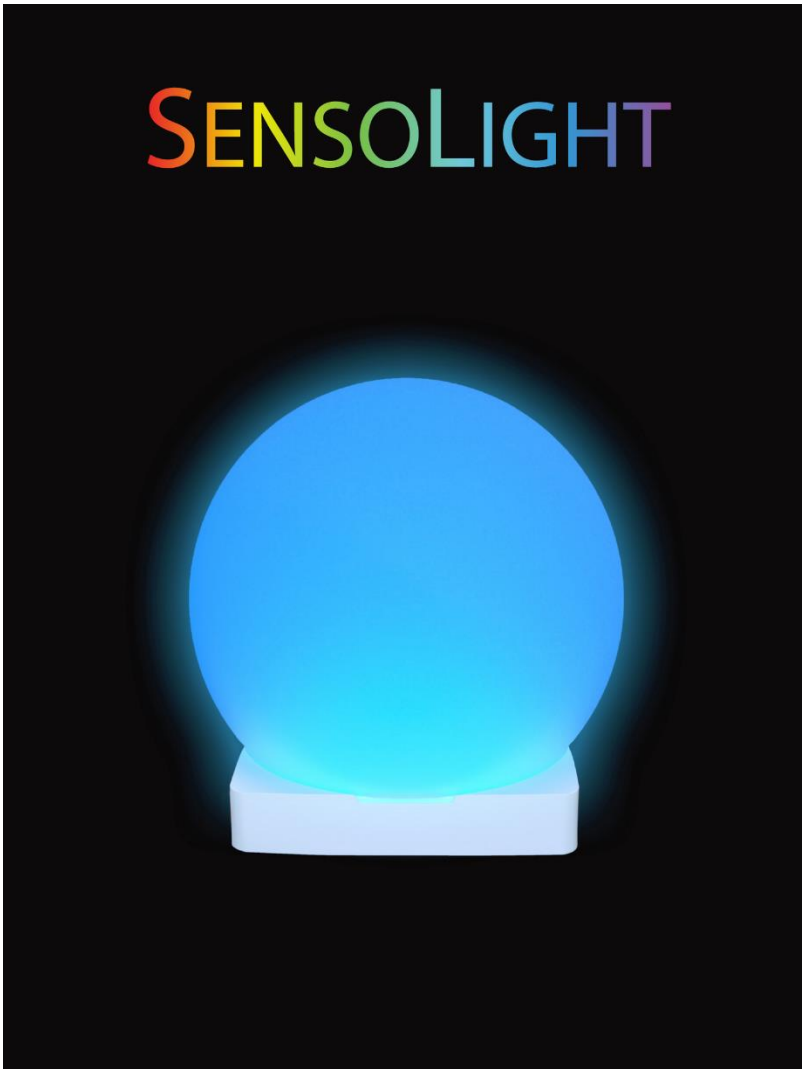


COHERENCE MODEL

USER'S MANUAL

CONTENTS OF BOX

SensoLight SPH-22 globe
Charging pedestal
Charging cable (USB-C type)
Startup Guide

It is recommended that you keep this box for storage or any transportation, since it has been specially designed to keep SensoLight safe from damage under normal conditions.

SPECIFICATIONS

Power:	USB at 5VDC, 500mA maximum
Battery:	1150mAh/3.6V/4.1W
LED power:	1.8W
Operation time:	4-5h at full brightness, up to 4 days as NightLite, 14 days in Off state
Charging time:	2.5h when off, 4h at full brightness
Mobile link:	mobile control with free SensoLight App

IMPORTANT MAINTENANCE INFORMATION

The easiest and guaranteed method not to scratch or damage in any way the SensoLight globe during the cleaning process, is by simply washing with warm water. Use a microfiber cloth with a smooth surface (not a honeycomb or with evident discharge of fibers); just wet with water and squeeze out well (must remain slightly damp). Do not use any type of aggressive cleaning product containing ammonia or alcohol that can damage the diffuser surface. If the diffuser is very dirty or greasy and you cannot clean with only water, dilute mild soap (such as Marseille soap) and then rinse, always with a microfiber cloth. Any halos that can be created after using soap and water are removed with ease by using a dry sponge (non-abrasive). If washing is carried out with demineralized water, allow the globe to dry without applying the sponge.

DECLARATION OF CONFORMITY

The SPH-22 has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

CE The SPH-22 is in conformity with the European Council RED 2014/53/EU Directive for Electromagnetic Compatibility.

