CE RoHS

CoZing®

PBMT HELMET

Operating Instruction



COZING-C320/C320-1/
C320-2/C320-3/C400/C550

Thank you for choosing PBMT helmet. We are committed to providing you with high-quality products that promote health and wellness. We are dedicated to ensuring your satisfaction with both the quality and performance of this product and strive to offer exceptional customer service. Our mission is to continue to explore innovative solutions for PBMT helmet, helping individuals achieve their optimal health.

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I Product Description

brain rehab. Helmet is a personal-use device that utilizes the principles and science of photobiomodulation (PBM) to stimulate brain healing. It delivers 810 nm near-infrared light (NIR) through adjustable LED modules and a comfortable helmet design.

The helmet's adjustable LED modules allow for targeted therapy of 12 specific areas affected by traumatic brain injury or brain diseases. The NIR light penetrates the scalp and stimulates cellular energy production, helping to reduce inflammation and regenerate damaged tissue.

therapy helmet is designed with user safety in mind. It features built-in safety mechanisms to prevent overexposure to NIR light, and is designed for optimal comfort during extended use.

The helmet offers adjustable settings, including frequency and treatment time, to cater to individual needs. The device offers a combination of continuous and pulsed mode treatment, with pulse rates ranging from 1 to 20000 Hz.

II Therapeutic Indications for Use

Selection Guide

If your concern is:

Memory, Mood, Brain Fog -> Choose COZING-C320 (810nm Cortical Activation Version)

Parkinson's, Movement Disorders, Deep Injury -> Choose COZING-320-1 (1050nm Deep Repair Version)

Both Cortex & Deep Regions Needed, Combined Issues -> Choose COZING-C320-2 (Balanced Dual-Wavelength Version)

Mid-to-Late Stage Degenerative Disease, Maximum Energy Coverage Needed -> Choose COZING-C400 (High-Power Dual-Wavelength Version)

Important Notes

Precautions:Non-Therapeutic Statement: This product is a photobiomodulation device designed to support cellular energy metabolism through specific wavelength irradiation. The described intended uses refer to health scenarios where the product may offer adjunctive support and do not replace medication or clinical treatment.

Individual Variation: Due to differences in individual constitution, age, and condition severity, results may vary. It is recommended to choose the appropriate model under the guidance of a physician.

Contraindications: Use with caution in pregnant women, individuals with photosensitive diseases, those taking photosensitizing medications, and those with acute eye diseases.

Detailed Intended Use Comparison Table

Model	Core Configuratio	Core Wavelength	Intended Use (Recommended Application Scenarios)
COZING-C320	320×810nm +24×660nm	CortiAScal Activation Specialist (810nm Gold Standard Wavelength)	Suitable for health scenarios related to improving cerebral cortex function: • Cognitive Enhancement: Helps improve inattention, memory decline, and brain fog. • Mood Regulation: Aids in alleviating anxiety and depression, enhancing emotional stability. • Mild Brain Injury Rehabilitation: Suitable for adjunctive rehabilitation of post-concussion sequelae (e.g., headache, dizziness).
COZING-320-1	320×1050nm +24×660nm	Deep Repair Specialist (1050nm NIR-II Deep Penetration)	Suitable for health scenarios requiring penetration to deep brain structures: • Movement Disorder Rehabilitation: Adjunctive intervention for limb stiffness, bradykinesia, and balance disorders caused by conditions like Parkinson's disease or Multiple Sclerosis. • Deep Brain Region Injury: Suitable for sequelae of deep stroke, arousal disorders, or reduced consciousness levels following severe traumatic brain injury. • Neurodegenerative Disease Support: Helps delay functional decline in deep nuclei such as the basal ganglia and hippocampus.
COZING-C320-2	160×810nm + 160×1050nm +24×660nm	Cortical & Deep Balance (810nm + 1050nm Balanced Dual-Wavelength)	Suitable for complex scenarios requiring simultaneous intervention in both the cerebral cortex and subcortical nuclei: •Combined Brain Injury Rehabilitation: Suitable for traumatic brain injury or ischemic stroke affecting both cortical and deep brain regions. •Widespread Neurological Decline: Suitable for neurological conditions presenting with both cognitive and motor impairments. • Whole-Brain Function Maintenance: Suitable for healthy individuals needing simultaneous improvement in memory (cortical) and motor coordination (deep).
COZING-C400	200×810nm + 200×1050nm + 36×660nm	High-Power Full Coverage (Cortical + Deep Dual-Wavelength, Highest Total Power)	Suitable for complex health conditions with higher energy demands requiring extensive whole-brain coverage: • Mid-to-Late Stage Neurodegenerative Diseases: Daily support for Alzheimer's disease or Parkinson's disease, helping delay cognitive and motor function decline. • Post-Acute Intensive Rehabilitation: Suitable for the phase requiring high energy to promote neuroplasticity after the acute phase of stroke or TBI (once condition is stable). • Refractory Cognitive & Motor Disorders: Suitable for individuals with severe cognitive impairment combined with motor dysfunction who respond poorly to conventional stimulation.

