RED LIGHT THERAPY PANEL

USER MANUAL

sunlighten®

WELCOME TO LIGHT AS A LIFESTYLE

Red light therapy, which includes both Red and Near Infrared (NIR) light, is a powerful, natural tool that can redefine your approach to well-being, supported by thousands of scientific studies over the past 40 years. Like nutrition and exercise, light therapy is a **lifestyle choice** with proven potential to enhance health. Its exact impact, however, depends on your unique biological makeup, making the journey personal and adaptable.

Your Sunlighten RED Light Therapy Panel empowers you to **choose your own wellness journey**. You can rely on our expertise as leaders in light science, with specially designed programs that guide you, or dive deeper to become your own light therapy expert by customizing settings based on the principles outlined here.

We're honored to be part of your journey toward feeling your best, doing more of what you love, and living your fullest life.

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WHAT TO KNOW

Light Absorption is Unique to You: The way your body absorbs light can vary based on factors like distance from the panel, skin tone, hydration, and even body composition. This means your experience will be personalized, giving you the power to adapt and optimize your sessions.

Understanding Light Behavior: Light is dynamic, and things like beam angles, diode arrays, and light intensity change based on distance and positioning. This variability makes each session an opportunity to fine-tune your exposure for maximum benefit.

Maximize the Impact: Light penetrates deeper into tissues when closer to the panel, and the intensity can be stronger in the center. This knowledge allows you to adjust your positioning and ensure you're receiving the best possible experience.

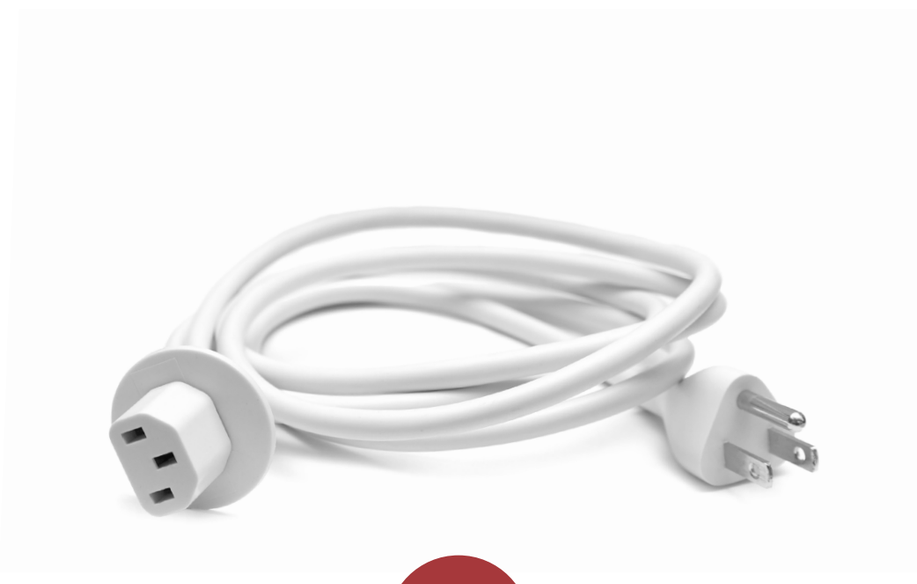
Take Charge of Your Progress: Start with consistent sessions (5-10 minutes, 2-3 times a week), and listen to your body. As you notice improvements, you have the ability to adjust and personalize your routine further.

A Science-Based Guide: While there isn't a one-size-fits-all answer, studies show that the wavelengths and energy outputs of our programs lead to real benefits. Use this guide as a powerful starting point and know that you're making informed decisions toward enhancing your well-being.

WHAT'S IN THE BOX?

1. RED LIGHT THERAPY PANEL
2. POWER CABLE
3. EYE PROTECTION GOGGLES
4. REMOTE

1



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*See **pg 21** for add-ons & **pg 17** for remote instructions*

BEFORE YOU BEGIN

Distance: For optimal effectiveness, sit or stand 6-36 inches (15-91 cm) from the panel.

Time: Start with 5-10 minutes and move up as your body acclimates. Optimal dosage is key—exceeding it can be as ineffective as not getting enough. We recommend a max limit of 20-30 minutes per day.

Eye Safety: While research has not found safety concerns with exposure of light therapy to the eyes, protective goggles are provided due to the intensity and brightness of the treatment.

Eye Protection: Protective goggles are provided for those sensitive to light or find the brightness uncomfortable. The protective goggles also help reduce eye strain during longer sessions.

Children should always wear protective goggles as their eyes are still developing.

People with light sensitivity or taking photosensitizing medications should consult their doctor and wear the protective goggles during use.

If you are at all uncomfortable, please wear goggles, especially if you are looking directly at it, or if you are sitting very close to the panel while on.

INITIAL SETUP

1 **Plug the power adapter** into the back of the panel and a nearby outlet.

2 **Download the Sunlighten App** from the app store or by going to **https://www.sunlighten.com/app/** on your phone.

Download on the App Store

GET IT ON Google Play

The app helps you get more out of your Sunlighten RED Light Therapy Panel. It's where you select programs, adjust session time and intensities, set health goals and more.

