

Feel Bright Light Instructions

Congratulations on your purchase of a Feel Bright Light! Read this information carefully 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**
- **shift change work**
- **some sleep disorders**

How the Feel Bright Light Works

The Feel Bright Light provides bright, blue-green light (8,000 lux or 12,000 lux) directly into your eyes. The bright light hitting your eyes lowers brain melatonin to cause wakefulness, and raises brain serotonin to give mood elevation. This compact lighting system, attached to the underside of your hat or visor, allows you do most normal activities while receiving bright light treatment.

Charging the Rechargeable Battery

- Your Feel Bright Light has a long-life, rechargeable battery that **must be charged prior to use**.
- Place the power supply connector into the jack on the underside of the Feel Bright Light; place the power supply plug into a standard wall outlet. **Use only the power supply provided.**



- Press the light switch into the “off” position by holding it for 3 seconds.
- Charge the unit for 20-24 hours – enough for several light sessions of 15-30 minutes each.
- 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

- Use the enclosed visor, or attach the enclosed mounting strip to your own hat or visor. The underside fabric of your brim must be firmly attached to the brim.
- 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 12,000 lux setting may be used for intense or shorter light sessions (15-20 min.). The 8,000 lux setting is for standard 30-minute sessions and should be used in lower surrounding light conditions to reduce glare.
- 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. Look out from under the brim in a normal manner.



- Adequate background or room light is needed to see beyond the bright lights. With good 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.
- 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.**

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 15-30 minutes each morning. Some use another bright light session late in the afternoon. Use in the evening may disrupt your sleep.

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 the fatigue of jet lag as your body needs time to adjust to your new time zone. Use the Feel Bright Light to minimize your jet lag and to be alert when you need to be. Using the Feel Bright Light for 15-30 minutes will result in 4-6 hours of wakefulness for most people, so simply use the Feel Bright Light just before you want to be awake in you new time zone.

Shift Change Work

Use the Feel Bright Light to help your body adjust to a new work shift, to help you feel better and make you more alert on the job. Night shifts and rapid-cycle shift changes cause fatigue, decreased productivity and work errors. Use the Feel Bright Light for 15-30 minutes to give you 4-6 hours of wakefulness. You may take another dose of bright light during your mid-shift break to stay alert through your entire work shift.

Other Sleep Cycle Disorders

Your wake/sleep cycles are strongly influenced by light. Normally, you are awake in the daylight and asleep in the dark. Some people have their wake/sleep cycles get "out of sync" with their day/night cycles. The result may be that you are wide-awake at 2 AM - which may be inconvenient or dangerous. Use your Feel Bright Light for 15-30 minutes just after daybreak to help your body clock re-set to a normal day/night cycle.

Warranty

PEP warranties this product against defects in materials or workmanship for the lifetime of the original owner. For warranty work, return this product to:

Physician Engineered Products, Inc.
103 Smith Street
Fryeburg, ME 04037 USA

www.feelbrightlight.com

Para instrucciones en Espanol, mira : www.feelbrightlight.com

Por instructions en Français, voir : www.feelbrightlight.com

Disclaimer:

The US Food and Drug Administration has not 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.