NEURABLE



Neurable One User Manual

EEG-enabled noise-canceling headphones and the app that shows you your own patterns.

Neurable One is a consumer wellness product. It is not a medical device and is not intended to diagnose, treat, or monitor any condition.

Welcome to Neurable One

Neurable One is a pair of headphones you can wear all day. Sensors in the ear pads read EEG (the small electrical signals your brain produces), and the app shows you what they mean for your own day.

How it works

The system runs a loop at 3 speeds. You track your brain, get feedback from the app, and check whether a change you made shows up in your data.

Seconds	Live biofeedback. During a Focus session, the audio responds as your attention drifts.
Hours	Check-in. A 1-minute reading before and after something in your day changes.
Weeks, months, years	Your long-term record. Metrics such as Brain Age settle as the data builds up.

In the box



- Neurable One headphones
- Carry pouch
- USB-C cable
- 3.5 mm audio cable

Set up and pairing

1 **Install the app**
Neurable One works with iPhone and Android. Download Neurable One from the App Store or Google Play. The MW75 Neuro app, made for the MW75 Neuro headphones, does not work with Neurable One.

2 **Power on**
Hold the power button for 2 seconds. The headphones are already in pairing mode the first time you switch them on.

3 **Open the app**
Tap to start and allow Bluetooth access when the app asks. Choose "Yes, set up my Neurable One", sign in, and review the data consent screen.

4 **Let the app find your headphones**
Keep them powered on and close by. When your phone asks to pair with Neurable One, tap Pair. Do not pair in your phone's Bluetooth settings first.

5 **Put them on**
When the app says it found them, put the headphones on with the ear cushions flat against your head. The sensors wake up once they are on, and then you can continue.

Pair again, or add a second device
With the headphones powered on, double click the power button to enter pairing mode. Then select Neurable One in your device's Bluetooth settings.

After you pair a second device, power cycle the headphones. Power them off, then back on.



Controls and indicators



LEFT EARCUP

ANC button	Press to cycle between Active Noise Canceling, Ambient Listening On and Ambient Listening Off.
Indicator light	Lit when on or connected to 1 or more devices. Pulses when pairing.
Power button	Hold 2 seconds or more to power on or off. Double click for pairing mode.

RIGHT EARCUP

Volume up	Press to raise the volume.
Multi-function	1 press: play, pause, answer or end a call. 2 presses: skip forward. 3 presses: skip back. Hold for your voice assistant.
Volume down	Press to lower the volume.
Battery light	Green is high, amber is medium, red is low.
USB-C port	Charging.

Fit and your first Check-in

The EEG sensors are woven into the ear pads, so signal quality follows contact. Before every Check-in:

- Place the ear pads flat against your ears.
- Move any hair out of the way.
- Sit still with your eyes closed.



The Check-In

A Check-in is a guided reading that takes about 1 minute with your eyes closed. Do one each time you put the headphones on and open the app. The more you take, the better your data gets.

The Check-in calibrates Brain Age, Brain Battery and Speed. It also takes the fresh reading of APF, Sleepiness, Stress, Load and Focus that the rest of your day is compared against. Skip it and most of the app has nothing to work with.

> Jaw movement, talking and walking all land in the same recording as your brain signal. A minute of stillness is worth more than a minute of multitasking.

If the app tells you the signal was poor, adjust the fit and redo the Check-in.



The 8 measurements

Neurable One measures signal patterns associated with attention, fatigue and effort. It reports them against your own earlier readings, not an average.

ACROSS THE TOP OF HOME. CALIBRATED BY THE CHECK-IN

Brain Age	Your brain's age against your real age. The app shows it after 7 days of wear. It moves a lot early on, then settles and gets more accurate once you have about a month of data.
Brain Battery	What you have left in reserve. It updates through the day.
Speed	How quickly you are processing.

IN THE LIST. EACH COMPARED WITH YOUR PREVIOUS READING

APF	Alpha Peak Frequency. The frequency of your strongest resting rhythm, captured during the eyes-closed Check-in and reported in hertz. Think of it as the HRV of brain data. It is stable day to day and more interesting over months.
Sleepiness	How far you are drifting toward sleep. It rises through the day and after poor sleep. It is the easiest one to check against your own experience.
Stress	The signal pattern associated with stress, not the feeling itself.
Load	How hard your brain is working. High load on an easy task is worth noticing.
Focus	How engaged your attention is right now. It moves with task difficulty, interest and fatigue.

Reading the numbers

The faint figure to the left of each number is your previous reading.

A dash instead of a number means the data was not clean enough to report. That is deliberate. A dash is not a zero.