STARTUP INSTRUCTIONS

- **Charge your SensoLight** on its pedestal for at least 2 hours before first use. Charging is done by connecting the pedestal to any USB port capable of sourcing 500mA, using the supplied charging cable.
- **To turn On the SensoLight** lift it from its pedestal and click the control button under the globe's base.
- **To switch to the next Colour Mode** hold the SensoLight upright and click the control button. Each mode has its own starting colour which lets you quickly identify which one is selected:

Balancing mode	→	Magenta
Relaxing mode	→	Turquoise
Energizing mode	→	Orange
Gamma mode	→	Indigo Blue
Evening mode	→	Green
NightLite mode	→	Amber, low brightness
Coherence mode	→	Blue, with sound
Monochrome mode	→	last selected Monochrome colour

An optional Colour Mode is also available for purchase, which is inserted between the Gamma and Evening modes:

Psychedelic mode	→	White

- **To turn Off the SensoLight** hold it upright, and press the control button under the globe's base for a couple of seconds. The SensoLight then goes into Off state, in which it stops emitting any light but still remains connected to the mobile App and with active clock functions (Wake-Up and Sleep).

EXPAND THE POSSIBILITIES OF YOUR SENSOLIGHT WITH THE SENSOLIGHT APP

Available for free:

DOWNLOAD ON THE App Store

GET IT ON Google Play

Search for keyword "sensolight"

THE SENSOLIGHT COLOUR MODES

Colour Mode #1: BALANCING

The Balancing mode is beneficial at any time of the day, and is compatible with almost any mood. It can be used for general toning and harmonization, or simply to enjoy a beautiful feast of colours.

This mode displays the full spectrum of rainbow colours in equal proportion. Subtle light vibrations focusing on the Earth's Schumann Resonance frequency of 7.83 Hz in the Theta brainwaves range intrigue and inspire creativity.

The Balancing mode starts with the magenta colour.

Colour Mode #2: RELAXING

The Relaxing mode is ideal when you feel stressed or tense, or when you want to calm restless thoughts or emotions. This setting glows in slow, flowing rhythms which invite peace and serenity.

This mode centres on the "cool" colours, spanning the range of blue, turquoise and green. These colours are known to soothe and calm down. They tend to reduce the pulse rate, blood pressure and the respiration rate. Fine light pulsations in the Alpha brainwaves range (8-12 Hz) enhance the peaceful and relaxing effect.

The Relaxing mode starts with the turquoise colour.

Colour Mode #3: ENERGIZING

Select the Energizing mode whenever you feel you need an energy boost, either physical or cerebral. This setting uses slightly faster rhythms, which stimulate the nervous system and gently help to uplift and wake you up. Try using it to stimulate your creativity and facilitate the mind's activity.

This mode is based on the "warm" colours ranging from red to orange to yellow, which are invigorating and mood cheering. They tend to increase the pulse and respiration rate, energizing you when you feel down or drained. It features modulations in the Beta brainwaves range (12-20 Hz).

The Energizing mode starts with the orange colour

Colour Mode #4: GAMMA

This mode uses the same full spectrum colours as the Balancing mode, with the addition of light pulsations at the Gamma brainwave frequency of 40Hz. The function of Gamma brainwaves is not yet fully understood, but they are generally associated with higher cognitive activity. Ongoing research indicates that Gamma pulsations may contribute to improve cognitive functions, for example in the case of Alzheimer's disease.

Although the Gamma mode could be especially useful for seniors experiencing a decline in mental ability, it can be enjoyed by everyone looking for a cognitive boost. Because the Gamma high frequency is less perceptible to our eye, the light pulsation level is higher is this mode.

The Gamma mode starts with the indigo-blue colour.

Colour Mode #5: EVENING

This mode delicately lulls you towards a deep and restful sleep. Creating a soft and soothing mood, it can also be beneficial in case of insomnia.

It features slow colour transitions ranging from amber to turquoise, with some purple moments. It reduces the deep blue colour to levels low enough to avoid any potential melatonin suppression effect, known to be capable of disrupting our circadian rhythm. The Evening Mode integrates Delta brainwaves of deep sleep (0.5-3.5Hz).

The Evening mode starts with the green colour.

Colour Mode #6: NIGHTLITE

This mode focuses on a soft amber colour, with very slow, nearly imperceptible variations. Designed to transform the SensoLight into a night light, it eliminates any trace of the blue colour known to disrupt the circadian rhythm through its suppression of melatonin, our "sleep hormone". The NightLite mode has its own brightness adjustment, separate from that of the other modes, which you will generally want to set to much lower levels for night use. The NightLite mode is ideal as a comforting lullaby of light for toddlers.

As an extra night feature, in NightLite the SensoLight temporarily glows brighter when you tilt it.

The NightLite mode starts with low-brightness amber colour.

Colour Mode #7: COHERENCE

This mode aims to increase cardiac coherence by helping you consciously regulate your breathing rhythm. Let the cadence given by the light and sound guide your inhalation and exhalation. This will automatically stabilize your cardiac coherence after a few minutes. A minimum of 5 minutes is recommended, but you can continue the practice for as long as you wish.