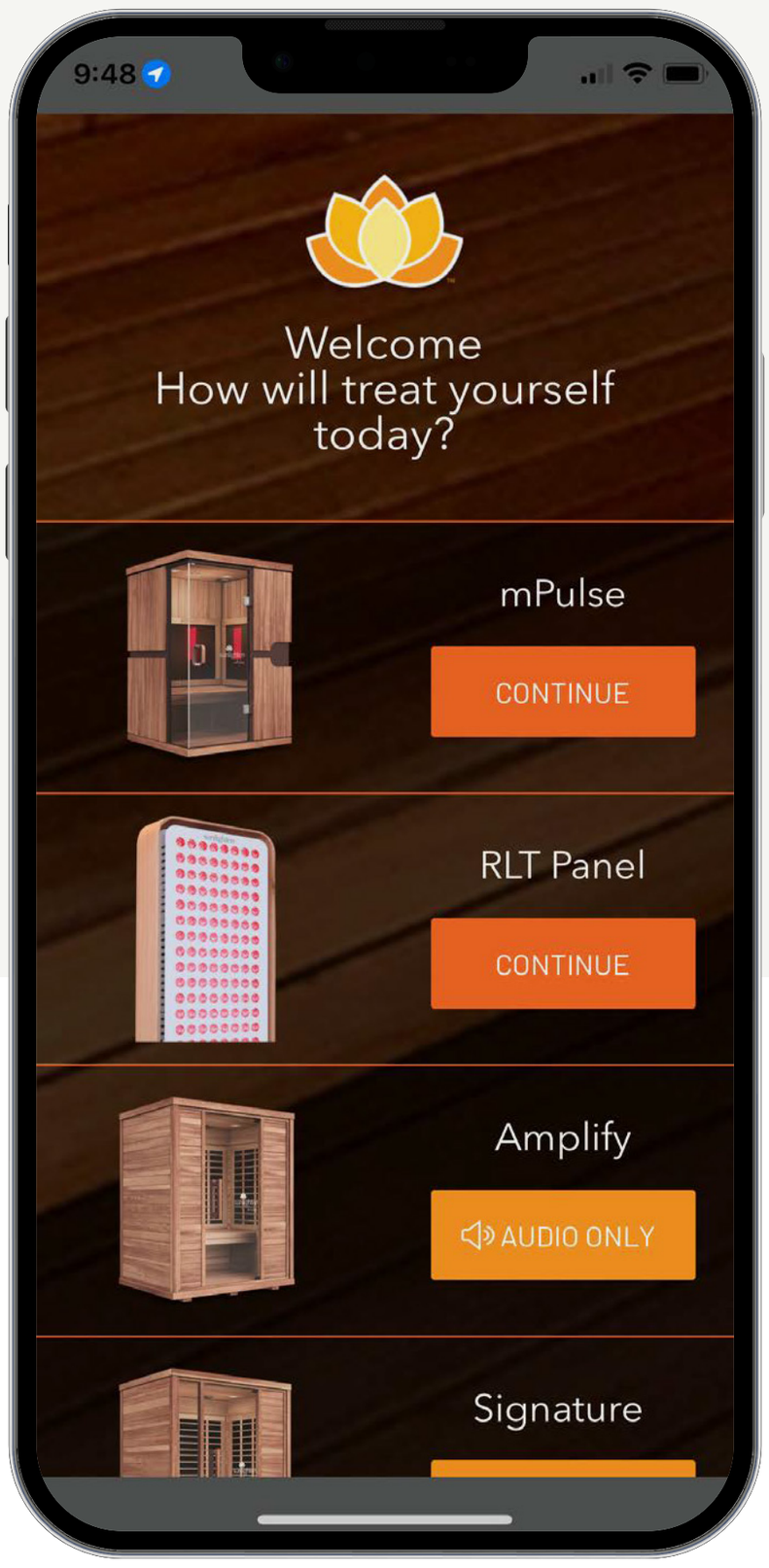
Make sure bluetooth is enabled on your phone, and allow location access when prompted. Phone must be within 50 feet (15 meters) of the panel.

3 **Create an account** or login if you're an existing Sunlighten App user.

4 **Turn away from the panel** before switching it on.

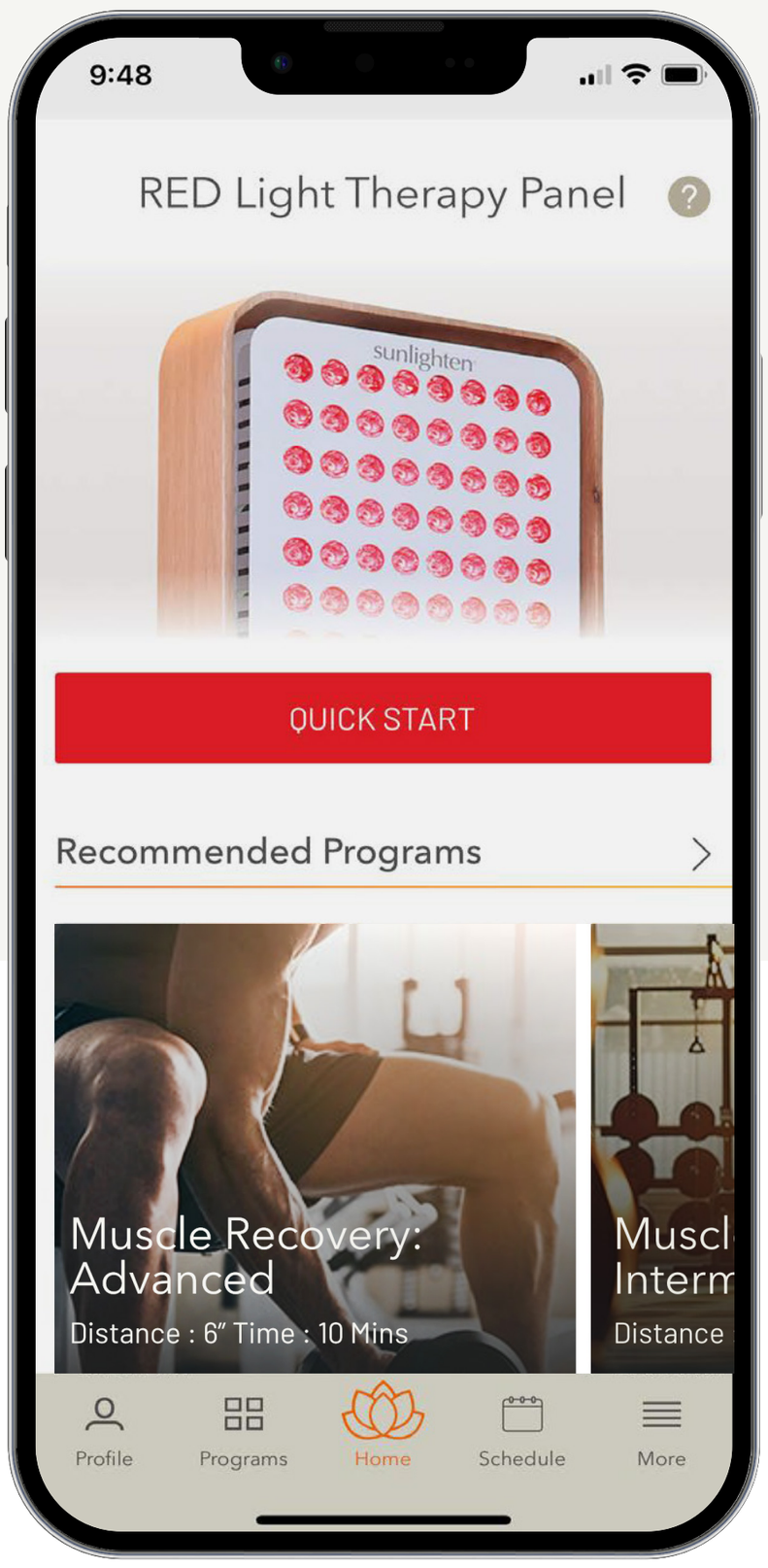
OPERATING INSTRUCTIONS

1 With the panel plugged in, open the Sunlighten App and select the Sunlighten RED Light Therapy Panel (RLT Panel) from the list of connected Sunlighten products.