Sessions , games and reports

Focus session

Focus tracks your attention while you work, against your own baseline. Run it during real work. The audio nudges only make sense against work you care about.

1. **Begin session**
   Choose a type and a length.
2. **Deep work**
   A live focus score. Audio cues tell you when attention starts to slip.
3. **Brain break**
   Smart breaks arrive when the signal says your brain is tiring, usually before you feel it.



> **Boosted** on your Focus graph marks a stretch where your attention was drifting, an audio nudge arrived and focus came back.

Train

Short games grouped by what they ask of you. Each is scored against your own previous score.

Reports

Weekly and monthly reports. You earn them through consistent Check-ins. If the data is thin, the report says so instead of filling the gap.

Features that unlock as rewards

Focus is available from day 1. Meditate and Nap sessions, extra playlists and most games unlock as rewards over your first weeks of use. Locked features are expected at first.

Everyday headphone use

You can wear Neurable One all day as your normal headphones.

Noise control

Press the ANC button on the left earcup to switch between Active Noise Canceling, Ambient Listening On and Ambient Listening Off. Use ambient listening when someone talks to you and you would rather not take the headphones off.

2 devices at once

Pair the headphones to your computer and your phone at the same time. A Focus session keeps recording through a call, a video or your own music. Turn the app's own audio off while you do this.



Battery and charging

Battery life	22 hours of audio. 12 hours with EEG running.
Charging	USB-C. 15 minutes gives 2 hours.
EEG recording	Switches off below 20% battery, and while the headphones are charging or otherwise plugged in. Audio keeps working.
Battery light	Green is high, amber is medium, red is low.

Sharing your headphones

Two people can share a headset. Each person uses their own Neurable One account, ideally on their own phone.

> Do not share 1 account. The app blends both people's readings, so your numbers stop reflecting you.

Tips for good readings

Check in often	Every time you put the headphones on and open the app, not only once in the morning.
Get the fit right	Ear pads flat against your ears, hair out of the way. Redo the Check-in if the app reports a poor signal.
Stay still	The Check-in is a resting measurement. Eyes closed, no talking, no walking.
Work inside a session	Run Focus during real work to get live feedback on how your attention is holding.
Note what matters	A short night, a second coffee, a meeting that wrecked the afternoon. Notes turn "the number moved" into "the number moved on 4 hours of sleep."
Change one thing at a time	Check in before and after a single change, such as caffeine on 2 days and none on 2 others, and see your own pattern.

What is normal

Sparse data early	There is no baseline yet. It fills in as you check in.
A dash for a number	The signal was not clean enough. Adjust the fit and check in again.
Brain Age moving around	The app shows it after 7 days of wear. It then settles over months.
Locked features	Sessions, playlists and games unlock as you use the product.
EEG off	Below 20% battery or while charging. This is by design.

When to contact us

Write to support@neurable.com if the app reports a clean signal and your numbers still look wrong, if the app crashes, hangs or loses a session, or if you have audio problems. Include what you were doing and when it happened.

Your data and what we claim

What Neurable One does not do

EEG reads electrical activity at the surface. It does not read thoughts, intentions, words, images, or mood.

We measure signal patterns associated with attention, fatigue and effort. We report what we measured against what you measured before. We do not tell you what it means about you.

> Neurable One does not diagnose, treat, or monitor any condition. It is not a medical device and it is not a substitute for one.

Where your data lives

We do not sell brain data, and we do not use it for advertising.

Recordings are processed and stored on Neurable's servers, which is how we can pull a session when you report a problem. The metrics computed from them are held on your device. Deleting the app clears the numbers but not the underlying recordings.

You can ask us to delete your data. Write to support@neurable.com.

Specifications

SENSING

EEG sensors	12, woven into the ear pads
Sites	Around-ear, 6 per side
Resolution	16-bit
Bandwidth	125 Hz, DC coupled
Other sensors	6-axis IMU, IR proximity

AUDIO

Drivers	40 mm beryllium
Noise control	Active noise canceling and ambient listening
Microphones	6
Bluetooth	5.2, AAC and aptX

POWER AND BODY

Battery	22 hours of audio, 12 with EEG running
Charging	USB-C. 15 minutes gives 2 hours
Weight	345 g (12 oz)
Folded size	200 × 195 mm
Color	Black
Materials	Vegan leather headband, anodized aluminum, nylon ear pads with woven EEG sensors

SUPPORT

Warranty	1 year, manufacturing defects
App	iOS and Android
Contact	support@neurable.com



Neurable Inc. Boston, Massachusetts.

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