The mode includes adjustments accessible with the SensoLight App allowing you to choose the ideal breathing rhythm for you, as well as the selection of a pacing sound and a timer.

The Coherence mode starts with the blue colour, accompanied by the pacing sound.

Colour Mode #8: MONOCHROME

Apart from its light modulation Mood Light modes, the SensoLight also features a Monochrome Mode allowing you to focus on a single colour of your choice.

To select the Monochrome colour, tilt the SensoLight until it blinks briefly. Keeping it tilted, give it a slight twist in either direction. The colour will then start cycling around the rainbow spectrum. The colour cycling speed will increase as you twist it further. The cycling direction reverses as you twist left or right, allowing you to go back and forth to finely tune the colour. Once you've found the desired colour, bring the SensoLight back to its upright position.

The Monochrome mode starts with the last selected Monochrome colour.

UPGRADE YOUR SENSOLIGHT

with an additional Colour Mode
which you can buy directly from the SensoLight App:

Optional Colour Mode: PSYCHEDELIC

This mode uses completely wild colours and pulsations resulting in psychedelic visual effects. Intense and fascinating, it is wonderful for fun and entertainment.

Because it pulses at high stroboscopic frequencies, this is the only Colour Mode in the SensoLight that is not recommended for people with sensitive vision.

The Psychedelic mode starts with the white colour.

WARNING: AVOID USING THIS COLOUR MODE WITH PEOPLE HAVING PHOTOSENSITIVE EPILEPTIC TENDENCIES.

THE SENSOLIGHT TECHNOLOGY

The SensoLight is a lamp designed for personal well-beig and inspired by coloured light therapy, also known as *chromotherapy*. Its technology is derived from the professional Sensora™ system, a multisensory system that generates a deeply integrative therapeutic experience. The Sensora is used worldwide as a therapeutic support tool in psychophysical treatments. The SensoLight makes many of its benefits accessible to the general public in a simple, easy to use version.

Its active principle is based on a patented light control technique called *Light Modulation*, which allows soft light pulsations to be inserted into a light source, capable of interacting with various psychophysiological rhythms[1], such as brain waves, breathing, or heartbeat. In the SensoLight, these light pulsations are generated by the synchronized action of 12 independent low frequency oscillators, under the precise control of an internal microprocessor. Its light modulation algorithms are the result of more than thirty years of research conducted in Canada by the Sensortech Inc. team.

Expert-Designed Mood Lighting

The SensoLight offers you a choice of eight Colour Modes, each using a combination of colours, modulation frequencies and light rhythms specifically designed to induce the desired mood.

A property of the SensoLight that distinguishes it from cheap coloured LED lamps commonly available is its use of sophisticated light synthesis algorithms that continuously introduce subtle variations in its patterns: always surprising and attractive, it can be contemplated indefinitely without ever becoming tiresome.

Interactivity with Movement

The SensoLight reacts dynamically when you move it, changing the light modulations in a lively and unpredictable way. This is made possible by connecting movements with the control of various modulation parameters generating the light patterns, such as the speed and depth of pulsations, or the colour range. These connections are adjusted so that the variations introduced remain within the range of properties specific to each Light Mode, and continuously change as the light patterns evolve. This ensures a captivating interaction between your movements and the light ambiance.

Have fun transforming the SensoLight's light according to the tilt and orientation you give it, and also according to the speed of your movements.

Long-lasting light

The SensoLight is made of high-quality components assembled in Canada. Its incorporated LED light sources have a rated lifespan of 50,000 hours, ensuring several years of continuous use. It does not contain user-replaceable bulbs.

[1] A clinical study on the effects of coloured light based on Sensortech's Light Modulation technology as used in Sensora was published in 2013 by Dr. M.J. Ross, Dr. P. Guthrie (Midwestern State University, Texas, USA) and J.C. Dumont (Trinity Western University, BC, Canada) in *Advances in Mind-Body Medicine Journal*, Vo.27, No.4.

SPECIAL COMMANDS

The SensoLight responds to the following special commands, given either with the control button under its base or with specific movements:

Get time-of-day through vocal message

To hear the time-of-day, do a tilt movement: turn the SensoLight upside-down and bring it back upright without delay.

*Note: The SensoLight automatically gets the time-of-day from the mobile device connecting through the SensoLight App. Vocal messages will therefore only be available after your first mobile connection with the App. Vocal Time messages can be turned Off with the **Vocal Time** button on the SensoLight App (see OPTIONS screen below).*

Get Wake-Up time through vocal message

To hear the Wake-Up time currently set, do two tilt movements: turn the SensoLight upside-down and bring it back upright without delay, twice in a row.

Turn On/Off the Wake-Up timer

Right after a double-tilt movement to hear the Wake-Up time (as described above), do another tilt movement without delay. Each successive tilt will toggle the Wake-Up timer On or Off.

