

# 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

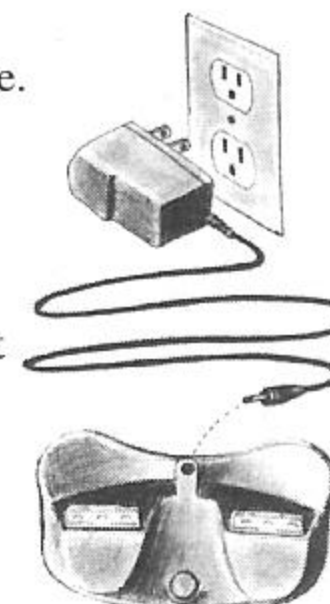
Bright lights have been successfully used for:

- \_ 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 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.

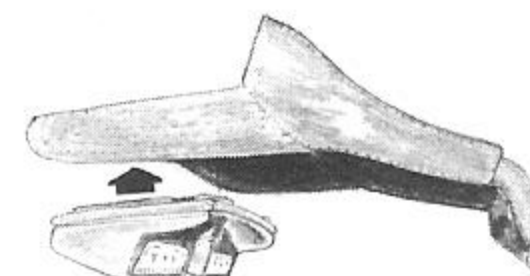
## Charging the Rechargeable Battery

- \_ 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.

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### Winter Blues

Winter blues and more severe seasonal depression affect many people during the short-daylight months of the year and are often worse if you live far from the equator. Symptoms include sadness, loss of energy, and excessive sleeping and eating. Most people who use bright light for winter blues or the more severe Seasonal Affective Disorder (SAD) use the lights for 1/2 hour immediately after arising each morning during this depression-prone season. Some users feel positive results with 15-20 minutes of use per day. Some use another 1/2 hour session late in the afternoon to further "lengthen the day". Use later into the evening may disrupt normal sleep patterns.

### Circadian Rhythm Adjustment

We all have a wake/sleep cycle (circadian rhythm) built into our bodies. This rhythm is profoundly affected by light and dark and can be thrown off by jet travel, shift change work, and other sleep cycle disturbances. Results include fatigue, increased work errors or undesired wakefulness. This rhythm can be adjusted by shining bright light into your eyes at prescribed times. By using the Feel Bright Light, you can take advantage of your body's ability to adjust its circadian rhythm.

### Jet Lag

If you travel rapidly (by jet) across time zones, you may suffer jet lag as your body needs time to adjust to your new time zone. You can use the Feel Bright Light to minimize the extreme fatigue of jet lag and to be alert when you step off the plane. How to use your Feel Bright Light depends on 3 factors:

- 1) whether you are traveling west-to-east or east-to-west;
- 2) how many time zones you are crossing;
- 3) how many days ahead of the trip you start your circadian adjustment.

#### West-to-East vs. East-to-West

If you are traveling west-to-east, you are traveling "against the sun", and your day will be compressed. Jet lag tends to be at its worst in this direction. Using the Feel Bright Light in the morning before dawn will mimic the daybreak of your more eastern destination and help your body adjust to the new time zone. If you are traveling east-to-west, you are traveling "with the sun", and your day will be lengthened. Using the Feel Bright Light in the afternoon will cause wakefulness during the later daylight hours of your western destination.

#### How many time zones

If, for example, you are traveling 3 time zones toward the west, your body has to adjust 3 hours westward to feel in harmony with the actual day/night cycle. Prior to your trip, using the Feel Bright Light at dusk will mimic the later daylight hours of your destination. If you are traveling eastward 8 time zones, your body has to adjust 8 hours eastward. Prior to your trip, using the Feel Bright Light up to 8 hours before sunrise will mimic the earlier daylight cycle of your destination.

#### Time to adjust

Your goal is to adjust your circadian rhythm **gradually** to the new time zone. Adjusting 1 to 2 hours per day is quite painless. Therefore, in the example where you want to adjust your circadian rhythm 3 hours westward, use the Feel Bright Lights for 1/2 hour at dusk one day before the trip to extend your wakefulness. Retire and awaken 2 hours later than usual. In the example where you want to adjust your rhythm 8 hours eastward, start 3 days ahead of the trip by using the Feel Bright Lights for 1/2 hour beginning 2 hours before sunrise and staying up in a well-lit room until sunrise, going about your normal business. Retire early. On day 2, use the Feel Bright Light for 1/2 hour starting 4 hours before sunrise, then 6 hours on day 3, and finally 8 hours before sunrise on the day of the trip. This schedule divides a painful 8-hour adjustment into four, painless, 2-hour adjustments. Any amount of lead-time you have to adjust is better than none. For example, if you know only 2 days ahead of time that you must travel half-way around the world, there is not enough lead-time to adjust 12 hours at 2 hours per day. However, you can still use the Feel Bright Light to prevent much of the jet lag agony by "crunch adjusting" 4 to 6 hours per day. Any time you have to break the 12-hour adjustment into smaller adjustments will make your transition easier.

### Shift Change Work

Using the Feel Bright Light to help your body adjust to a new work shift can help you feel better and make you more alert on the job. The same principals that apply to jet lag adjustment outlined above apply here. For example, when moving from an 8 AM start time to a 4 PM start time, divide this 8-hour adjustment into 2-hour blocks over 4 days to ease the transition. Use the Feel Bright Light for a half-hour at dusk and advance your 1/2 hour session 2 hours each day further into the evening for 3 more days until you adjust your "day" cycle so you are alert for the evening shift. When moving back from evenings to day shifts, do the reverse - get up 2 hours earlier than usual and use the Feel Bright Lights, then 4 hours earlier, etc. A 1/2 hour session each time usually works well.

### Other Sleep Cycle Disorders

It is known that our wake/sleep cycles are strongly influenced by light. Normally, we are awake in the daylight and asleep in the dark. Some older people, however, lose the influence of daylight, and their wake/sleep cycles get "out of sync" with the day/night cycles. The result may be that someone is wide-awake at 2 AM - which may be inconvenient or dangerous for that person or his/her household. By using the Feel Bright Light periodically - perhaps every few days or weekly - for a half-hour just after daybreak, an older person's body can be "reminded" to be awake during the day and asleep at night.