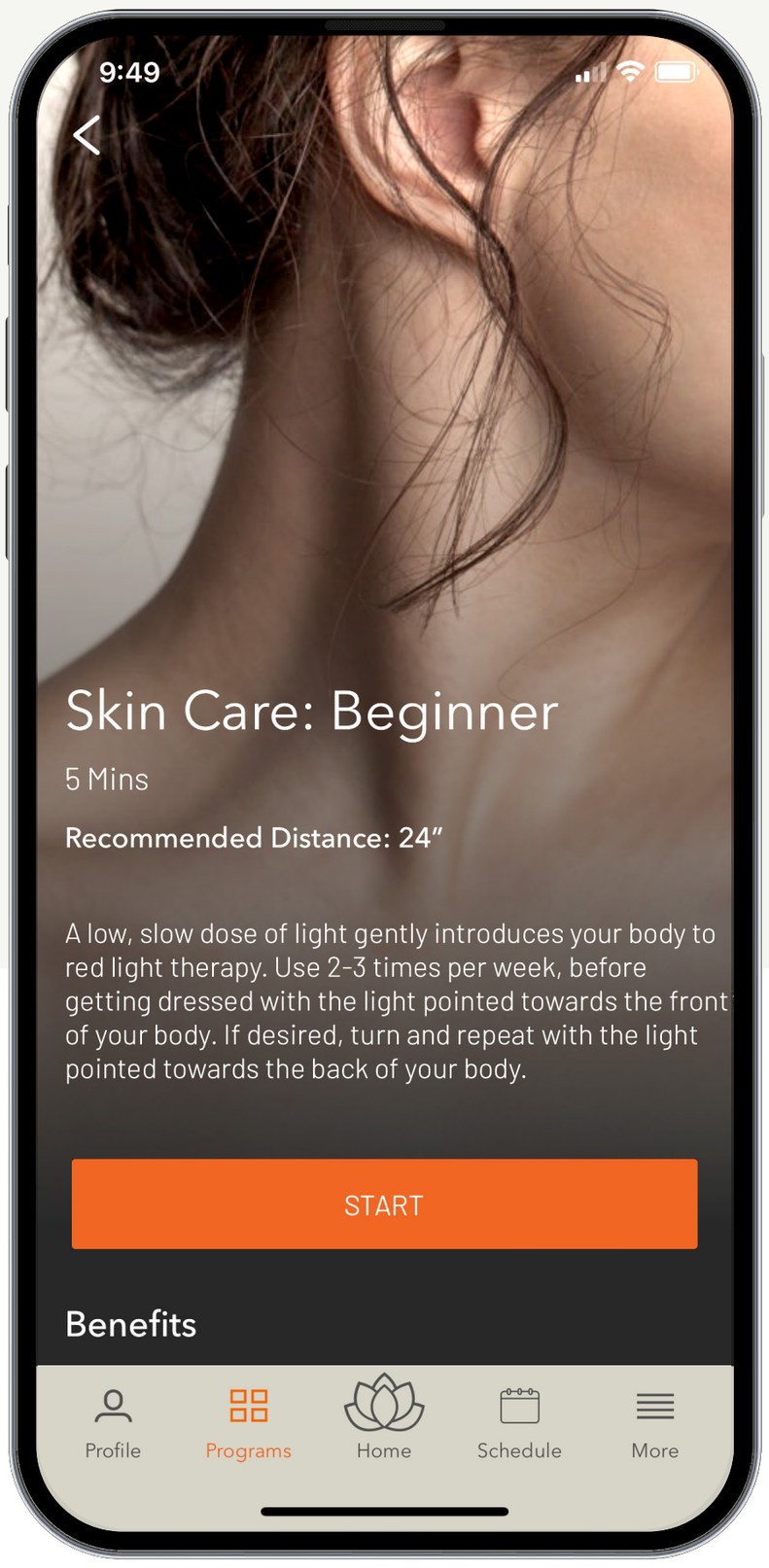


You can get back to this screen anytime by going to More > Select Another Device

2 Find a program that matches your experience level and desired health goals by browsing recommended programs or tapping 'Programs' in the bottom navigation.



3 Position your body as directed and tap 'Start' (note, lights will not come on yet), then tap 'Play' on the following screen to start your session.



