SENSOSPHERE
PROFESSIONAL

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 SENSOSPHERE offers you a choice of MOOD LIGHT MODES, each one interacting with music and hand movements.

The SensoSphere is derived from the same technology used in the professional Sensora™ multisensorial system. Clinical research results show that Sensora Light Modulation technology induces states with similarities to meditation.

While the SensoSphere is fully operational on its own, it features a wireless link allowing many advanced functions to be accessed with the SENSOSPHERE APP available for both iOS and Android mobile devices.

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CONTENTS OF BOX

- SensoSphere Professional SPH-16
- AC Power Adapter (110-240VAC, 20W maximum)

It is recommended that you keep this box for storage or any transportation, since it has been constructed to keep SensoSphere safe from damage in normal circumstances.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical furnishing, basic precautions should always be followed, including the following:

Read all instructions before using SensoSphere.

DANGER – To reduce the risk of electric shock:
Always unplug SensoSphere from the electrical outlet before cleaning and when not using for an extended time period.

WARNING –To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Close supervision is necessary when SensoSphere is used by, or near children, invalids, or disabled persons.
2. Use SensoSphere only for its intended use as described in these instructions.
3. Never operate SensoSphere if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return SensoSphere according to Warranty conditions and preapproved by supplier, for examination and quote for repairs.
4. Keep the power cord away from heated surfaces.
5. Do not remove the electronics center piece or remove the support base. Void of Warranty.
6. Do not use outdoors and in direct sunlight indoors.
7. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT MAINTENANCE INFORMATION

The easiest and guaranteed method not to scratch or damage in any way the SensoSphere's PMMA 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 Marseilles 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-16 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-16 is in conformity with the European Council R&TTE Directive (1999/5/EC) for medical devices (CE Medical).

STARTUP INSTRUCTION

1. Gently hold the SensoSphere upside down to expose the bottom plate (see Figure 1). Fully insert the plug on the cable end of the supplied AC power adapter into the **power socket** on the bottom plate.
2. Set the two toggle switches on the bottom plate according to your preference:
   - Set the **Mobile Link switch** to "ON" (top position) to enable wireless control through the free SensoSphere App *(see later description).*
   - Activate sound and/or proximity interactivity functions with the **Interactivity switch.** In the normal top position (SOUND & TOUCH) both are On. In the bottom position (OFF) both are Off. The center switch position (SOUND) disables proximity interactivity while retaining sound interactivity.

   Note that these settings can be overridden with the **SensoSphere App**. However the options always revert to the switch settings whenever the SensoSphere is powered On.
3. Deposit the SensoSphere on its four feet. Make sure that it is resting firmly on the four feet to avoid any wobbling. Adjust the height of any of the feet by rotating them if needed.
4. Connect the power adapter into an AC socket. This will turn On the SensoSphere.

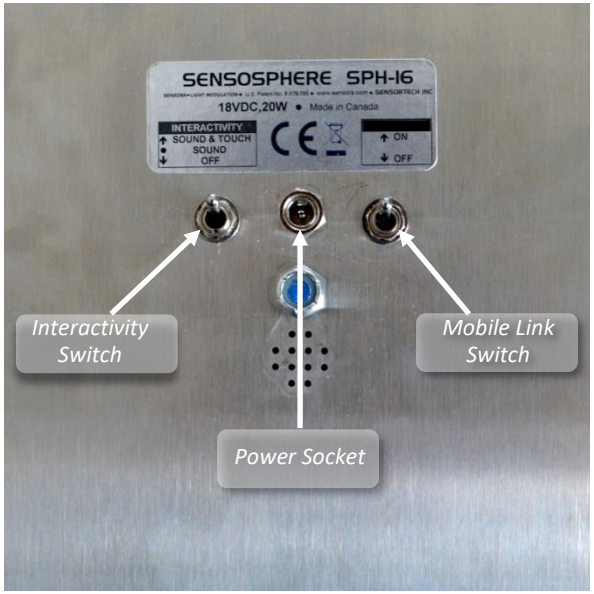

Figure 1 – SensoSphere bottom plate

SELECTING THE MOOD LIGHT MODE

The SensoSphere Professional features six different mood-enhancing modes. The Mood Light mode is selected by gently tapping the **touch plate** with your finger.

Each time you give a short tap (under 1 second long) the SensoSphere changes to the next Mood Light mode. Each mode has its own starting colour which lets you quickly identify which one is selected:

Magenta	→	Balancing mode
Orange	→	Energizing mode
Indigo Blue	→	Gamma mode
Turquoise	→	Relaxing mode
Green	→	Evening mode
Low-brightness Amber	→	NightLite mode

The SensoSphere always starts in the Balancing mode when powered on.