Turn off the Wake-Up alarm

When the Wake-Up timer triggers the alarm sound you've selected *(see WAKE screen)* you can silence it by giving the SensoLight a slight tilt movement.

If you've activated the Alarm Snooze option, the Wake-Up alarm will sound again after 9 minutes. To prevent this repetition, click the button under the SensoLight globe after you've silenced the alarm sound.

Turn On/Off mobile link

To toggle wireless activation, turn the SensoLight upside-down and press the control button for a couple of seconds. The SensoLight will flash **blue** if the mobile link is On, or **green** if the mobile link is Off.

*Note: The SensoLight will stop responding to the SensoLight App when the mobile link is Off. The SensoLight will remind you of this by flashing **green** whenever it is powered on.*

YOUR SENSOLIGHT EMITS BRIEF LIGHT FLASHES EVEN WHEN OFF?

This is its way of letting you know that its battery
is nearly completely discharged,
and that the Wake-Up function therefore cannot be relied on.

To stop the flashes, place the SensoLight on its charging pedestal as soon as possible.
Alternatively you can put it in Hibernation state *(see below)*.

Put the SensoLight in Hibernation state

To put the SensoLight in Hibernation state for storage or transportation, press and hold the control button under its base for ten seconds. The SensoLight will then emit a **white** flash and completely power down. In Hibernation it will stop responding to the SensoLight App and all clock functions will be disabled.

Once in Hibernation, the SensoLight can be turned back On in these two ways: either press and hold the control button for 5 seconds, or put the SensoLight on its pedestal while powered with a USB charger.

Note: in Hibernation state the SensoLight loses the time-of-day. The clock functions (Wake, Sleep and Vocal Time) will be restored only after a new connection to the SensoLight App.

Password Reset

The SensoLight App lets you set a password to prevent unauthorized control of your SensoLight *(see OPTIONS screen)*. If you forget this password, it is possible to reset communication in this way:

- Turn the SensoLight upside-down and within 5 seconds push the control button at least five times in quick succession. The SensoLight will then flash **white** and reset the password to blank.

The Password Reset also resets all SensoLight settings to their default values.

INSTALLING THE SENSOLIGHT APP ON **ANDROID MOBILE DEVICES**

Android requires you to **authorize location assets** before enabling mobile communication in your apps. After installing the SENSOLIGHT APP on your Android mobile device, follow these steps (the exact procedure may vary depending on your device model):

- Open the **Settings** screen on your mobile device
- Select **Location** and make sure the Location switch is On
- Return to the **Settings** screen, and select **Applications**
- Scroll the applications list until you find **SensoLight**
- Scroll the application screen until you find **Permissions**
- Turn On the **Location** permission (as well as **Use Precise Location** in Android 12 and above)
- Also turn On the **Nearby Devices** permission (if available)

The SensoLight App should now seamlessly communicate with your SensoLight!

THE SENSOLIGHT APP

The SensoLight App is freely available for both iOS and Android mobile phones and tablets. Download the App from the **Apple App Store** (for iOS) or the **Google Play Store** (for Android), where you can easily find it with a search for key-word "sensolight".

- Make sure Bluetooth is activated on your mobile device.
- Before you can use the App, make sure that the mobile link is activated on the SensoLight (see *Special Commands* above).
- When you first connect to your SensoLight, you will be offered the option of giving it an ID name of your choice (you can use 3 to 12 characters). *Note that you can change or remove this name later on (see the OPTIONS screen below).*

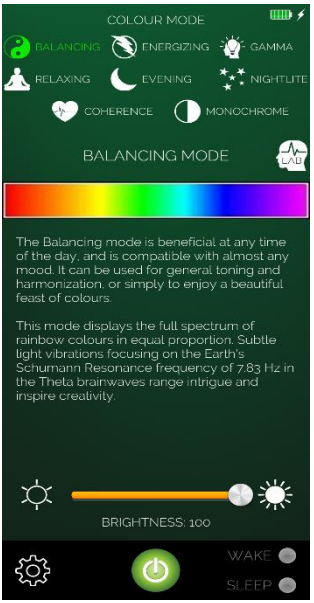
CONNECTION SCREEN

Once you launch the SensoLight App it will automatically connect to your SensoLight.

- If your mobile device cannot find a SensoLight it will display an error message. If you've disabled the mobile link in the SensoLight (see the OPTIONS screen below), restart it by turning the SensoLight upside-down and pressing the button under its base for 2 or 3 seconds. The SensoLight will emit a **blue** flash to indicate that the mobile link is On. Click the **Re-Scan** button in the App to connect.

