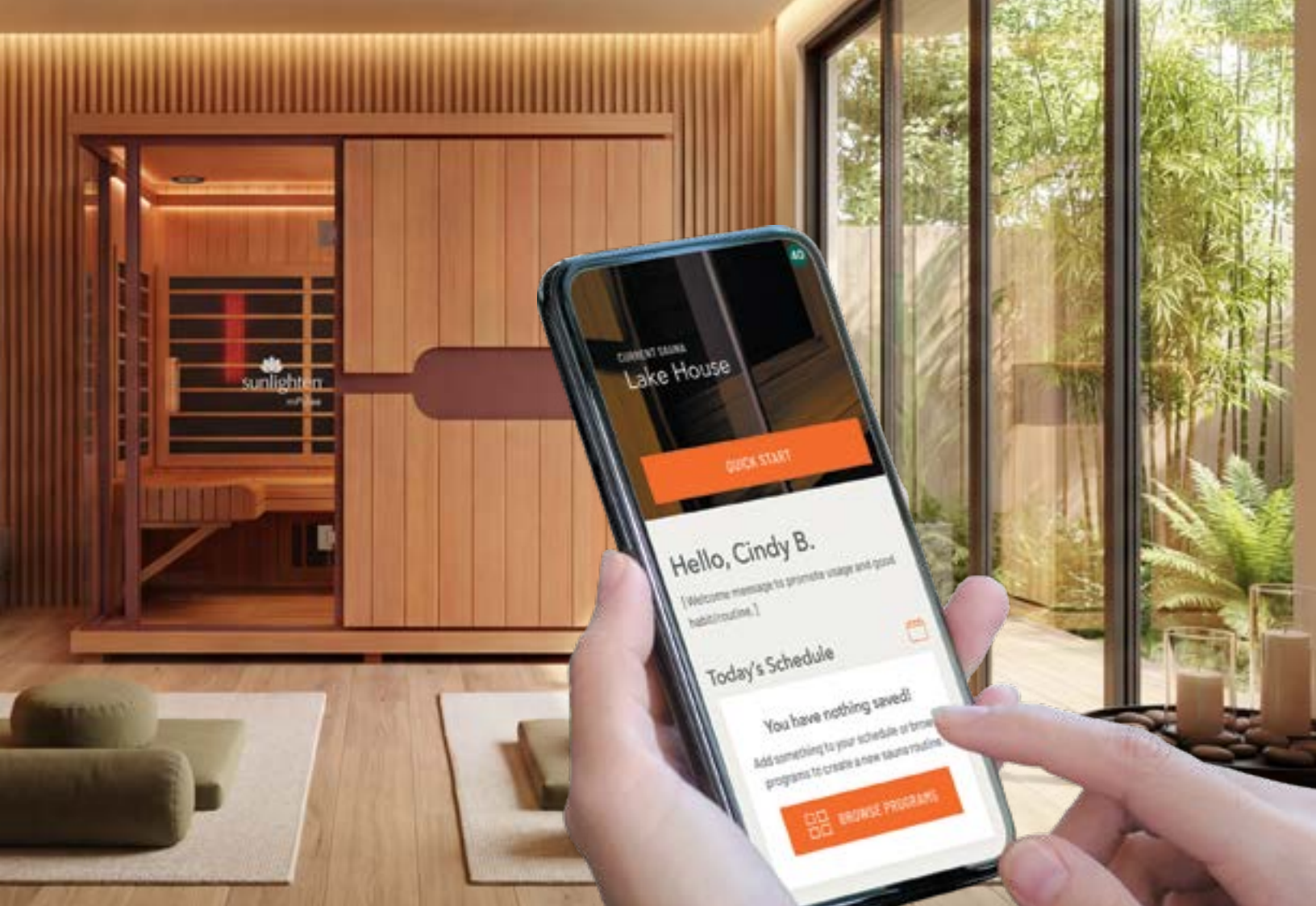




MPULSE TECH GUIDE

VERSION 06262026

KC100





Your Intelligent Sauna Experience Starts Here

Your mPulse touchscreen is the intelligent heart of your sauna - bringing you heat, light, and sound together in one seamless interface.

