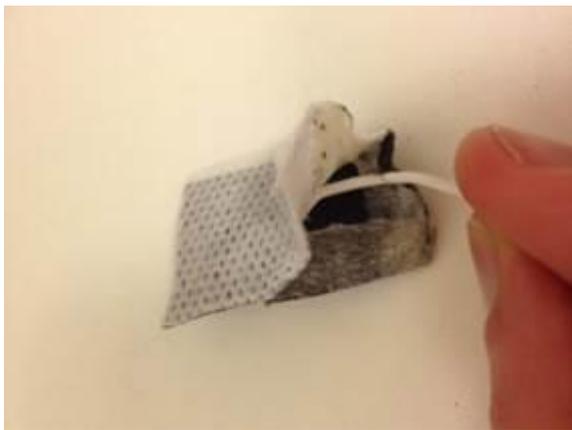
2x adhesive electrode pads

Scissors

Tape e.g. autoclave/masking tape

Body Clock V-TENS machine + 2x output channel leads (black)

1. Cut up an adhesive electrode pad leaving the central part of it intact. Peel the two layers of the pad apart.



2. Once you've peeled them completely apart you should see something like this: black carbon fibres still attached to the non-conductive side of the pad.



3. Carefully peel away the carbon fibres and the lead attached to them from the rest of the electrode so you're left with something like this.



4. Now place the isolated fibres and their lead on the flat side of the auricular clip.



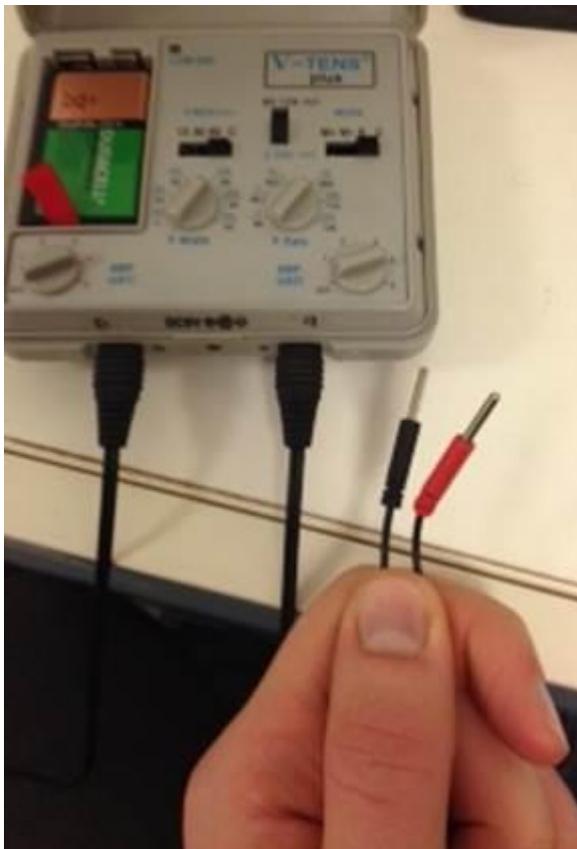
5. Wrap the masking tape around the electrode lead to secure it to the auricular clip. Make sure that the carbon fibres are fully exposed.



6. The carbon fibres will stick out a bit beyond the auricular clip: take a small strip of masking tape and carefully tape the fibres to the back of the auricular clip.



7. Attach the leads of the auricular clip to the V-TENS machine. The V-TENS should have two separate black leads that plug into the two output channels on the device (as shown). Each of these leads has a black and a red end which you use to attach to one auricular clip.



8. The auricular clip's white lead attaches to red end and then the black end inserts into the built-in electrode of the auricular clip.