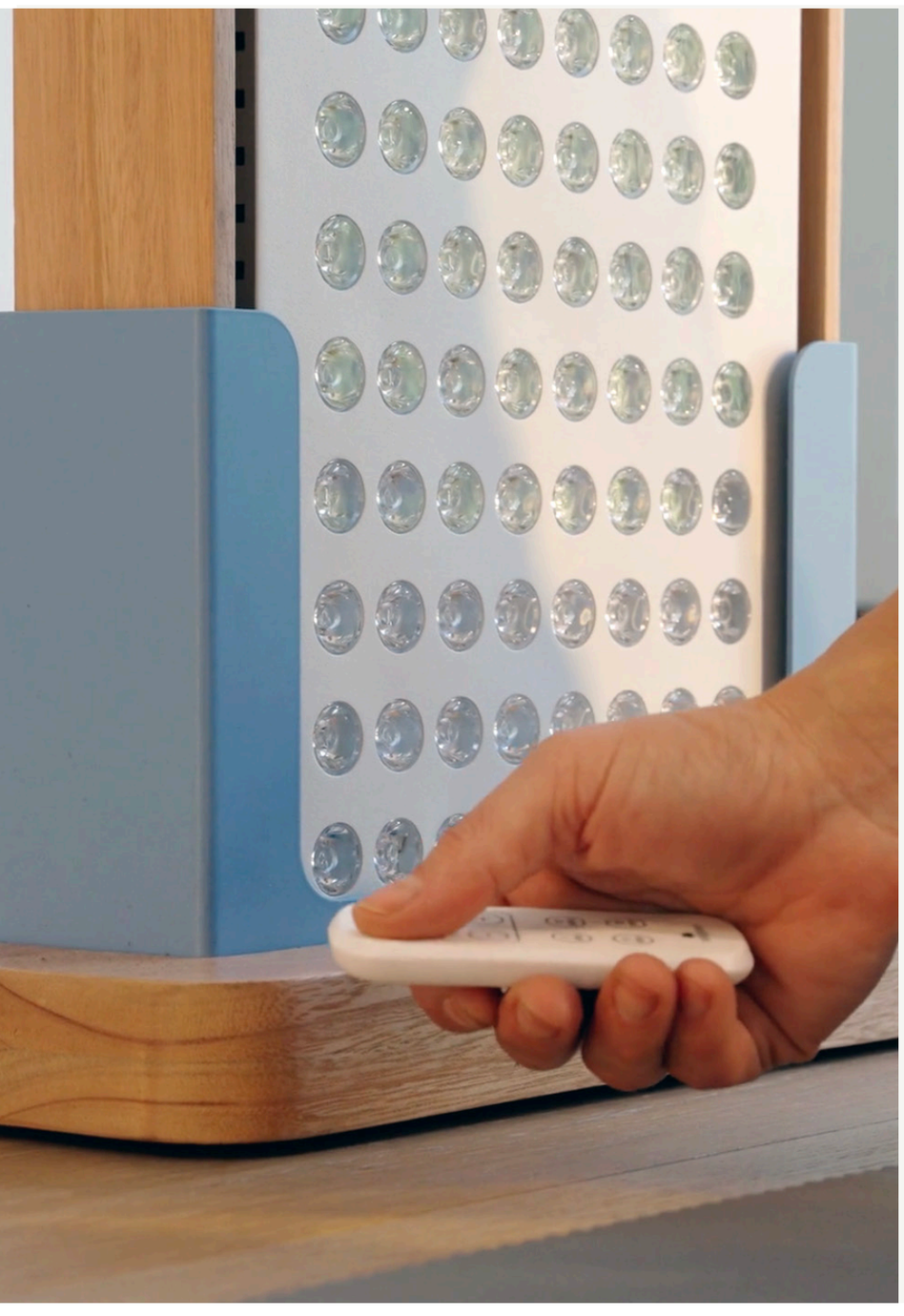
Our programs are designed with scientific principles and RED/NIR studies in mind so the timer and RED/NIR intensity cannot be adjusted during your session. If you want full control of the time and RED/NIR intensity during your session, use Quick Start with guidelines outlined on **Pg 14**.

4 At the end of your session, the lights will turn off automatically. We recommend unplugging the panel while not in use.

OPERATING INSTRUCTIONS CONTINUED

If you don't have the Sunlighten App, you can use the power button on the back of the panel or the enclosed remote to control your device.

Pressing the power button on the back of the panel will initiate a 20 min session with RED and NIR at 100% irradiance. Once time or RED/NIR intensity is adjusted via the remote or app, the next time you use the power button to turn on the RED Light Therapy Panel, it will use the adjusted settings.



To use the remote, first hold the power button on the remote for 3 seconds. Once the remote is powered on, press the time buttons to select your session time and the +/- buttons to adjust the RED/NIR intensity by 20% with each press.

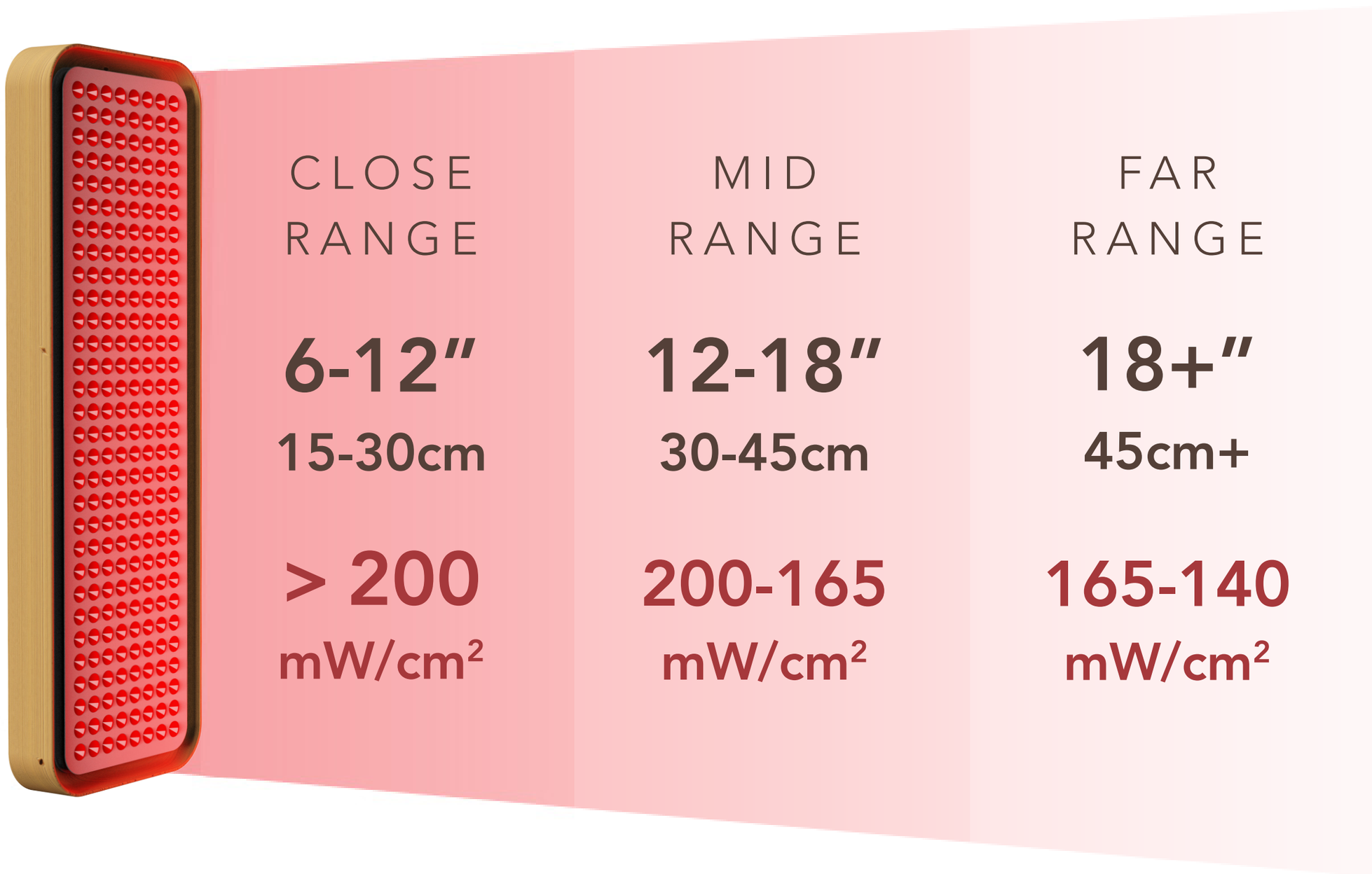
See ***pg 17*** for more information about the remote.