III Instructions for Use

I. Power Connection

Use the original adapter (18V/3A) and Type-C cable provided by our company.
Connect the adapter to a power socket, and connect the other end to the Type-Cinterfaceonthe helmet.

II. Selection and Control Mode

This product offers two control modes with different functions and permissions. Please chooseaccording to your treatment needs:

Mode 1: Manual Mode (Full Unit On)

Power On: Long press the power key on the helmet for 3 seconds. The left status LED will stay on,and the right signal LED will flash green.

Start Treatment: Click the power key again. All lasers and LEDs will activate simultaneouslyfor full-head treatment.

Characteristics: Simple operation, but cannot select treatment area, frequency, or intensity;uses default settings.

Mode 2: Remote Mode (Zonal & Precise Control)

Preparation & Pairing (Critical Step): Long press the helmet's power key for 3 seconds to power on.Ensure the right signal LED is flashing green. Long press the remote control's power key for 6 seconds to power it on.

After powering on, the remote control willautomatically attempt to connect to the helmet. Please wait3-6 seconds until you hear a "beep" prompt tone, indicating successful pairing between the remote and the helmet.

Important: During the pairing wait period, do not perform any operation on the remote control. Anybutton press may cause pairing failure.

Quick Operation Mode (First Interface after Successful Pairing): After successful pairing, you will enter the Remote Control Main Interface (the first operation screen).In this interface, you can directly use the quick keys.

Quick Key Functions:

B1 Key: One-touch access to beginner 1 mode

B2 Key (BEGINNER): One-touch access to beginner 2 mode

F Key: Enter Frequency Adjustment mode.

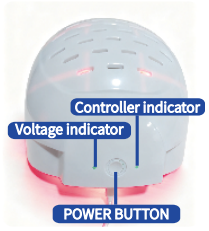
Short press > / < keys to increase or decrease by 1 Hz each time.

Along press > / < keys to increase or decrease by 10 Hz each time.

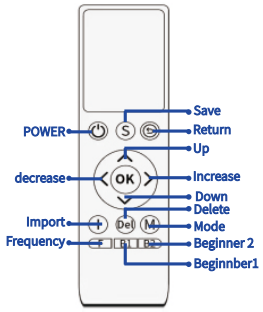
M Key: Toggle Output Mode. Press once for Pulse mode, press again to switch to Continuous mode,and so on.

Please Note: All quick keys (B1, B2, F, M) are only effective in the Remote Control Main

【Product image:】







Interface immediately after successful pairing. After entering other sub-menus, you must return to the Main I-nterface to use them.

Standard Treatment Process: Use the ∧/∨ keys to select the Treatment Zone (12 zones). Press OK to confirm.Set Time Power Intensity, and other parameters sequentially, pressing OK to confirm each step.

Press the ok key to begin treatment.