This guide will walk you through:

- Account setup
- Initial configuration
- Everyday controls and features

Follow these steps to unlock a smooth, intuitive, and fully personalized sauna experience.



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TABLE OF CONTENTS

Understanding the Interface	4
Mobile App	5
Settings	6
Setup	7
Controlling Your Sauna	8
Wellness Programs	9
Custom Programs	10
Schedule	11
More	12
FAQ & Customer Support	13
Warranty.....	14

Additional guides, including the mPulse owner's manual, can be found at
sunlighten.com/customer-service/guides-and-specs.

TABLET GUIDE



1. MICROPHONE

2. RESET BUTTON. RESTORE TO DEFAULT FACTORY SETTINGS OF THE DEVICE.

CAUTION: ALL PERSONAL SETTINGS WILL BE LOST.

3. POWER BUTTON

SHORT PRESS: GO TO SLEEP

LONG PRESS: RESTART

4. HOME BUTTON

5. BACK BUTTON

6. INCREASE AUDIO VOLUME

7. DECREASE AUDIO VOLUME

8. BACK BUTTON

9. HOME BUTTON

10. OVERLAID SQUARES BUTTON. PRESS THIS BUTTON TO BRING UP A SELECTION OF ALL APPS THAT ARE CURRENTLY OPEN

SUNLIGHTEN MOBILE APP

Your connected sauna experience begins here. The built-in tablet allows you to control heat, light, sound, and session settings directly within your sauna. For added flexibility, the Sunlighten mobile app extends that experience to your smartphone.

With the app, you can:

- Start your sauna so it's ready when you are*
- Schedule sessions in advance
- Customize and save your preferred settings
- Adjust your sauna lighting

Designed for simplicity and convenience, the app adds flexibility to your wellness routine.

Scan to download. Available on iOS and Android.



Getting Started

1. Download the Sunlighten mobile app
2. Create an account, or log in
3. Select **mPulse** and follow the in-app instructions

For additional information, visit sunlighten.com/mobile-app

*Connection Requirements

To control your mPulse sauna from the Sunlighten mobile app, you must be within 50km/30miles of your sauna or connected to the same WiFi network.

For the best experience:

- Enable Location permissions for the Sunlighten mobile app.
- Make sure you're signed in to the same primary account on both the mobile app and the in-sauna tablet.
- Ensure the in-sauna tablet is powered on, connected to the internet, and the Sunlighten app is open (not closed).
- We also recommend leaving the tablet on the "Welcome Back" screen after each session. This helps your mobile app connect to the sauna more quickly the next time you're ready to use it.

If you experience connection issues, close and reopen the Sunlighten app on both the tablet and your mobile device to refresh the connection. For additional assistance, contact Sunlighten Customer Care.

SETTINGS

Your mPulse touchscreen includes essential settings to keep your sauna running smoothly. These controls help manage connectivity, performance, and display preferences.

MAIN MENU

This is your touchscreen Main Menu. To begin controlling your sauna, tap the Sunlighten Sauna lotus icon. This opens the full sauna control experience, where you can adjust heat, lighting, and session settings. From the main menu, you can also:

- **Bluetooth:** connect or manage audio devices
- **Settings:** access system preferences
- **Music:** open audio applications
- **Manual:** view the user guide

At any time, tap the lotus icon to return to sauna controls.



QUICK SETTINGS

Swipe down from the top of the screen to access:

-  **Settings:** tap the gear icon to open the full Settings menu
-  **WiFi:** tap to turn WiFi on/off. Hold to open WiFi settings
-  **Bluetooth:** tap to turn Bluetooth on/off
-  **Clean:** clears temporary memory to help tablet run smoothly
-  **Restart:** restarts your tablet
-  **Factory reset:** resets tablet to original settings. Only use if instructed by Sunlighten Customer Care team.