GUIDE TO CUSTOMIZING YOUR SESSIONS

When customizing your session, it's important to understand how distance, time, and intensity work together to maximize your experience. By understanding these variables, you can confidently create sessions that fit your goals - or enjoy that we've done that for you with our programs.

Think of the panel like a lamp illuminating a room—the closer you are, the brighter and more intense the light feels. Similarly, the power density of the light therapy panel decreases as you move further away. This means the distance you choose will directly impact the amount of light your body absorbs.

GUIDE TO CUSTOMIZING YOUR SESSIONS CONTINUED



mW/cm² measures light intensity in a specific area, representing milliwatts per square centimeter. It's like the brightness of light on your skin; a higher number means more energy is absorbed during your session.

Choosing Your Distance:

Close Range (6-12 inches): Utilize for maximum intensity, allowing more light to penetrate deeper into tissues. Ideal for targeting deeper muscle, joint pain, or areas needing stronger therapy.

Mid Range (12-18 inches): Suitable for general wellness, improved circulation, and skin health. Provides a good balance of intensity without being overwhelming.

Far Range (18+ inches): Perfect for a gentler experience or if you want to cover a larger area of your body. This distance is still effective but will provide a lower intensity.

GUIDE TO CUSTOMIZING YOUR SESSIONS CONTINUED

Deciding on Session Time:

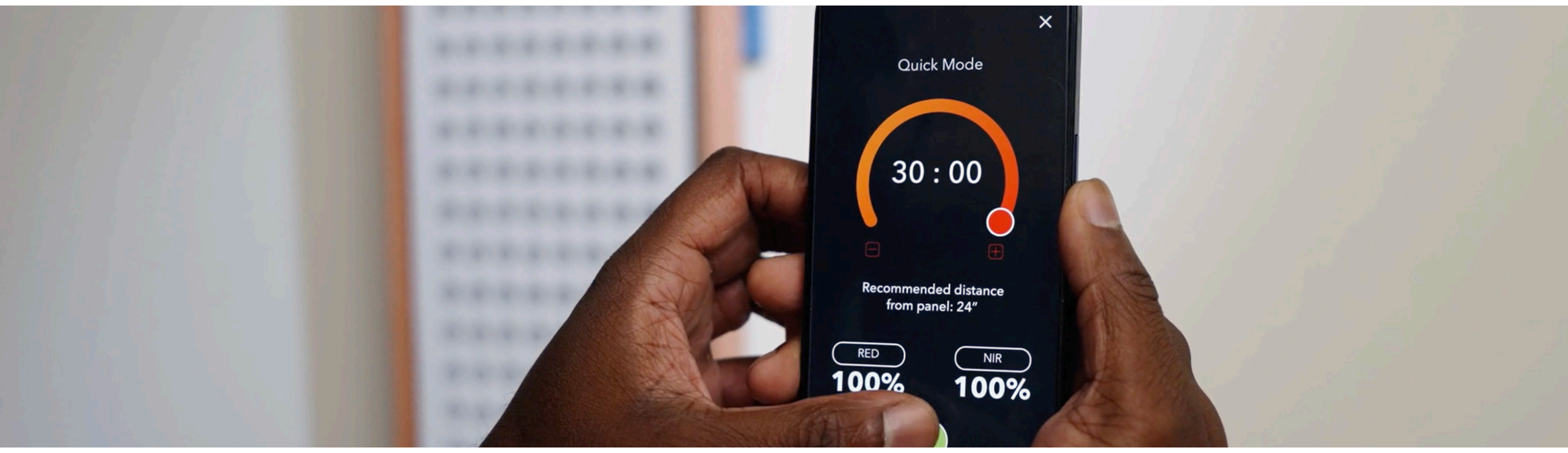
Short Sessions (5-10 minutes): Great for targeted therapy on specific areas or if you're new to red light therapy. Start here to see how your body responds.

Medium Sessions (10-20 minutes): Recommended for most users, providing enough exposure to feel the benefits without overdoing it.

Long Sessions (20+ minutes): Best for experienced users who want deeper therapy or to address more extensive health goals. Always monitor how your body feels during longer sessions.