TURNING THE SENSOSPHERE ON AND OFF

The SensoSphere automatically turns On when plugged in the AC power.

To turn it Off, give a short tap on the touch plate (as when changing the Mood Light mode) then touch again within a second or so, holding your finger on the plate for a couple of seconds until the SensoSphere goes Off.

To turn it back On, hold your finger on the touch plate for a couple of seconds.

Figure 2 – SensoSphere side view,
showing the touch plate on the edge of the base

THE SENSOSPHERE MOOD LIGHT MODES

Mood Light 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 colour magenta.

Mood Light 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 colour turquoise.

Mood Light 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 colour orange

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Mood Light 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. Gamma brainwaves function is still not fully understood but they are generally associated with high levels of cognitive functioning. 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 colour indigo-blue.

Mood Light 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 (1-4Hz).

The Evening mode starts with the colour green.

Mood Light Mode #6: NIGHTLITE

This mode focuses on a soft amber colour, with very slow, nearly imperceptible variations. Designed to transform the SensoSphere 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.

The NightLite mode starts with low-brightness colour amber.

Mood Light Mode #7: MONOCHROME

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

To select the Monochrome colour, use the SensoSphere App or hold your finger on the touch plate for a couple of seconds until the globe emits a short blink to indicate Monochrome activation, and release your finger.

Once in Monochrome, **change the colour** by holding your finger on the touch plate: colours will slowly cycle through the rainbow spectrum. Once the desired colour is reached, release your finger. Repeat as required to move to other colours.

Exit the Monochome mode with a quick touch on the touch plate, which will restore the Colour Mode previously active.

The Monochrome mode starts with the last selected Monochrome colour.

SPECIAL MONOCHROME FEATURES of the SENSOSPHERE APP

The Monochrome mode normally displays a single static colour. However by activating the **Advanced Mode** feature of the SensoSphere App you gain access to additional Monochrome capabilities, including selecting pastel colours, setting a range of colour variations around the Monochrome colour, and embedding the brainwave of your choice in the light.

THE SENSOSPHERE TECHNOLOGY

The SensoSphere is a lamp designed for coloured light therapy, also known as *chromotherapy*. Its technology has been derived from that used in the Sensora™, a professional multi-sensorial system created to facilitate a profound integrative therapeutic experience and used throughout the world as a psychotherapeutic support. The SensoSphere makes the essential aspects of these benefits accessible to the general public, in a simple, easy to use version.

The active principle on which it is based consists of a patented technique of light control known as *Light Modulation*, designed to emit soft light pulsations capable of interacting with diverse psychophysiological rhythms, such as brainwaves, the heartbeat or breathing. In the SensoSphere these light pulsations are generated by the synchronized action of 17 independent light sources, through the precise control of an internal microcomputer. The algorithms driving the light modulation are the result of more than thirty years of research in Canada by the team from Sensortech.

Expertly designed Mood Lighting

The SensoSphere Professional offers a choice of six Mood Light modes, each using combinations of colours, modulation frequencies and light rhythms specifically programmed to induce the desired mood.

Unlike cheaper commonly available mood lighting devices, the SensoSphere implements sophisticated light pattern generation algorithms with graceful, ever-changing variations: it can be watched for hours on end without any boring repetitions, always remaining surprising and engaging.

Music and Proximity Interactivity

Additionally, the SensoSphere features two types of interactivity: through sound, and through hand movements in proximity to the diffuser globe. Both modify the running Mood Light patterns in lively and unpredictable ways. This is achieved by linking ambient sounds and your hand movements to various modulation parameters generating the light patterns, such as pulsation speed and depth, colour ranges, and colour movements. Ambient sounds and hand proximity inputs introduce variations that remain within the range of properties specific to each Mood Light mode. The result is a captivating synergy between the SensoSphere, its environment and you.

Each type of interactivity can be selected either through the Interactivity Switch under the SensoSphere base (see STARTUP INSTRUCTIONS), or through the SensoSphere App (Options screen).

Long-lasting light

The SensoSphere is made from high-quality components and assembled in Canada. Its built-in LED light sources have a rated life time in excess of 50,000 hours, ensuring many years of continuous operation. It does not contain any user-replaceable light bulb.

Pure, clean light

The SensoSphere uses unique high-precision analog LED drive circuitry, which generates pure, clean light conducive to harmonizing mood lighting.

In contrast, most commercial coloured-LED products are based on cheaper *Pulse Width Modulation* (PWM) digital circuits, which emit harsh light pulses. While invisible to the naked eye, this constant, intense light noise contributes to subtle environmental stress and is not best suited to generate a harmonious atmosphere.