Saving and Recalling Personal Protocols:

Saving a Personal Protocol: While the laser is outputting, press the I key to enter the protocol storage interface.

Use the ∧/∨ keys to select an empty storage slot (e.g., PROTOCOL 1).

Press the S key. The screen will display "Saved", indicating that all current settings (including Zone,Time, Intensity, Frequency, Output Mode) have been successfully saved.

Recalling a Personal Protocol: In the Remote Control Main Interface, press the I key.Use the ∧/∨ keys to select a previously saved protocol (e.g., PROTOCOL 1Press the OK key to confirm. The device will automatically load all settings for that protocol.You just need to press the Start key to begin treatment.

Deleting a Personal Protocol: In the Remote Control Main Interface, press the I key to enter the saved protocol list.Use the ∧/∨ keys to select the erroneous or unwanted protocol you wish to delete.Press the DEL key. The protocol will be deleted immediately.

III. End of Treatment

The device will power off automatically,

or you can manually power it off by long-pressing the power key.

Disconnect the power and store the device in a dry, cool place.

IV TechnicalS pecifications

Treatment Zone Control Description

Treatment Zone Control:

Manual Mode: One-touch start, all light sources work simultaneously for full-head coverage.

Remote Mode: Precisely select any single or multiple zones from 12 brain regions via the remote controller for targeted irradiation. Suitable for rehabilitation scenarios requiring focused intervention on specific brain areas (e.g., prefrontal cortex, motor area, temporal lobe, etc.).

Precautions

Note:All models must use the original adapter (15V/3A) and Type-C cable.

This product does not contain a built-in lithium battery and must be connected to a power source during use.

For specific frequency recommendations, please refer to the [Phototherapy Frequency Guide].

Contraindications: Pregnant women, cancer patients, individuals with hemorrhagic diseases, photosensitive diseases, severe heart disease, etc.

【Maintenance and Storage】

Do got place the device in high temperature, humid, direct sunlight, strong

IV TechnicalS pecifications

magnetic fields, or

nearstrong microwavefields.

Clegn with a soft cloth. Do not use alcohol or chemical solvents.

Do got disassemble the device by yourself.

Store out of reach of children and pets.

【Package List】

Name	Quantity
main unit	1
Wireless Remote Controller	1
Suitcase	1
15V/3A Original Power Adapter	1
Type-CCable	1
User Manual	1

Technical Specifications Table

Parameter	COZING-C320	COZING-320-1	COZING-C320-2	COZING-C400
Product Name	Low-Level Laser Therapy Helmet	Low-Level Laser Therapy Helmet	Low-Level Laser Therapy Helmet	Low-Level Laser Therapy Helmet
Model	COZING-C320	COZING-320-1	COZING-C320-2	COZING-C400
Therapy Module	LED Light Source	LED Light Source	LED Light Source	LED Light Source
Light Source Configuration	320×810nm LED + 24×660nm LED	320×1050nm LED + 24×660nm LED	160×810nm LED + 160×1050nm LED + 24×660nm LED	200×810nm LED + 200×1050nm LED + 36×660nm LED
Single LED Output Power	810nm: 50mW 660nm: 30mW	1050nm: 50mW 660nm: 30mW	810nm: 50mW 1050nm: 50mW 660nm: 30mW	810nm: 50mW 1050nm: 50mW 660nm: 30mW
Total Output Power	Approx. 16.72W	Approx. 16.72W	Approx. 16.72W	Approx. 21.08W
Surface Irradiance	29.4 mW/cm²	29.4 mW/cm²	29.4 mW/cm²	37.77 mW/cm²
Treatment Duration	0-30 minutes adjustable	0-30 minutes adjustable	0-30 minutes adjustable	0-30 minutes adjustable
Intensity Levels	1-10 adjustable	1-10 adjustable	1-10 adjustable	1-10 adjustable
Frequency Range	1-20,000 Hz adjustable	1-20,000 Hz adjustable	1-20,000 Hz adjustable	1-20,000 Hz adjustable
Treatment Zones	Manual Mode: All Remote Mode: 12 zones selectable	Manual Mode: All Remote Mode: 12 zones selectable	Manual Mode: All Remote Mode: 12 zones selectable	Manual Mode: All Remote Mode: 12 zones selectable
Power Input	Type-C Interface	Type-C Interface	Type-C Interface	Type-C Interface
Adapter Specification	15V/3A (Original adapter must be used)	15V/3A (Original adapter must be used)	15V/3A (Original adapter must be used)	15V/3A (Original adapter must be used)
Operating Environment	Temperature 5℃~40℃ Relative Humidity ≤80%	Temperature 5℃~40℃ Relative Humidity ≤80%	Temperature 5℃~40℃ Relative Humidity ≤80%	Temperature 5℃~40℃ Relative Humidity ≤80%