***Using the app**, you can set the timer anywhere from 1 minute to 30 minutes on the Quick Mode screen.*

***Using the remote**, tap the 5 min, 10 min, 15 min or 20 min button to set the session timer.*



GUIDE TO CUSTOMIZING YOUR SESSIONS CONTINUED

Adjusting Intensity:

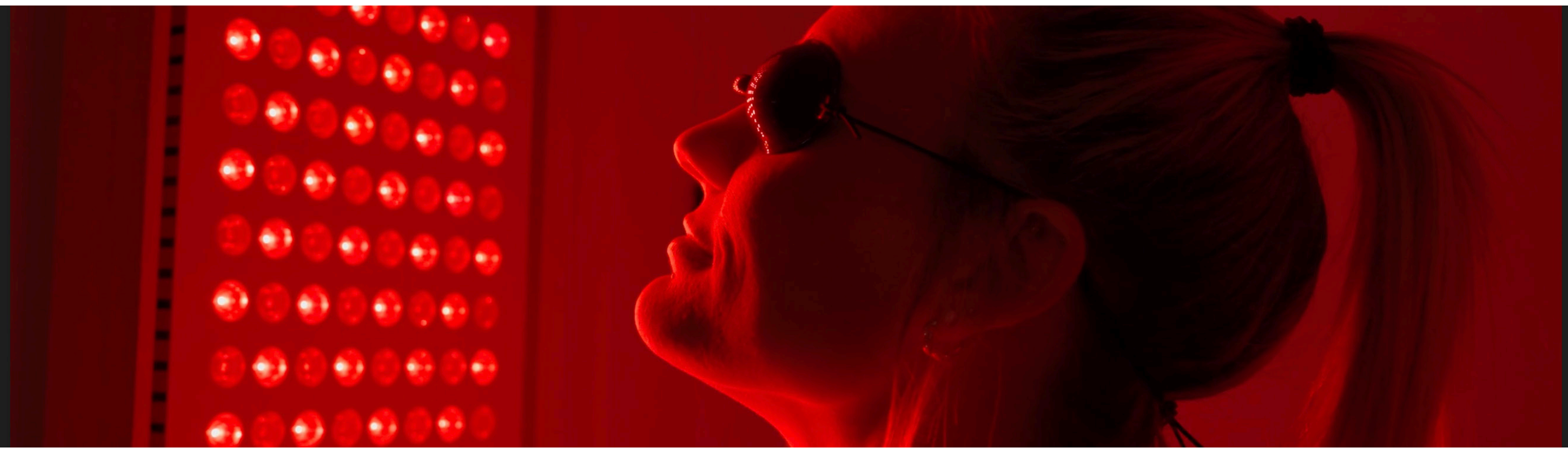
Low Intensity (20-40%): Provides a gentler experience, perfect for sensitive skin, relaxation, or when you want a calming session.

Medium Intensity (40-80%): Offers a balanced approach for skin health, circulation, and overall wellness. Ideal for most users and daily routines.

High Intensity (80-100%): Delivers the strongest energy. It's best for deeper tissue penetration, pain relief and muscle recovery. Use for shorter durations if you're new to this level.

***From the app**, tap the RED or NIR button from Quick Mode and use the slider that appears to set the desired intensity from 0% (off) to 100% (max).*

***On the remote**, use the RED + NIR plus and minus buttons to adjust intensity of RED and NIR simultaneously by 20% with each click.*



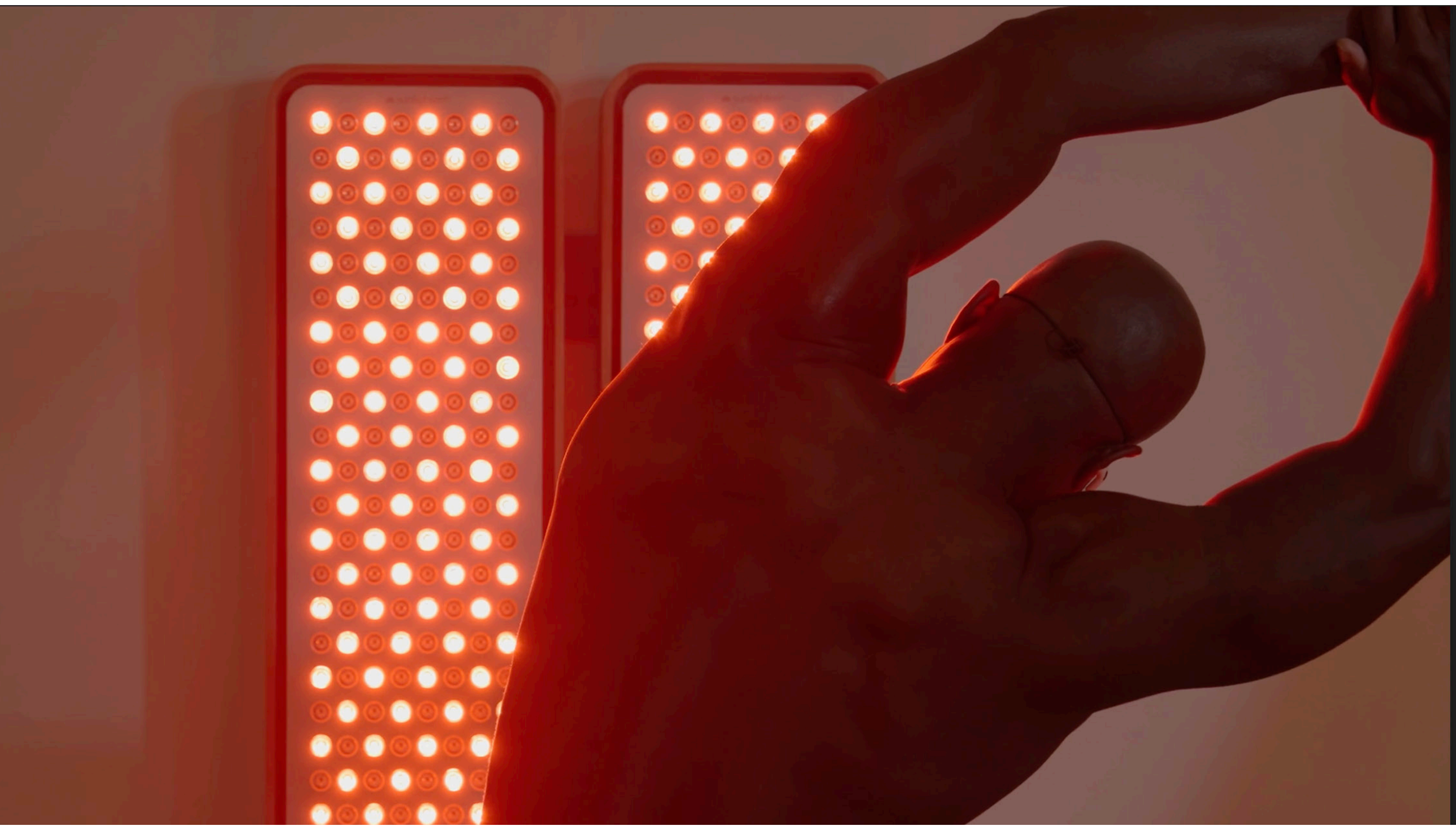
GUIDE TO CUSTOMIZING YOUR SESSIONS CONTINUED

Creating Your Custom Session:

Start Simple: If you're new to red light therapy, begin with 10-15 minutes, 12-18 inches (30-45 cm) away, and at medium intensity.