Tip: restarting the tablet once per week helps maintain performance



SYSTEM SETTINGS

From the Main Menu, tap Settings to adjust:

- **Network & Internet:** Connect to WiFi and check network status
- **Connected Devices:** Manage Bluetooth connections and paired devices
- **Apps & Notifications:** Manage installed apps and notifications
- **Display:** Adjust font size and wallpaper
- **System:** Set date, time, and system preferences



Tip: for the best performance and accurate scheduling, ensure your tablet's date and time are correct.

1. Open **Settings**
2. Select **System > Date & Time**
3. Enable **Automatic Date & Time** and **Use Network-Provided Time**
4. Update your time zone if needed

SETUP

BLUETOOTH AUDIO SETUP

Connect your phone via Bluetooth to play music, podcasts, or meditations through your sauna's speakers.

How to connect:

1. Tap the Bluetooth button  from the main menu
2. On your phone, turn on Bluetooth and select SUNLIGHTEN
3. Follow steps on your phone to pair the device

When successfully paired, the Bluetooth icon at the top of the screen turns blue - now you're ready to listen to audio in your sauna. Control playback from your phone or the tablet - whichever is easier.

Having trouble?

- Make sure Bluetooth is turned on for both devices
- Forget the device and re-pair if connection fails
- No pairing code is needed



Advanced Settings Menu

Additional system preferences are available in the Advanced Settings menu. Swipe left from the main menu and tap the **Advanced Settings** button to access.



Language Options: change the tablet's language

NOTE: This updates the tablet's language, but may not apply to all apps. Change the language within the Sunlighten Sauna app by going to More > Preferences.



Key Light: change the color of the backlit hardware buttons



Upgrade & Reset: check for system updates and access reset options

TIP: How to check for software updates

- Tap OTA Upgrade > Check for Updates to see if an update is available
- If prompted, follow the steps to download and install
- Important: make sure you're connected to WiFi and the sauna isn't in use - updates take 20-30 minutes

CONTROLLING YOUR SAUNA

To get started, create an account or login to your existing Sunlighten app account if you have one. The Sunlighten Sauna app on your in-sauna tablet is your sauna control center.



Open the app by tapping the Sunlighten Sauna button on the Main Menu.

What you can do with the app:

- Start and stop sauna sessions
- Choose a wellness programs
- Adjust temperature and time
- Control interior/exterior lights
- Schedule sauna sessions

Tips for best experience:

- Keep WiFi connected for real-time program updates
- Restart your table weekly to keep everything running smoothly
- Install updates when prompted for access to the latest features

Sunlighten Sauna Home Screen

From here, you can access all core features of your sauna experience. At the bottom of the screen, you'll find your primary navigation:

- **Profile:** Manage profile information
- **Programs:** Explore guided wellness programs
- **Home:** Return to Sunlighten Sauna Home Screen
- **Schedule:** Plan upcoming sessions
- **More:** Additional preferences and settings

To adjust interior or exterior lighting, tap the lightbulb icon.

To switch profiles, go to More> Change Profile.

Quick Mode

Quick Mode is the fastest way to begin heating your sauna. Designed for a simple, high-intensity session, it activates all wavelengths at maximum output. To adjust your session:

- Drag the temperature and timer dials
- Or use the + / - controls

Maximum Session Length

- Residential use: up to 2 hours
- Commercial use: up to 8 hours

Session Running Screen

While your session is active, this screen displays:

- Active wavelengths
- Current temperature
- Remaining time

To end your session at any time, tap **End Program** in the upper-right corner.

WELLNESS PROGRAMS

Select **Programs** from the bottom navigation to access Sunlighten wellness programs.

Sunlighten's patented heating technology combines near-, mid-, and far-infrared wavelengths with red light to deliver targeted wellness benefits. Each program automatically adjusts the heaters to produce the ideal blend of infrared wavelengths, based on decades of research into how infrared interacts with the body.

HEART HEALTH

- 45 min; Red Light/Near-, Mid- and Far-Infrared
- Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

DETOXIFICATION

- 37 min; Mid- and Far-Infrared
- Starts at a high intensity to increase the body's core temperature, then reduces to a lower intensity level. Mid- and far-infrared combination improves vascular access flow to reach toxicants at the cellular level.