PASSWORD RECOVERY PROCEDURE

The SensoSphere App lets you define a password to protect against unauthorized access (see the App Options screen). If you forget the password, you can reset password protection in this way:

- Unplug the power source from the SensoSphere for at least ten seconds.
- Re-plug power and within ten seconds after re-plugging, flip the Mobile Link switch under the SensoSphere base until the globe flashes white (at least 5 times).

This will remove the password, as well as reset all SensoSphere settings to their default values.

DISCLAIMER

The SensoSphere 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 SensoSphere. 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, wired installed 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.

In case of "Warranty" service a pre-authorization number must be obtained from customer service after determination of defective product at the sole discretion of Sensortech Inc. "Out of Warranty" product returns for repairs requires authorization number and must be shipped prepaid in secure packaging.

For return authorization number and return details contact:
sensosphere@sensora.com

THE SENSOSPHERE APP

The SensoSphere App is freely available for both iOS and Android mobile phones and tablets. Download the App from the **iTunes App Store** (for iOS) or the **Google Play Store** (for Android), where you can easily find it with a search for "sensosphere".

- 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 SensoSphere by setting the **Mobile Link switch** under its base to the ON position (see STARTUP INSTRUCTIONS above).
- When you first connect to your SensoSphere, you will be offered the option of giving it a short ID name (you can use 3 to 5 characters). *Note that you can change or remove this name later on (see the Options screen below).*

CONNECTION SCREEN

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

- If your mobile device cannot find a SensoSphere it will display an error message. If you've disabled the mobile link in the SensoSphere (see the Options screen below), restart it by holding your finger on the SensoSphere touch plate for a couple of seconds. Click the **Re-Scan** button to connect.

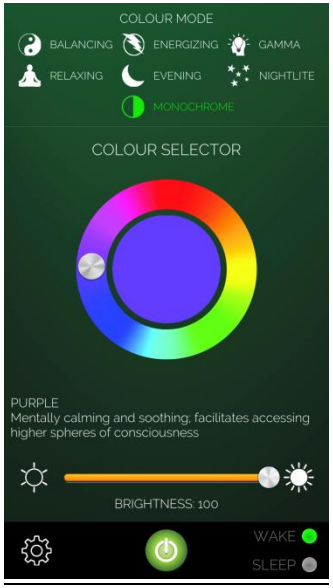
- Make sure the Mobile Link switch under the SensoSphere is set to ON and, if needed, cycle power on your SensoSphere. Click the **Re-Scan** button to connect.
- If your mobile device finds more than one SensoSphere nearby, it will offer you a list of them. Each SensoSphere has its own ID name. Click on the one you want to connect to.
- If you've defined a new password for your SensoSphere (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 SensoSphere nearby by clicking the **Touch here to start simulation mode** text.

COLOUR MODE SCREEN

This is the main screen allowing you to select the Mood Light mode of the SensoSphere. 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 SensoSphere brightness with the **Brightness** slider near the bottom of the screen.
- Turn the SensoSphere 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).



MONOCHROME MODE

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

INSTALLING THE SENSOSPHERE APP ON ANDROID MOBILE DEVICES

Android requires you to authorize **localization assets** before enabling mobile communication in your apps. After installing the SENSOSPHERE 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 **Apps**
- Scroll the applications list until you find **SensoSphere**
- Scroll the application screen until you find **Permissions**
- Turn On the **Location** permission (as well as **Use Precise Location** in Android 12 and above)

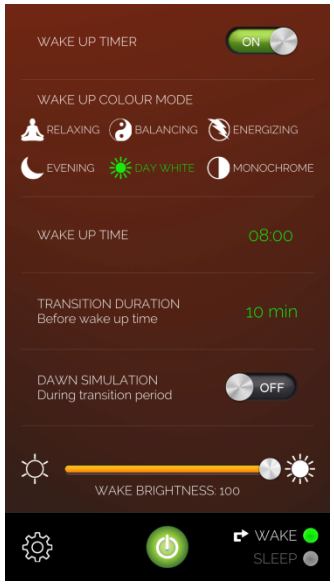
The SensoSphere App should now seamlessly communicate with your SensoSphere!

