

Cleaning & Storage

Clean the device with a soft, dry cloth. Do not use alcohol, solvents, or abrasive cleaning products. FORBRAIN® DAF is not waterproof. Do not immerse the device in water or expose it to excessive moisture. Store the device in a cool, dry place away from direct sunlight and excessive heat.

Disclaimer

FORBRAIN® DAF is intended as a speech training device only. Individual results may vary. If you experience discomfort, pain, or unusual symptoms while using the device, discontinue use and consult a healthcare professional if necessary. FORBRAIN® DAF is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

FCC Compliance Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Safety Information

- Not suitable for children under 5 years of age.
- Children should use FORBRAIN® DAF only under the supervision of an adult.
- Do not use the device if it is damaged.

Warranty

FORBRAIN® DAF is covered by a limited warranty against manufacturing defects. For warranty service, product returns, or technical support, please contact: info@soundforlife.com

Manufacturer

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Scan to access this user manual in English and additional languages, FAQs, and product support.

Designed by:

**SOUND
FOR LIFE**



Made in China

FORBRAIN® DAF

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USER MANUAL



INTRODUCTION TO FORBRAIN® DAF



FORBRAIN® DAF combines adjustable Delayed Auditory Feedback, an optional metronome, and our patented Dynamic Voice Filter to support speech training. Its open-ear bone conduction design allows you to communicate naturally while adjusting the delay to the setting that feels most comfortable for your speech practice.

How to Use FORBRAIN® DAF



1. Press the Power button to turn on the device.
2. Position the headset so that the bone conduction pads rest just in front of your ears. Do not cover or block your ears.
3. Press the + or – button to select the desired delay setting. Speak or read naturally while experimenting with different delay settings.

Adjusting the DAF Delay

Press the + or – button to select the desired delay. The selected setting is displayed on the screen.

Setting	Delay	Setting	Delay
0	0 ms	5	125 ms
1	10 ms	6	150 ms
2	50 ms	7	200 ms
3	75 ms	8	250 ms
4	100 ms	9	300 ms

Metronome

Press and hold the + button for 4 seconds to turn the metronome on or off. When the metronome is enabled, a white dot appears in the bottom-right corner of the display. The metronome tempo automatically adjusts to match the selected delay setting.

Recommended Use

We recommend starting with Setting 4 (100 ms), which is the most commonly used delay. Adjust the delay until you find the setting that feels the most comfortable and effective for your speech. As your training progresses, you may wish to gradually reduce the delay.

FORBRAIN® DAF can be used during activities such as reading aloud, speech practice, preparing presentations, singing, and everyday conversations. To reduce fatigue and minimize habituation to delayed auditory feedback, we recommend limiting each training session to approximately 45 minutes.

If you do not stutter, clutter, or speak rapidly, you can still use FORBRAIN DAF with Setting 0 (0 ms) or Setting 1 (10 ms). The Dynamic Voice Filter remains active, allowing the device to be used for voice and speech training in the same way as the original FORBRAIN.



Controls

- Press the power button to turn the device on/off.
- Press + / – to adjust the delay.
- Press and hold + for 3 seconds to turn the metronome on/off.

Display

- Number: current delay setting (ms).
- Bottom-right dot: Metronome enabled.

In the Box

• FORBRAIN® DAF • USB-C charging cable • Microphone foam covers • User Manual

Battery

Charge the device using the supplied USB-C cable. A full charge takes approximately 6 hours. Recharge the battery when the LED indicator changes from green to red.