PAIN RELIEF

- 30 min; Red Light/Near-, Mid- and Far-Infrared
- A far- and mid-infrared blend provides natural pain relief by reducing inflammation and swelling while near-infrared penetrates the tissue promoting cellular repair at a medium, constant intensity level.

RELAXATION

- 40 min; Red Light/Near-, Mid- and Far-Infrared
- Far-, mid-, and red light/near-infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

WEIGHT LOSS

- 30 min; Mid- and Far-Infrared
- Starts at high intensity to stimulate the cardiovascular system, then reduces to medium level. As the body works to cool itself, heart rate increases cardiac output and metabolic rate, like aerobic exercise.

ANTI-AGING

- 30 min; Red Light/Near-, Mid- and Far-Infrared
- A low, constant intensity level penetrates the body and cells absorb the light energy to help skin health. Red light/near-infrared improves overall skin tone, elasticity and firmness, promoting anti-aging benefits.

The preset temperature range for all programs is 131°F/55°C - 140°F/60°C. It is important to note that the heater programs, and studies they are based on, are set using infrared wavelengths - not cabin temperature. Each program will take you through a variety of heater intensities and cabin temperatures. Do not be alarmed by any unexpected temperature changes. The efficacy of the program derives from the surface temperatures of the individual heaters, not the air temperature.

CUSTOM PROGRAMS

Custom programs let you personalize your sauna session by setting your preferred temperature, duration, and light intensity.

How to create a custom session:

1. Go to the **Programs** screen
2. Tap **+ Create Program**
3. Enter a name for your program
4. Set your temperature
 - This is the maximum temperature the sauna can reach during the session
5. Set your duration
 - This is how long the program will run
6. Adjust your infrared and light settings
 - Use the sliders to set far-infrared (FIR) and mid-infrared (MIR) intensity for each wall (slide right for more intensity, left for less)
 - Toggle near-infrared (NIR)/red light on or off, if available
 - Repeat for each wall of the sauna
 - To use maximum settings for all heaters, tap Skip to apply max intensity automatically
7. Confirm your program is saved



Once you hit "Continue" on the final heater screen (Floor Heater), it will take you to the programs screen and a pop-up will say, "Successfully Created."



SCHEDULING A SAUNA SESSION

Create your own personal sauna program to come back to any time you want.

To create a custom program:

1. Go to the **Schedule** screen
2. Tap **Add to Schedule**
3. Select a program
 - Choose from a wellness program, or
 - Select a custom program you've created.
4. Set your preheat time
5. Choose how often the program runs
 - Once (does not repeat)
 - Daily
 - Weekly
6. Using the calendar, tap the date you want the schedule to start
7. Select a start time
8. If the schedule repeats, choose an end date
9. Tap **Add to Schedule** and confirm the session appears on your calendar

NOTE: For your scheduled program to start, your in-sauna tablet must be online and showing the correct date/time. There is a scheduling maximum limit of 90 sessions over 90 days.

MORE

The More menu provides access to account settings, preferences, and system options.

My Sunlighten Sauna

Update your sauna name and view sauna ID.

Tablet Settings

Manage security and app data.

- **Clear App Data:** Resets the Sunlighten app and removes saved registration information (including your sauna ID).
- **Add Lock PIN:** Protect selected settings with a 4-digit PIN

If you enable a Lock PIN, you will be prompted to enter it when accessing locked features.

If you forget your PIN, please contact Sunlighten Customer Care.

Preferences

Preferences allows you to adjust:

- Notification settings
- Temperature unit (°F / °C)
- Units of measurement (in / cm)
- Language

Change Profile

Switch between user profiles without logging out.

Logout

Sign out of your account. You will need your email and password to sign back in.

Manage My Information

Update your name and intended use settings in your account profile.

Audio Settings

Connect and manage audio accessories via Bluetooth.

Customer Support

Access FAQs and support resources.