Gradually Adjust: As your body adapts, experiment with different distances, times, and intensities to find what feels best for you.

Listen to Your Body: Your body will signal what works—if you feel comfortable and notice benefits, continue; if you feel any discomfort, reduce the intensity or shorten the session.



UNDERSTANDING THE ROLE OF RED AND NIR (NEAR INFRARED)

The Sunlighten RED Light Therapy Panel utilizes two key wavelengths of light—RED and NIR—each offering unique benefits for your health and wellness. Here's how they work and how to decide which is right for your session:

RED LIGHT

Skin-Deep Benefits: Red light penetrates about 2-3 mm into the skin, making it ideal for surface-level treatments.

What It Helps: This wavelength boosts collagen production, enhances skin tone, reduces wrinkles, and promotes healing of superficial wounds or blemishes, and improves circulation just below the skin.

Best For: If your primary goal is skin health, anti-aging, wound healing, or treating areas close to the skin's surface.

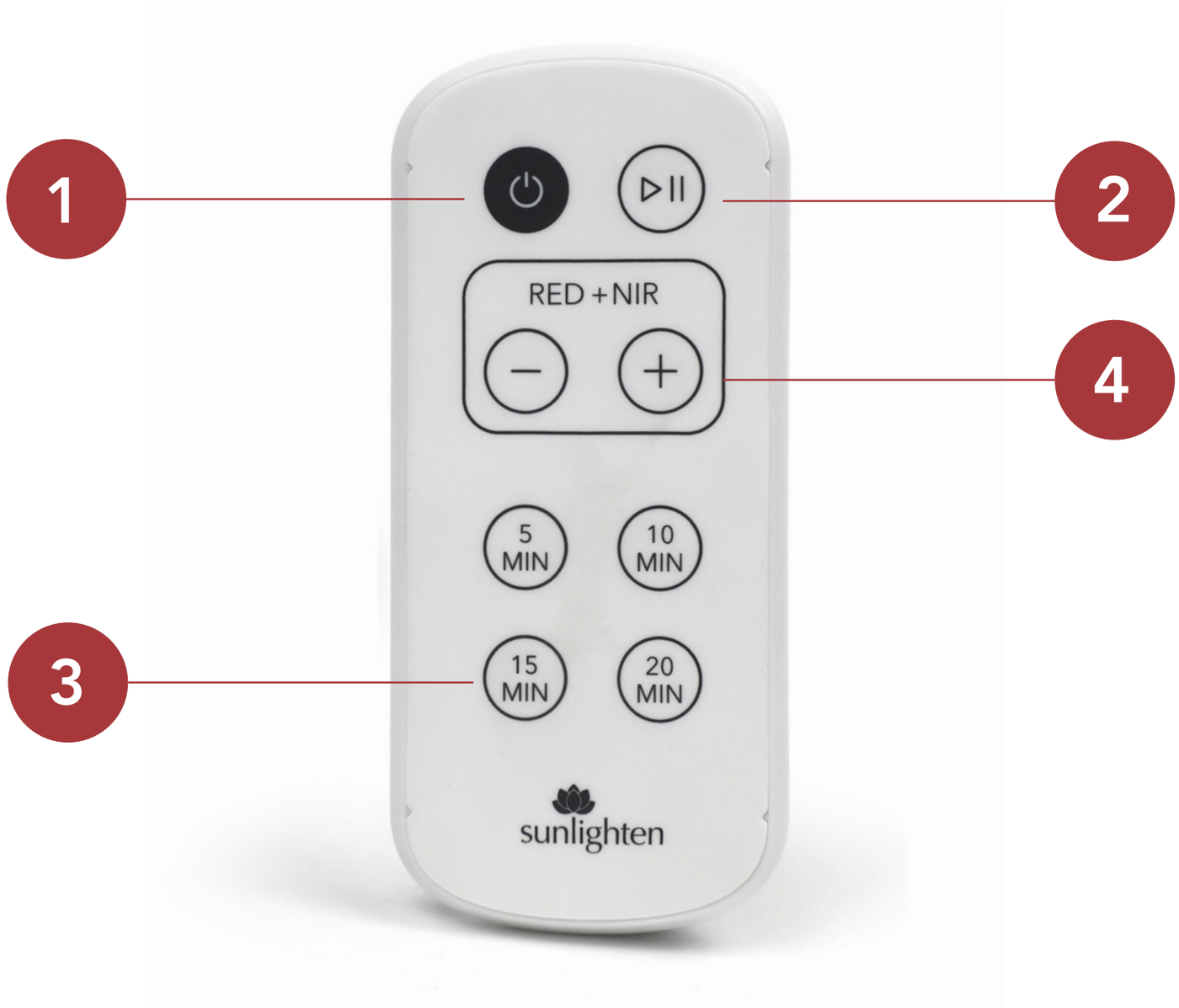
NIR LIGHT (invisible)

Deeper Penetration: NIR light reaches deeper tissues, penetrating up to 2 inches (50mm) into the body.

What It Helps: NIR is excellent for targeting muscles, joints, deeper tissue healing, supporting pain relief, muscle recovery, inflammation reduction, and improved blood circulation.

Best For: Choose NIR light if you're aiming for relief from joint pain, muscle recovery, reducing inflammation, or want to address issues below the skin's surface.

HOW TO USE THE REMOTE



1. With the panel plugged in, hold down the power button on the remote for 3 seconds. Make sure the panel is pointed away from you as it will be very bright when first turned on.

