SENSOLIGHT

USER'S MANUAL

CONTENTS OF BOX

SensoLight SPH-20 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, 30 days in Off state
Charging time:	2.5h when off, 4h at full brightness
Bluetooth:	Version 4.0 (BLE)

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-20 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-20 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
NightLite mode	→	Amber, low brightness
Monochrome mode	→	last selected Monochrome colour

Three optional Colour Modes are also available for purchase. These are inserted between the Energizing and NightLite modes:

Gamma mode	→	Indigo Blue
Evening mode	→	Green
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 Bluetooth App and with active clock functions (Wake Up and Sleep).

EXPAND THE POSSIBILITIES OF YOUR SENSOLIGHT WITH THE SENSOLIGHT APP

Available for free:

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 colour magenta.

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 colour turquoise.

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 colour orange

Colour Mode #4: 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 colour amber.

Colour Mode #5: 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 additional Colour Modes
which you can buy directly from the SensoLight App:

Optional Colour Mode #1: 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.

Optional Colour Mode #2: 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.

Optional Colour Mode #3: 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 colour white.

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

Optional Upgrade #4: BRAINWAVES LAB

Explore brainwave entrainment with advanced functions!

- Embed the brainwave pulsation of your choice within the Monochrome Mode. Adjust pulsation intensity and frequency over the full brainwaves range from Delta, Theta, Apha, Beta to Gamma (1Hz-40Hz).
- Control the intensity of brainwaves embedded in all other Colour Modes, from 0% (Off) to 200% (Boost).

Also gain access to additional Monochrome capabilities, including selecting pastel colours and a powerful function allowing you to set a range of colour variations around the Monochrome colour.

See the SensoLight App below for further details on all Brainwaves Lab functions.

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

THE SᴇɴꜱOLɪɢʜᴛ TECHNOLOGY

The SensoLight is a lamp designed for personal wellness and inspired by coloured light therapy, also known as *chromotherapy*. Its technology is derived from that used in the Sensora™, a professional multisensorial system created to facilitate a profound integrative therapeutic experience and used throughout the world as a psychotherapeutic support. The SensoLight 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[1], such as brainwaves, the heartbeat or breathing. In the SensoLight these light pulsations are generated by the synchronized action of 12 low frequency oscillators, 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 SensoLight offers a choice of up to eight Colour 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 SensoLight 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.

Movement Interactivity

The SensoLight features movement interactivity: tilting or shaking it modifies the running modulated light patterns in lively and unpredictable ways. This is achieved by linking your hand movements to various modulation parameters generating the light patterns, such as pulsation speed and depth, colour rhythms and ranges. These inputs introduce variations that remain within the range of properties specific to each Colour Mode. The result is a captivating synergy between the SensoLight and your movements.

Enjoy transforming the SensoLight colours with the tilt angle and direction, as well as with the speed of your movements.

Long-lasting light

The SensoLight 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.

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[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 Bluetooth

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

*Note: The SensoLight will stop responding to the SensoLight App when Bluetooth 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 its Wake Up function can therefore not be relied on.

To stop the flashes, place it on its charging base 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 its 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 versions 6 to 11 require you to **authorize location assets** before enabling Bluetooth 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

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".
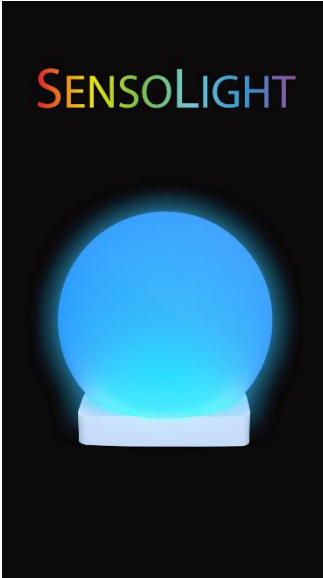
➢ The SensoLight App requires Bluetooth Low Energy functionality (BLE or Bluetooth 4.0) to communicate with the SensoLight Professional. It will therefore only work on mobile devices compatible with Bluetooth 4.0. Newer mobile devices generally have this capability.

