

**ELECTRICAL STIMULATION METHOD, ELECTRICAL STIMULATION
DEVICE, AND COMPUTER-READABLE STORAGE MEDIUM**

ABSTRACT

An electrical stimulation method is provided. The electrical stimulation method is
5 applied to an electrical stimulation device. The steps of the electrical stimulation
method include obtaining a target energy value; providing an electrical stimulation
signal to a target area; calculating a total energy value according to an energy value
transmitted from the electrical stimulation signal to the target area; and determining
whether the total energy value has reached the target energy value.

10 FIG. 1