V CleaningInstructions

Use a soft cloth and mild cleaning solution to clean the helmet as needed.

Store the helmet in a cool, dry place when not in use.

Charge the battery as needed using the included charger.

VI Frequently Asked Questions(FAQ)

Q1: How long should I use the device each day?
A: The recommended session duration varies by model due to different wavelength configurations and target applications:

Model	Core Configuration	Adaptation Phase (Week 1)	Standard Phase (From Week 2)
COZING-C320	320×810nm + 24×660nm	Once daily, 10-15 minutes	Once daily, 20-25 minutes
COZING-320-1	320×1050nm + 24×660nm	Once daily, 15-20 minutes	Once daily, 25-35 minutes
COZING-C320-2	160×810nm + 160×1050nm + 24×660nm	Once daily, 10-15 minutes	Once daily, 20-25 minutes
COZING-C400	200×810nm + 200×1050nm + 36×660nm	Once daily, 10-15 minutes	Once daily, 20-25 minutes

Note:Adaptation Phase: Allows the body to gradually acclimate to light stimulation; start with shorter durations.
Standard Phase: Recommended duration range to achieve clinically effective dosage.

Q2: Do I need to use it every day? Are rest days necessary?
A: Yes, a cyclical usage schedule is recommended to allow the body adequate time for repair and adjustment.

Model	Recommended Weekly Cycle	Explanation
COZING-C320	Use 5-6 days, rest 1-2 days	810nm dominant, high metabolic activation requires regular rest
COZING-320-1	Use 5 days, rest 2 days	1050nm deep repair involves longer cellular cycles, needs more rest
COZING-C320-2	Use 5-6 days, rest 1-2 days	Balanced dual-wavelength, follow 810nm rest cycle
COZING-C400	Use 5-6 days, rest 1-2 days	High-power full coverage, regular rest recommended

Long-Term Use Recommendation:
For all models, after 4 weeks of continuous use, it is recommended to take 1 week off to maintain optimal efficacy and prevent cellular desensitization.

Q3: Are there different recommendations for specific health conditions?
A: Yes, based on your specific health condition, refer to the following adjusted protocols:

VI Frequently Asked Questions(FAQ)

Health Condition	Recommended Models	Suggested Usage
Acute Phase (e.g., recent stroke, early TBI)	COZING-C320 / C320-2 / C400	Twice daily, 15 minutes per session (morning & evening, at least 6-8 hours apart)
Chronic Phase (long-term cognitive decline, brain fog)	COZING-C320	Once daily, 25 minutes (6 days on / 1 day off)
Parkinson's Disease, Movement	COZING-320-1	Once daily, 35 minutes (5 days on / 2 days off)
Deep Brain Region Injury	COZING-320-1	Once daily, 30 minutes (5 days on / 2 days off)
Combined Issues (Cortical + Deep)	COZING-C320-2	Once daily, 25 minutes (6 days on / 1 day off)
Mid-to-Late Stage Neurodegenerative Diseases	COZING-C400	Once daily, 25 minutes (5 days on / 2 days off); take 1 week off after every 8 weeks