WAKE SCREEN

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

You can choose a wake up time at which the SensoSphere 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 six offered icons. The SensoSphere will display the selected mode to facilitate your choice.
- Set the **Wake Up Time**.
- Set a **Transition Duration**, during which the SensoSphere 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 SensoSphere will display a gradual illumination featuring colours similar to those of the sunrise, from a reddish glow up to a bright day-white light.
- 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

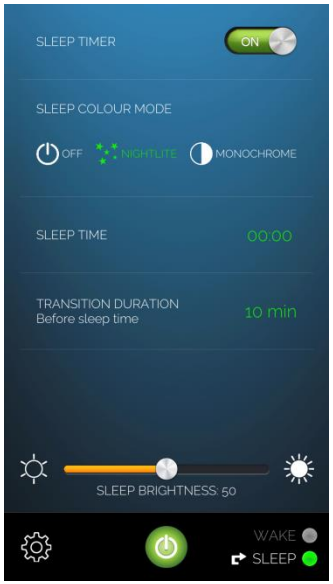
The colour of the WAKE icon dot (at the bottom of the screen) indicates the current status of the wake up timer:

	Wake up timer Off
	Wake up timer armed
flashing	Wake up timer triggered *(Wake up colour mode ongoing on the SensoSphere)*
	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 SensoSphere. Access it by clicking the SLEEP icon at the bottom of the main screen.

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



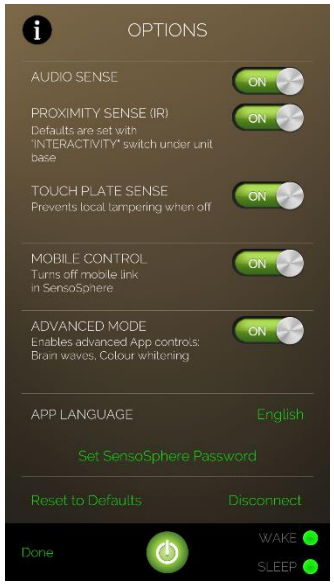
- Activate the **Sleep Timer** with the On/Off switch at the top of the screen.
- Select the **Sleep Colour Mode** from the three offered icons (including the OFF mode, where the SensoSphere goes fully dark). The SensoSphere will display the selected mode to facilitate your choice.
- Set the **Sleep Time**.
- Set a **Transition Duration**, during which the SensoSphere will smoothly fade out from its previous state to the sleep brightness.
- 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 SensoSphere)*
	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 SensoSphere and for the App. Access it by touching the **Options** icon at the bottom-left of the main screen.



- The **Audio Sense** and **Proximity Sense** switches let turn these two interactivity options On or Off on the SensoSphere. These settings will override those set with the Interactivity switch under the base of the SensoSphere (See the STARTUP INSTRUCTIONS).
- The **Touch Plate Sense** switch let you disable the touch plate on the SensoSphere, preventing any tampering of the unit state. This can be useful in public areas where the SensoSphere might be inadvertently be touched.
- The **Mobile Control** switch lets you turn Off the mobile link inside the SensoSphere. This can be useful to enable an electromagnetic field free zone. The SensoSphere 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 SensoSphere from the App, until you restart the mobile link on the unit and reconnect.
- Select the **App Language** according to your preference.
- The **Advanced Mode** switch lets you enable a number of advanced functions in the SensoSphere; refer to the next section for details on these functions.
- **Set SensoSphere 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 SensoSphere to their default values; useful to bring unit back to its original state.
- **Disconnect** will disconnect the mobile link between the App and the SensoSphere, 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 SensoSphere (*Model, ID name, Firmware version*).
  ** You can change the SensoSphere **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

The following options will be reset whenever the SensoSphere power is cycled:

- **Audio Sense** and **Proximity Sense** will revert to the settings of the Interactivity switch (under the SensoSphere base).
- The mobile link will be turned On or Off according to the setting of the Mobile Link switch (under the SensoSphere base).
- The SensoSphere **Touch Plate Sense** will be activated.

KEEPING OUR LIVING ENVIRONMENT NOISE-FREE AND HEALTHY

Sources of noise in our environment may affect us even if we are not aware of them. This is true for both noise in light, and noise from radio electromagnetic fields (EMF). The SensoSphere is designed to contribute to a healing environment, and consequently great care has been taken to minimize its emission of both types of noise.

LIGHT NOISE

"Light noise" refers to instabilities or flickering in the brightness of a light source. Very few artificial light sources emit a perfectly stable light, even if they appear to do so. This is because they often flicker at a speed or frequency which is too fast to be perceived by our visual system (above 50 to 70Hz).

Even when not discernible to the naked eye, light flickering can have adverse effects on our nervous system. These effects are more or less pronounced depending on each individual. To some sensitive people, even a low flicker may lead to migraines, headaches and eye stress. To the rest of us it still adds to the general environmental stress, potentially contributing, in the long run, to various chronic pathologies.