Update App

Check for available app updates to ensure optimal performance. When an update is available, a red badge will show here.

If you need additional assistance, visit: sunlighten.com/customer-service

FREQUENTLY ASKED QUESTIONS

How do I connect to my sauna from the mobile app?

To control your mPulse sauna from the Sunlighten mobile app, make sure you're logged in as the primary sauna owner on your mobile device and in-sauna tablet. The tablet must be on and connected to WiFi, with the Sunlighten Sauna app active (not closed). The remote access range varies by sauna model. Compatible saunas can be controlled up to 50km/31miles away.

If you're having trouble connecting, close and reopen the Sunlighten app on your in-sauna tablet and mobile device to refresh the connection. For additional help and troubleshooting, contact Sunlighten Customer Care.

Where do I control the exterior lights from the mobile app?

Tap LIGHTS at the bottom of the homescreen to control your sauna's interior and exterior lights from the mobile app.

For more FAQ's please visit sunlighten.com/customer-service/frequently-asked-questions.

CONTACT CUSTOMER SUPPORT

Need additional help with your mPulse sauna? We're here to support you every step of the way.

Phone Support:

877-292-0020

Support Hours:

9am - 4pm (CST) Monday - Saturday

Submit a request or find answers on our website: sunlighten.com/customer-service

Our team is ready to help you get the most from your Sunlighten sauna.

WARRANTY

Please refer to your country's specific warranty information, if outside the United States.

U.S. Residential:

Limited lifetime (7 years) on cabinetry and heaters; 3 years on controls; 1 year on stereo, Blaupunkt Sound System, sound therapy and chromotherapy.*

U.S. Commercial:

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo, Blaupunkt Sound System, sound therapy and chromotherapy.*

U.S. Closeout and Floor Models:

5 years for heaters; 1 year on cabinetry and controls.

U.S. Water-Resistant Cover:

The limited warranty covers the fabric becoming unserviceable because of loss of color or strength from normal usage and exposure conditions, including sunlight, mildew and atmospheric chemicals. Consumer is responsible for normal care and cleaning of the fabric. This warranty covers fabric only, and is for (1) year.** Requires use of .004mm plastic sheet (included with purchase) with tenting to create a slope for water run off to prevent pooling.

Sunlighten warrants the sauna to be free of defects in material and workmanship.

This warranty extends only to the original retail or wholesale purchaser of the sauna and terminated upon transfer of ownership. The sauna must be purchased and used within one year of the manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of the sauna.

This warranty is void if the sauna has been altered, misused, abused, or exposed to liquid. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions, including operating on a non-dedicated circuit. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

This warranty is limited to customers in the United Kingdom and Ireland. Other International customers should check with their local Sunlighten representative.

WARRANTY CONTINUED

*Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 7 years. Warranty is limited to replacement parts only and does not include costs for crating of glass door or freight for parts shipped past 90 days from the date of receipt of goods. The cost of labor and/or service technicians is not included.

**If sauna is placed outdoors, failure to utilize the .004mm plastic sheet supplied (with your sauna cover) as additional water protection for your sauna will void your warranty. The fabric used for the roof of the waterproof cover is resistant to water penetration; however it is sewn to the acrylic canvas sides. It is required to place the included plastic sheet directly over the sauna roof prior to installing the cover and tenting the plastic and canvas cover by placing an object on the sauna roof to give the fabric elevation for water to run off and prevent water pooling, as further protection. The cover should remain on the sauna at all times (including while on and in-use) to avoid water damage and void the warranty.

ATTENTION

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify Sunlighten within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.

ETL SAFETY CERTIFIED

The ETL Listed Mark is proof of product compliance (electrical, gas and other safety standards) to North American safety standards. Authorities Having Jurisdiction (AHJ's) in 50 states and Canada and retailers accept the ETL Listed Mark as proof of product safety.



RoHS





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US / CAN	10975 El Monte St. Leawood, KS 66211 913.754.0831 sunlighten.com Toll Free: 877.292.0020
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International	sunlighten.com or contact your local Sunlighten representative
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