- If your mobile device finds more than one SensoLight nearby, it will offer you a list of them. Each SensoLight has its own ID name. Click on the one you want to connect to.
- If you've defined a new password for your SensoLight (see the OPTIONS screen below), you'll have to enter it before connecting. The App will automatically remember the password from then onwards.
- You can explore the App even if there is no SensoLight nearby by clicking the **Touch here to start simulation mode** text.

COLOUR MODE SCREEN

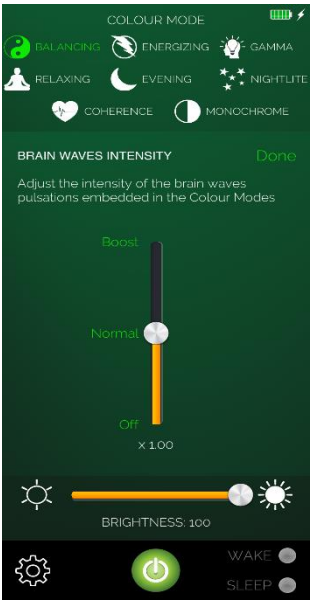


This is the main screen allowing you to select the Colour Mode of the SensoLight. It displays a short description of the mode, as well as a spectrum of the main colours used in the mode.

- Select the mode either by clicking on its icon (at the top of screen) or by swiping the screen (left or right).
- Adjust the SensoLight brightness with the **Brightness** slider near the bottom of the screen.

  ** The **Gamma** and **NightLite** modes have their own independent **Brightness** setting.
- Turn the SensoLight On or Off with the **Power** button at the bottom center of the screen.

- Icons at the bottom of the screen allow access to the OPTIONS screen (left side), the WAKE screen and the SLEEP screen (right side).

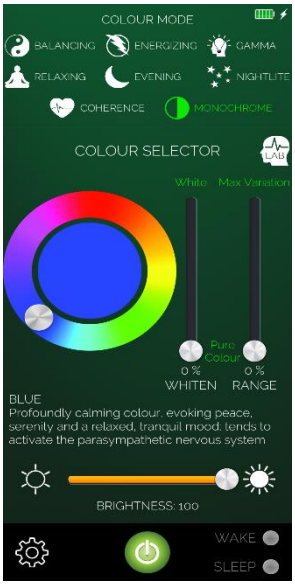


Clicking the **Brainwaves** icon opens the **Brainwaves Intensity** panel, where you can adjust the intensity of the brainwaves pulsations embedded in the SensoLight light.

- The slider lets you reduce the brainwaves intensity (all the way to zero), or increase it (up to double the normal intensity).
- Click **Done** or swipe down the panel to return to the COLOUR MODE screen.

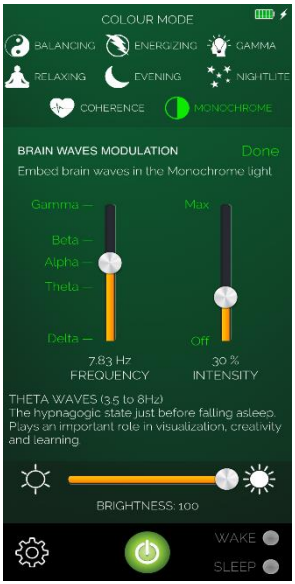
  ** The **Brainwaves Intensity** always reverts to the normal setting when the SensoLight is turned Off.

MONOCHROME MODE



The Monochrome mode displays a colour selector wheel from which you can choose the SensoLight colour. The screen gives you a short description of the qualities commonly associated with each of 10 main colours.

- The **Whiten** slider lets you reduce the colour saturation to produce pastel-like colours. Bringing it to maximum results in a white light, with no trace of colouring left.
- The **Range** slider lets you introduce colour variations centered on the selected Monochrome colour. These variations enable the creation of beautiful Light Modulation patterns, while remaining close to the colour of your choice.
- Click **Pure Colour** to zero both the **Whiten** and **Range** sliders and restore the pure Monochrome colour.



Clicking the **Brainwaves** icon opens the **Brainwaves Modulation** panel, where you can embed brainwave pulsations in the monochrome light.

- The **Frequency** slider lets you set the brainwave frequency. A short description of each brainwaves range is displayed.
- The **Intensity** slider lets you adjust the intensity of the brainwave modulation. *Use the higher levels with caution (see warning below).*

  ** Intensity is boosted in the case of Gamma brainwaves, due to their high frequency being less perceptible to the visual system.
- Click **Done** or swipe down the panel to return to the COLOUR MODE screen.