➢ Make sure Bluetooth is activated on your mobile device.

➢ Before you can use the App, make sure that Bluetooth 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 Bluetooth 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 Bluetooth is On. Click the **Re-Scan** button in the App to connect.

Re-Scan

➢ 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 Bluetooth simulation mode** text.
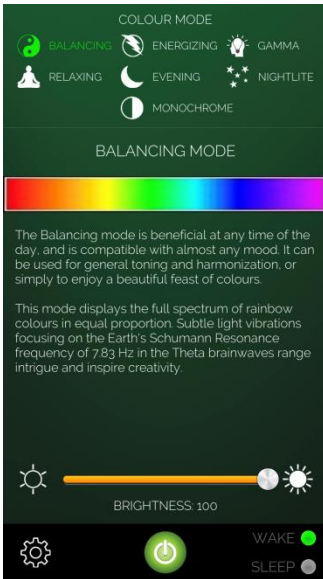
COLOUR MODE SCREEN

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).

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.

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".
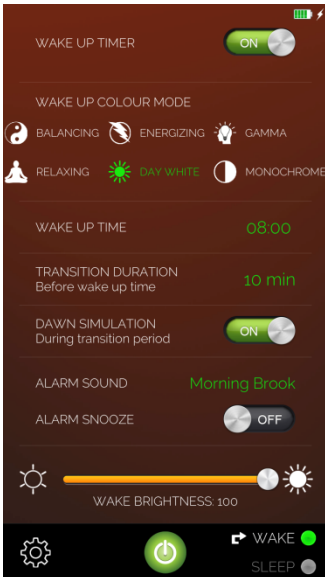
➢ Activate the **Wake Up Timer** with the On/Off switch at the top of the screen.

➢ 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.
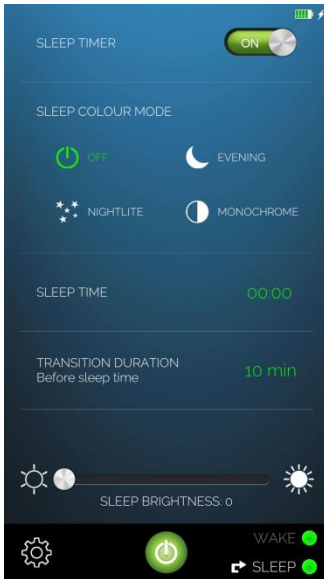
- ➢ Activate the **Sleep Timer** with the On/Off switch at the top of the screen.
- ➢ Select the **Sleep Colour Mode** from the offered icons (including the OFF mode, where the SensoLight goes fully dark). The SensoLight will display the selected mode to facilitate your choice.
- ➢ Set the **Sleep Time**.
- ➢ Set a **Transition Duration**, during which the SensoLight will smoothly fade out from its previous state to the sleep brightness.
- ➢ 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.
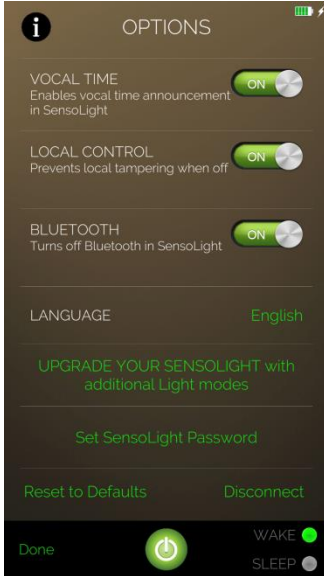
➢ The **Vocal Time** switch lets you turn On or Off the spoken tome-of-day messages in the SensoLight *(see Special Commands above)*.

➢ 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 **Bluetooth** switch lets you turn Off the Bluetooth radio inside the SensoLight. This can be useful to enable an electromagnetic field free zone. The SensoLight will blink in red twice to indicate that its Bluetooth is Off.

