

# Spectrum Starter Protocol

**Overview:** This protocol offers a suggested setup for children on the spectrum and their parents and caregivers, including recommended frequency selections, energy levels, and booster settings.

It is a guideline, not a fixed requirement. Please observe how your child and you respond and adjust the settings as needed.

Especially in the beginning, ensure that your child has access to enough good-quality water.

Individual responses may vary. This information is intended for informational and wellness support purposes only.

## Child Protocol

### Start – First 24 Hours

*Frequency:* Universal Power  
— Active Day & Night (24h continuous)

 *Day Energy Level:* 1000     *Night Energy Level:* 500

### From Day 2

#### Day

- *Frequency:* Spectrum
- *Energy Level:* 1000\*

#### Night



- *Frequency:* Calm & Rest
- *Energy Level:* 500

\* For **Day time levels**, stay with Level 1000 for 2 weeks. For week 3 — increase Energy Level Day to 1200 if it feels comfortable.

## Parent Protocol

### Start – First 24 Hours

*Frequency:* Universal Power  
— Active Day & Night (24h continuous)

 *Day Energy Level:* 700     *Night Energy Level:* 500

### From Day 2

#### Day

- *Frequency:* Creativity Support
- *Energy Level:* 800\*

#### Night

- *Frequency:* Calm & Rest
- *Energy Level:* 500

\* For **Day time levels**, stay with Level 800-900 for 2 weeks. For week 3 — increase as you feel comfortable.

## Booster

Use when support is needed most during the day

### Week 1 (starting from Day 2)

 *Booster Energy Level:* 2400     *Duration:* 1 hour / day



### Week 2 (starting from Day 8)

 *Booster Energy Level:* 3400     *Duration:* 2 hours / day

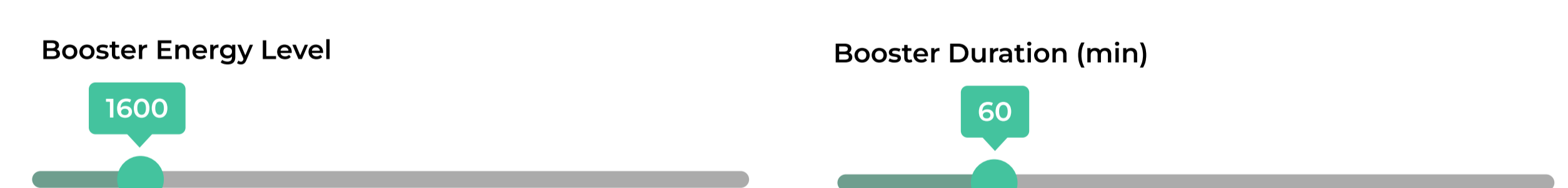


## Booster

Use when support is needed most during the day

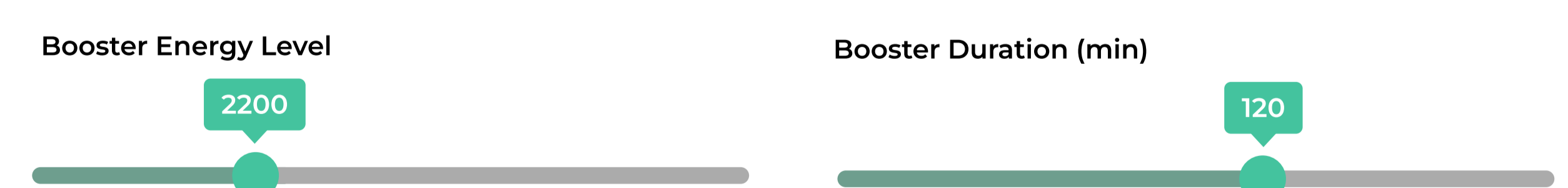
### Week 1 (starting from Day 2)

 *Booster Energy Level:* 1600     *Duration:* 1 hour / day



### Week 2 (starting from Day 8)

 *Booster Energy Level:* 2200     *Duration:* 2 hours / day



## How to set up your fields

1. Go to your **Dashboard**
2. Click **Manage Fields**
3. Choose Human Field
4. Click **Setup**
5. You will be guided through all steps

## Number of fields required

If 2 parents + 1 child are in the household:  
→ 3 fields should be set up (one per person)

## Go Deeper

To fully understand how to get the most out of Quantum Upgrade, we strongly recommend reading the complete manual: [Quick Start Manual](#)