** The brainwaves **Intensity** in Monochrome Mode always reverts to zero when the SensoLight is turned Off.

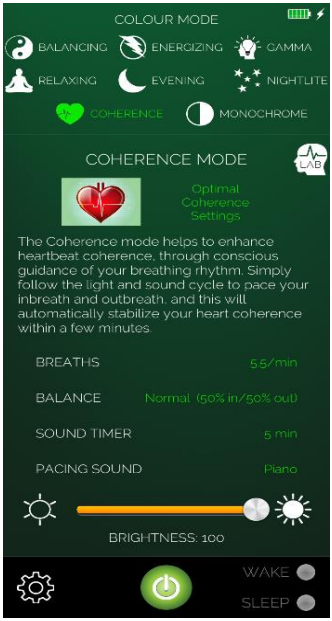
WARNING: while the brainwaves modulation used in the Colour Modes of the SensoLight are always safe, with the Brainwaves Lab the Intensity slider in the Monochrome Mode enables deeper pulsations when set to its maximum. Always exercise extreme caution when using strong light pulsation, as they can potentially induce epileptic seizures in people with photosensitivity.

COHERENCE MODE

Clinical research has shown that we can significantly increase our cardiac coherence through a simple practice of controlling our breathing rhythm. Such an increase can help improve mental health and reduce stress and anxiety.

To fully benefit from the Coherence mode, it is suggested to use it as a focus for your attention for at least 5 minutes, ideally three times a day.

Let the light cycle of the SensoLight guide your breathing: the red colour corresponds to the peak of inhalation, while the blue colour corresponds to the lowest point of exhalation.



The Coherence mode includes additional controls allowing you to adapt the light cycle to your own breathing rhythm.

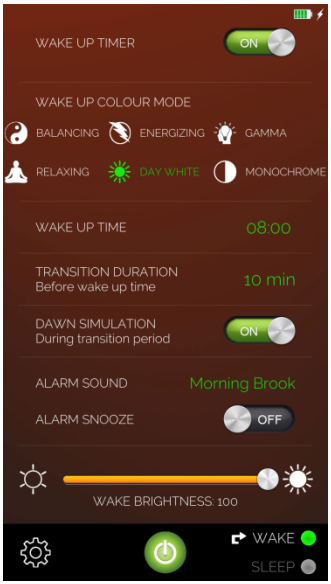
- The **Breaths** selector allows you to adjust the speed of the breathing cycle between 4 and 7 cycles per minute. **For most people, a rhythm of 5.5 cycles per minute is optimal** to promote deep coherence – but feel free to experiment with different rhythms. Look for the rhythm that gives you the greatest sense of calm without requiring excessive effort.
- The **Balance** selector allows you to choose between three inhalation/exhalation duration ratios: Relaxing, Stimulating, or Normal.
- The **Sound Timer** selector allows you to program the duration of the breathing practice, defined by the presence of the pacing sound.
- The **Pacing Sound** selector offers a choice of five sound ambiances to accompany the visual cadence. A sixth option offers a random change of sound ambiance every minute.
- Click on **Optimal Coherence Settings** to select the rhythm recommended for most people, which is 5.5 cycles per minute with an equal inhalation/exhalation ratio.

WAKE SCREEN

The WAKE screen lets you activate a wake-up timer on the SensoLight. Access it by clicking the WAKE icon at the bottom of the main screen.

You can choose a Wake-Up time at which the SensoLight will transition to the wake-up colour mode of your choice.

The **Day-White** colour mode is a special mode based on bluish white light, similar to the type used in bright-light therapy lamps to counter seasonal affective disorder (SAD) or just the "winter blues".



- Activate the **Wake-Up Timer** with the On/Off switch at the top of the screen.
- Select the **Wake-Up Colour Mode** from the offered icons. The SensoLight will display the selected mode to facilitate your choice.
- Set the **Wake-Up Time**.
- Set a **Transition Duration**, during which the SensoLight will smoothly fade in from its previous state to the Wake-Up brightness.
- If you activate the special **Dawn Simulation** function, for the transition duration the SensoLight will display a gradual illumination featuring colours similar to those of the sunrise, from a reddish glow up to a bright day-white light.
- Select an **Alarm Sound** from the choice of nine natural sounds. A sample of the selected sound will play on the SensoLight.
- If **Alarm Snooze** is activated, the Alarm Sound will repeat up to three times (at nine minutes interval) if you interrupt it at Wake-Up.
- Adjust the **Wake Brightness** with the slider near the bottom of the screen.
- Return to the main screen either by clicking the WAKE icon at the bottom of the screen, or by swiping the screen to the right

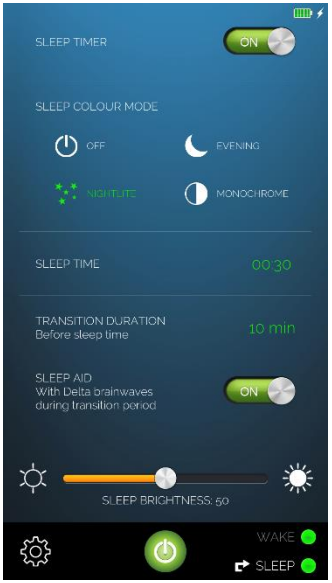
The colour of the WAKE icon dot (at the bottom of the screen) indicates the current status of the Wake-Up timer:

	Wake-Up timer Off
	Wake-Up timer armed
flashing	Wake-Up timer triggered *(Wake-Up colour mode ongoing on the SensoLight)*
	Wake-Up timer has been interrupted *(you can restart it by clicking on the Wake-Up Timer switch at the top of the WAKE screen)*

SLEEP SCREEN

The SLEEP screen lets you activate a sleep timer on the SensoLight. Access it by clicking the SLEEP icon at the bottom of the main screen.

