

The Use and Care of Your Feel Bright Light™

Congratulations on your purchase of a Feel Bright Light! Read this information thoroughly before use.

Your Feel Bright Light system consists of:

- Feel Bright Light
- visor with device mounting strip
- carrying case
- battery charging unit
- 2nd hat or visor brim mounting kit
- instructions

When to Use the Feel Bright Light

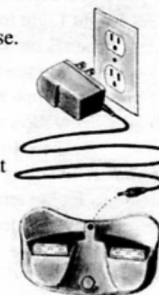
Bright lights have been successfully used for:

- winter blues / seasonal depression (SAD)
- jet lag
- delayed sleep disorders
- shift change work

The Feel Bright Light provides bright, blue-green light (8,000 lux or 12,000 lux) in a most convenient and effective manner. This compact lighting system, attached to the underside of your hat or visor, allows you to do most normal activities, while receiving light treatment. Since your normal activities are not disrupted while you receive the light, you are more likely to stay with your program.

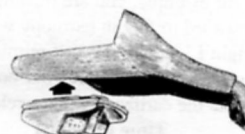
Charging the Rechargeable Battery

- Your Feel Bright Light is equipped with a long-life, rechargeable, Lithium battery that must be charged prior to use. The battery does not need full discharge prior to recharge.
- Charge the battery by placing the power supply connector into the jack on the underside of the Feel Bright Light, and place the power supply plug into a standard wall outlet.
- Press the light switch into the "off" position by holding it for 3 seconds.
- Fully charge the unit for 20-24 hours – enough for 4 sessions of 30 mins. at 8,000 lux or 3 sessions of 30 mins. at 12,000 lux.
- If possible, place the unit on the charger after each use, so it will be fully charged for the next use.
- To maintain the best battery life, disconnect the charger after 24 hours.



How to Use the Feel Bright Light

- Choose the enclosed visor with the mounting strip already attached, or choose your own hat or visor to wear. Make sure any underside fabric of your brim is firmly sewn to the brim. Using the mounting kit, carefully position the template, and firmly press the mounting strip to the underside of your hat or visor brim per the instructions.
- Remove the power supply cord from the Feel Bright Light.
- Center the mounting strip that is on the Feel Bright Light top against the mounting strip that is under the brim with the lights facing your eyes. Press the Feel Bright Light firmly onto the brim until the mounting strips click together.
- Press the on/off switch once for 12,000 lux; press again for 8,000 lux. Each press of the switch will alternate the intensity. The 8,000 lux should be used in lower surrounding light conditions.
- The Feel Bright Light will automatically shut off after 30 minutes, or you may turn it off by pressing and holding the switch for 3 seconds.
- Place the hat or visor on your head. Adjust the brim up or down so the lights shine directly into your eyes. The lights should appear brightly in the upper portion of your visual field, and you should be able to look out from under the brim in a normal manner.
- Adequate background or room lighting is needed to see beyond the bright lights. With adequate background lighting and a few moments for your eyes to adjust, you can do many daily activities.
- Move your eyes about in the usual manner, so different portions of your retinas are struck by the lights. To achieve maximum effect, occasionally and briefly look directly at the lights.
- Clean your Feel Bright Lights using a soft tissue. Eyeglass cleaner spray may be used as needed.



Caution:

- Do not drive a vehicle or operate machinery or equipment while using the Feel Bright Light.
- Do not use in dimly lit areas. You may not be able to see well.
- Do not immerse the device in a liquid; do not allow the Feel Bright Light to get wet!
- You may experience "blind spots" for up to 10 minutes after use. If these "blind spots" do not rapidly clear, discontinue using the Feel Bright Light until you consult your eye doctor.

Disclaimer:

The Food and Drug Administration has not yet reviewed the Feel Bright Light and these accompanying statements. No claims are made that the Feel Bright Light will treat, cure or prevent a recognized disease. If you have a sleep or mood disorder (such as depression), if you are under a clinician's care, if you require regular use of medication, or if you have any eye problems, consult your clinician before exposure to any bright light such as the Feel Bright Light.

Warranty

PEP warrants this product against defects in materials or workmanship for one year from the date of sale.

PEP – 103 Smith St., Fryeburg, ME 04037 - www.feelbrightlight.com