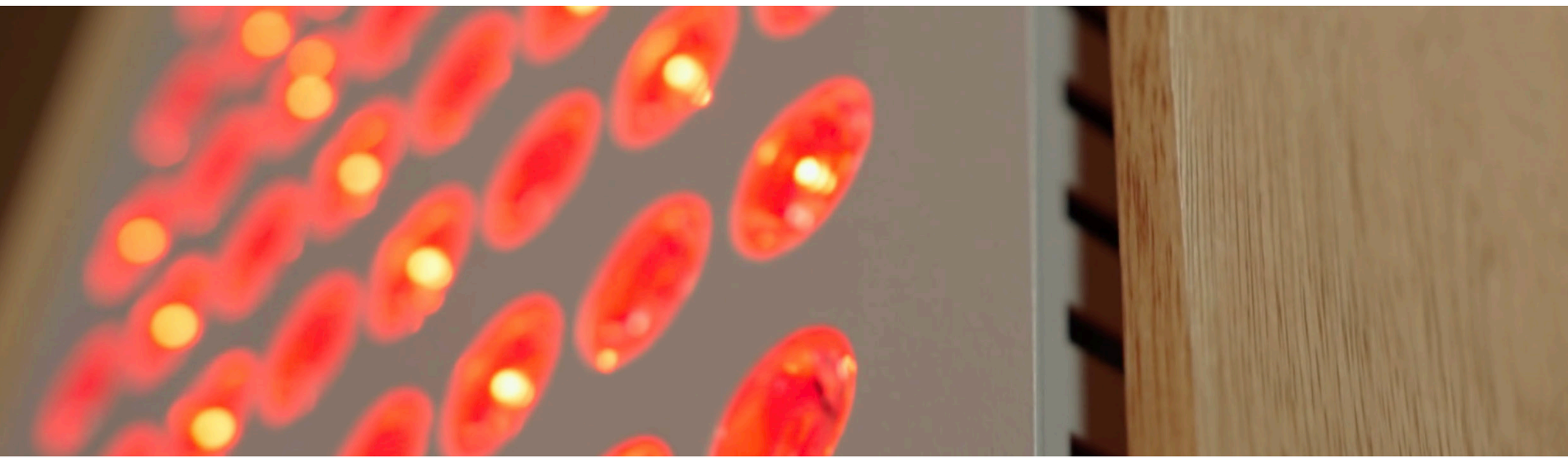
2. Use the Pause/Play button on the remote to pause and resume a red light therapy session.

3. To change the session time use the 5, 10, 15 or 20 minute buttons on the remote.

4. To decrease the light's intensity, press the RED + NIR minus (-) button. It starts at 100%, and each press lowers it by 20%. To increase intensity, use the plus (+) button on the remote. To set the intensity of RED and NIR separately, you'll need to use the **Sunlighten mobile app**.

CARE & MAINTENANCE

- To maintain optimal performance and hygiene, periodically clean the surface of your red light therapy panel with a soft, dry cloth to remove dust or debris. Avoid using harsh chemicals or abrasive cleaners that may damage the panel.
- Ensure air vents are clear and unobstructed.
- Avoid exposure to water or moisture to prevent damage to electrical components.
- Store in a cool, dry place.
- Unplug when not in use.



WARRANTY

- Residential: 3 years limited* warranty from purchase date.
- Commercial: 1 year warranty from purchase date.

*3-year warranty from the date of purchase. Year 1 = 100% warranty against defects in materials and workmanship. Year 2 = 60% warranty of parts and labor. Year 3 = a 30% warranty of parts and labor. However, the warranty does not cover damage due to modifications made by the user, improper installation or use, incorrect cleaning, electrical surges, or natural events. Additionally, it doesn't cover any losses for third parties.

FAQS & SUPPORT

CONTACT CUSTOMER SUPPORT

If you have any questions or require assistance,
contact our customer support team:

Support Hours:
9 am – 4 pm (CT) Monday – Saturday

Call Us:
877.292.0020

Submit a support ticket and view FAQs:
https://www.sunlighten.com/customer-service/

We're here to help you get the most out of your
RED Light Therapy Panel.

SPECIFICATIONS

Max Irradiance/Power Density

200mW/cm^2

Wavelengths

RED 660nm, NIR 850nm

Number of LEDs

200 (100 Red Light,
100 Near Infrared)

Dimensions

35"H x 11"W x 2-11/16" D
89cm H x 28cm W x 6.8cm D
Depth is 4" (10cm)
with rubber feet attached

Power Input

100-240VAC, 355

Beam Angle

30 and 60 degrees

Weight

22 lbs/10.2kg

Warranty

3 Years

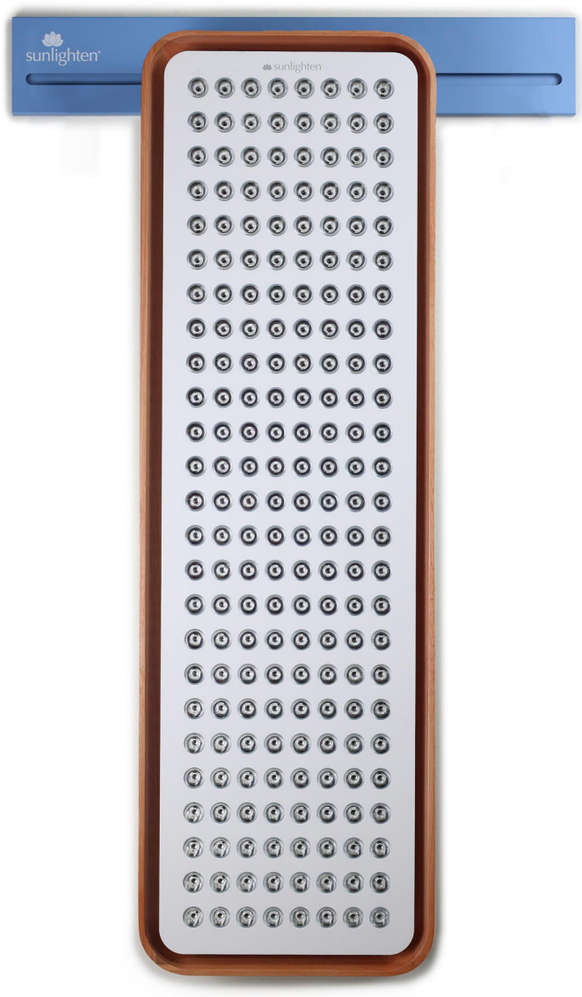
ADD-ONS

We've made it easy to put the panel wherever you want.
Options for mounting preference with two colors
(blue and white).

Floor Stand

Door Hanger

Single Wall Mount



Wide Wall Mount

sunlighten®