You can choose a sleep time at which the SensoLight will transition to the sleep colour mode of your choice – including the option of turning Off for the night.



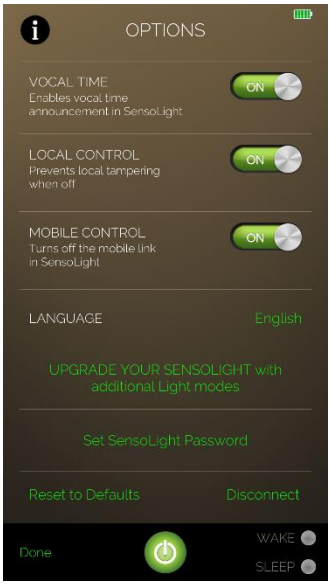
- Activate the **Sleep Timer** with the On/Off switch at the top of the screen.
- Select the **Sleep Colour Mode** from the offered icons (including the OFF mode, where the SensoLight goes fully dark). The SensoLight will display the selected mode to facilitate your choice.
- Set the **Sleep Time**.
- Set a **Transition Duration**, during which the SensoLight will smoothly fade out from its previous state to the sleep brightness.
- If desired, activate the Sleep Aid function which introduces Delta brainwaves pulsations of deep sleep during the transition period *(option not available on some models)*.
- Adjust the **Sleep Brightness** with the slider near the bottom of the screen (forced to 0 for the Off mode).
- Return to the main screen either by clicking the SLEEP icon at the bottom of the screen, or by swiping the screen to the right

The colour of the SLEEP icon dot (at the bottom of the screen) indicates the current status of the sleep timer:

	Sleep timer Off
	Sleep timer armed
flashing	Sleep timer triggered *(Sleep colour mode ongoing on the SensoLight)*
	Sleep timer has been interrupted *(you can restart it by clicking on the Sleep Timer switch at the top of the SLEEP screen)*

OPTIONS SCREEN

The OPTIONS screen lets you select a number of configuration options, both on the SensoLight and for the App. Access it by touching the **Options** icon at the bottom-left of the main screen.



- The **Vocal Time** switch lets you turn On or Off the spoken tome-of-day messages in the SensoLight *(see Special Commands above).*
- The **Local Control** switch lets you disable the control button under the SensoLight's base. It can then only be controlled by the App.
  *** When **Local Control** is Off, the only command still active on the SensoLight is the **Password Reset** (see Special Commands above).*
- The **Mobile Control** switch lets you turn Off the mobile link inside the SensoLight. This can be useful to enable an electromagnetic field free zone. The SensoLight will blink in green twice to indicate that its mobile link is Off.

  Naturally once the mobile link is Off you will lose control of the SensoLight from the App, until you restart the mobile link

  on the unit and reconnect.

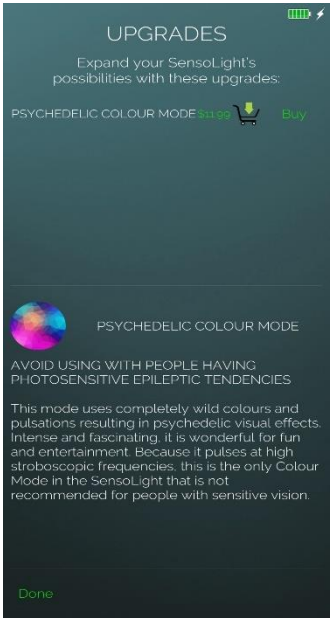
  *** When the mobile link is turned Off, **Local Control** is automatically restored in the SensoLight.*

- Select the **App Language** according to your preference.
- **Upgrade your SensoLight** opens the UPGRADES screen where you can buy new optional Colour Modes for your SensoLight.
- **Set SensoLight Password** enables you to define a password to prevent unauthorized connection to your unit. To remove password protection, enter a blank password.
- **Reset to Defaults** will restore all settings of the SensoLight to their default factory values; useful to bring unit back to its original state.
- **Disconnect** will disconnect the mobile link between the App and the SensoLight, bringing you back to the CONNECTION screen.
- The **Information** icon at the top-left opens a screen displaying information about the App (*App version*) and the connected SensoLight (*Model, ID name, Firmware version*).