　Naturally once Bluetooth is Off you will lose control of the SensoLight from the App, until you restart Bluetooth on the unit and reconnect.

　** *When Bluetooth 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 Bluetooth 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.

➢ The **Colour Modes Bundle** lets you save on the purchase of the two optional Gamma and Evening Colour Modes.

➢ The **Brainwaves Lab** adds new brainwaves functions described below.

➢ Return to the OPTIONS screen either by clicking **Done** at the bottom of the screen, or by swiping the screen to the left.
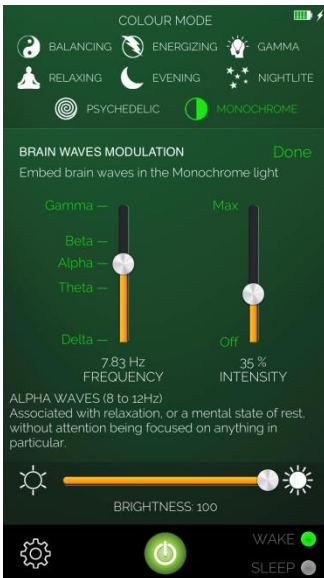
BRAINWAVES LAB

The SensoLight Professional features a number of advanced options which can be enabled when you buy the **Brainwaves Lab** upgrade (see UPGRADES screen).

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.

With the **Brainwaves Lab**, a new **Brainwaves** icon appears on the COLOUR MODE screen.

In the Monochrome Mode, clicking this 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.

For Colour Modes other than Monochrome, clicking this **Brainwaves** icon opens the **Brainwaves Intensity** panel, where you can adjust the intensity of the brainwaves pulsations embedded in the SensoLight light.
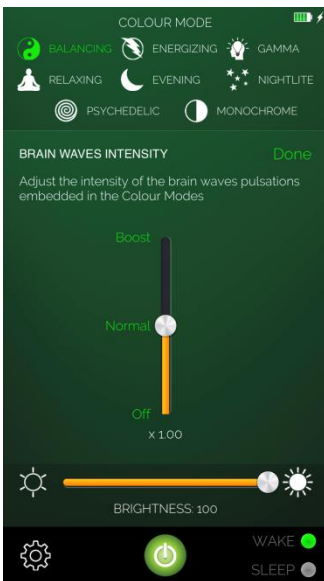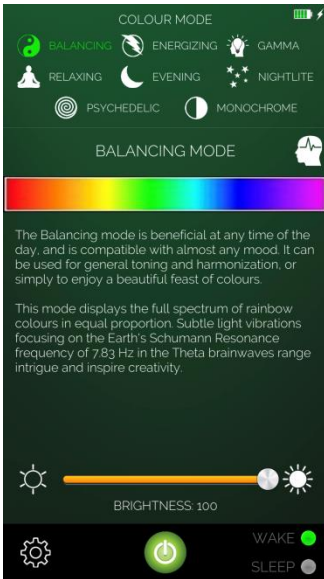
➢ The slider lets you reduce the brainwaves intensity (all the way to zero), or increase it (up to double the normal intensity).

➢ 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.

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.

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 (EMFs). The SensoLight is designed to contribute to a wellness 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 SensoLight has been specially engineered with exclusive, high-precision analog LED driving electronics so that its soothing illumination generates **pure, clean light** conducive to harmonizing mood lighting, and does not generate any light noise..

Electromagnetic Fields Noise

Even though it is nearly impossible to avoid being exposed to the EMFs 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 Bluetooth radio contained in the SensoLight is such 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 a couple of seconds, until a **green** flash is emitted – *see Special Command "Turn On/Off Bluetooth" above*), doing so will prevent benefitting from the SensoLight App. For this reason a Bluetooth-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 Bluetooth radio with this switch.

Bluetooth functionality can then be restored on the SensoLight by turning it upside-down and pressing the control button for a couple of seconds 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, 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.

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

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HARMONIZING
MOOD LIGHT

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

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