Q4: What is the best time of day to use the device?
A: It is recommended to use the device before 4:00 PM. For sensitive individuals, evening use may affect sleep due to energy activation.
Optimal Use Time: Morning or early afternoon
Time to Avoid: Within 3-4 hours before bedtime

Q5: What should I do if I experience discomfort?
A: A small number of sensitive individuals may experience the following reactions during initial use:

Reaction	Possible Cause	Recommended Action
Unusual fatigue, drowsiness	Metabolic adjustment, activation of inhibitory mechanisms	Reduce to 10 minutes, gradually increase as tolerated
Dizziness, mild headache	Initial stimulation response	Reduce usage time, ensure adequate hydration
Difficulty sleeping, hyperarousal	Excessive energy activation, use too late in the day	Switch to use before 3:00 PM
Mild warmth on scalp	Normal phenomenon, increased blood circulation	No action needed; if too hot, adjust helmet position

Important: If discomfort persists or worsens, discontinue use and consult a physician.

Q6: How long will it take to see results?
A: The time to effect varies by wavelength and individual circumstances:
810nm Dominant Models (C320): Cognitive improvements may be noticed relatively quickly; some users report effects within 1-2 weeks. It is recommended to use consistently for 4-6 weeks to evaluate efficacy.
1050nm Dominant Models (320-1): Deep repair mechanisms are slower. It is recommended to use consistently for 4-8 weeks before evaluating improvements in motor function or deep symptoms.
Dual-Wavelength Models (C320-2, C400): Onset time varies depending on the primary symptoms, falling between the two ranges above.

Model	Daily Duration	Weekly Cycle	4-Week Cycle	Best Time to Use
COZING-C320	20-25 minutes	Use 5-6 days, rest 1-2 days	Use 4 weeks, rest 1 week	Before 4:00 PM
COZING-320-1	25-35 minutes	Use 5 days, rest 2 days	Use 4 weeks, rest 1 week	Before 4:00 PM
COZING-C320-2	20-25 minutes	Use 5-6 days, rest 1-2 days	Use 4 weeks, rest 1 week	Before 4:00 PM
COZING-C400	20-25 minutes	Use 5-6 days, rest 1-2 days	Use 4 weeks, rest 1 week	Before 4:00 PM

Tip: The above recommendations are based on photobiomodulation academic literature and clinical practice. Usage may be adjusted within the recommended ranges based on individual response. For serious health conditions, please

VII Disclaimer

Individual results may vary: The effectiveness of this treatment may vary from person to person. Improvement levels and response time may depend on factors such as the severity of the brain injury and individual health conditions.
Not a substitute for medical advice: This helmet is designed to complement medical treatment but should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always follow your healthcare provider's recommendations.

VIII Warning Symbols

The operator must read, understand, and follow all instructions in the accompanying documents including all warnings, cautions, and precautions before us.

IX WARRANTY PROVISIONS

To meet user's need as the,so we provide you with Comprehensive pre-sales and aftersales con-sulting and maintenance services;The helmet from the date of purchase,non-human damage warranty time is one year.
Mail: info@cozingmedical.com
Address: East Lake New Technology Development Area Wuhan, Hubei, China.

X WARRANTY PRODU CTCARDS

Our core value is to meet user's need as the starting point,so we are willing to provide you with Comprehensive pre-sales and aftersales consulting and maintenance services;The helmet from the date of purchase, non-human damage warranty time is one year.

Mail: info@cozingmedical.com

Address: Building 8 No.8 Optical Valley, East Lake New Technology Development Area Wuhan, Hubei, China.

WARRANTY CARD(STUB)

Purchasing type: _____

Fuselage coding: _____

Date of purchasing: _____

Network of purchasing: _____

WARRANTY CARD(STUB)

Purchasing type: _____

Sales Unit: _____

Purchasing site: _____

Name of user: _____

Address: _____

Tel: _____

Main question: _____