  ** You can change the SensoLight **ID name** by clicking on it and entering a new name with 3 to 5 characters. If you enter a blank name, the ID name will revert to a default ID number.
- Return to the main screen either by clicking **Done** at the bottom of the screen, or by swiping the screen to the left

UPGRADES SCREEN

This screen is accessed through the OPTIONS screen. It allows you to buy new optional Colour Modes and features for your SensoLight.



- Touch any item in the list to see details in the bottom part of the screen.
- Clicking on **Buy** starts a purchase dialog on the App Store (Apple App Store or Google Play Store, depending on your mobile device) for the selected upgrade. You'll have to register to the store if you've not already done so.
- Return to the OPTIONS screen either by clicking **Done** at the bottom of the screen, or by swiping the screen to the left.

KEEPING OUR LIVING ENVIRONMENT NOISE-FREE AND HEALTHY

The sources of noise in our environment likely affect us, whether we are aware of it or not. This is true for both light "noise" and electromagnetic field (EMF) "noise." The SensoLight is designed to contribute to a wellness environment, and consequently, we have taken great care to minimize emissions of both kinds of noise.

Light Noise

"Light noise" is a flickering or wavering of the brightness of a light source. Artificial light sources that emit perfectly stable light are very rare, even if we don't realize it, as they flicker at a speed or frequency too fast to be perceived by our visual system (beyond 50 to 70 Hz). Even when invisible to the naked eye, light flickering can have harmful effects on our nervous system, more or less severe depending on the individual. In some sensitive people, even slight flickering can cause migraines, headaches, and visual tension. For others, it adds to general environmental stress, potentially contributing, in the long term, to various chronic pathologies.

Most LED devices on the market produce significant light noise. Sensortech recommends using a noise detector such as **LightBee©** (available at www.sensora.com/lightbee) to identify sources of this light noise in order to eliminate them from your environment.

The SensoLight has been specially designed with high-precision analog electronics for LED control, unique in the world, so that its soothing illumination generates **pure and clean light**, without any light noise, conducive to harmonizing ambient lighting.

Electromagnetic Fields Noise

Even if we practically cannot avoid exposure to EMFs from the numerous wireless networks and mobile devices that surround us, we can take measures to reduce this exposure in our homes, and particularly in our bedrooms, where it is recommended to eliminate EMF emitters (such as Bluetooth devices, cordless phones, and mobiles).

The radio contained in the SensoLight is a source of EMF noise. While it can be turned Off on the SensoLight (by turning it upside down and pressing the control button for two seconds or so until a **green** flash is emitted – *see Special Command "Turn On/Off mobile link" above*), doing so will prevent benefitting from the SensoLight App. For this reason, a Mobile Control disabling switch is available in the OPTIONS screen of the App: you can use the App to adjust the SensoLight according to your preference, and once done you can temporarily turn Off the mobile link radio with this switch.

Mobile functionality can then be restored on the SensoLight by turning it upside down and pressing the control button for two seconds or so until a **blue** flash is emitted.

DISCLAIMER

The SensoLight in no way should be considered as a replacement for professional medical advice. Persons with neurological disorders susceptible to light-triggered migraines should not use the SensoLight. All statements made by Sensortech Inc. are for information purposes only and are not intended to diagnose, treat, cure or prevent disease. If you have any medical condition, it is strongly suggested you consult with your physician of choice before using this product.

WARRANTY

Sensortech Inc. warrants that the product will be free of defects in material and workmanship which cause the product to fail to operate in accordance to instructions set forth in this user's manual. The warranty period is for one year from date of consumer purchase and is limited to the repair or replacement of this product only and does not extend to consequential or incremental damage related to the use of this product. This limited warranty only applies when the product has been properly handled, stored, transported, and charged within electrical values and environment conditions provided in specifications. This limited warranty may not be used to repair, or replace this product which has become defective as result of any abuse, misuse, power surges or spikes, weather related events outdoors and corrosive environments or self-alterations or modifications made by unauthorized repair locations.

For service details, please contact: sensolight@sensora.com

INTERACTIVE
HARMONIZING
MOOD LIGHT

Enjoy the beneficial effects of dynamic light.

This state-of-the-art Interactive Mood Light is designed to provide you with a sense of well-being, revitalized.

The SENSOLIGHT offers you a choice of Colour Modes, each one interacting with hand movements.

The SensoLight comes from the same technology as the professional multisensory Sensora™ system. Clinical research results show that Sensora Light Modulation technology induces meditative states of consciousness.

While the SensoLight is fully operational on its own, it features a mobile link allowing many advanced functions to be accessed with the

SENSOLIGHT APP

available for both iOS and Android mobile devices.

SENSORTECH

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