Most LED devices on the market today exhibit significant light noise. Sensortech recommends the use of a light noise detector such as the **LightBee**© (available at www.sensora.com/lightbee) to identify noisy light sources so that you can remove them from your environment.

The SensoSphere has been specially engineered with high-precision analog LED driving electronics so that its soothing illumination does not generate any light noise.

> **NOTE:** *the Proximity Sense function emits a tiny amount of light noise in the form of minute non-visible infrared pulses. If you prefer eliminating all forms of light noise you can disable this interactivity function, either with the Interactivity switch under the SensoSphere base, or with the Proximity Sense switch on the Options screen of the SensoSphere App.*

ELECTROMAGNETIC FIELDS NOISE

Even though it is nearly impossible to avoid being exposed to the EMF of the numerous Wi-Fi and mobile devices surrounding us, we can take measures to reduce exposure in our homes. This is especially meaningful in bedrooms, where removing active EMF emitters (such as Bluetooth and Wi-Fi devices or cordless phones) is advisable.

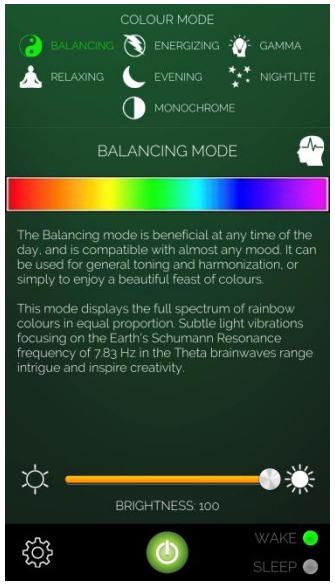
The radio contained in the SensoSphere is such a source of EMF noise. While it can be turned Off with the Mobile Link switch under its base, doing so will prevent benefitting from the SensoSphere App. For this reason a mobile link disabling switch is available in the Options screen of the App: you can use the App to adjust the SensoSphere according to your preference, and once done you can temporarily turn Off the mobile link with this switch.

Mobile functionality can then be restored in either of two ways:

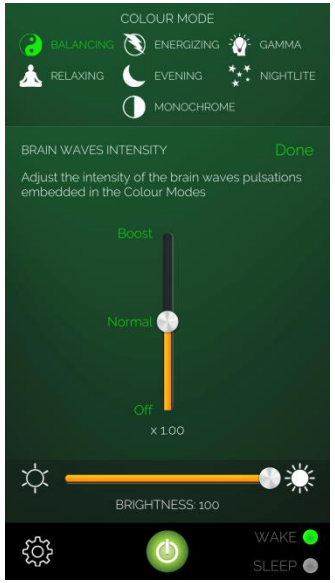
- Place you finger on the SensoSphere touch plate and hold it for a couple of seconds (as when selecting the Monochrome mode); the SensoSphere will blink in blue twice to indicate that the mobile link is back On.
- Cycle power on the SensoSphere (turn power Off and then On).

ADVANCED MODE

The SensoSphere Professional features a number of advanced options which can be enabled by turning On the **Advanced Mode** switch on the OPTIONS screen.



In the Advanced Mode, a new **Brainwaves** icon appears on each of the Colour Mode screens.

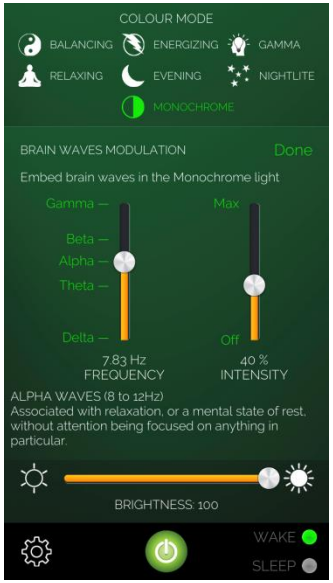


For the six Mood Light modes, clicking the Brainwaves icon opens the **Brainwaves Intensity** panel, where you can adjust the intensity of the brainwaves pulsations embedded in the SensoSphere light.

- 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 Advanced Mode is turned Off.

In the Monochrome mode, two new sliders appear next to the Colour Selector wheel.

- 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.
- The Whiten and Range options always revert to zero when the Advanced Mode is turned Off.



In the Monochrome mode, 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 eye.
- Click **Done** or swipe down the panel to return to the Colour Mode screen.
- The Brainwaves modulation in Monochrome mode always reverts to zero when the Advanced Mode is turned Off.

WARNING: while the brainwaves modulation used in the Mood Light modes of the SensoSphere are always safe, 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.