sunlighten™
empowering wellness™

Biofeedback Accessories
Quick Start User Manual

Introduction

Thank you for purchasing the Sunlighten Biofeedback Accessories. We are sure you will love these enhancements to your sauna.

NOTE: Always consult your physician before you begin or modify any exercise program.

Getting Started
Buttons

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1 - LAP/MEM
  Press to set Alarm
  Press and hold to delete memory in Training mode
  Press to confirm and advance to the next setting

2 - MODE
  Press to change modes
  Press to exit a menu or page

3 - LIGHT/VIEW
  Press and hold for 5 seconds to turn on/off backlight
  Press and hold 1 second to turn on/off sound

4 - START/STOP
  Press to Start or Stop the timer

Step 1: Set the Time
1. On the Time screen, press and hold the START/STOP button until the hour setting blinks

TIP: Press and hold the MODE or START/STOP buttons to scroll quickly through the hours, minutes, and other Time mode settings.

2. Use the MODE and START/STOP buttons to change each setting

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3. Press the LAP/MEM button to advance

4. Continue this process to set month, day, year and 12/24 hour mode

Step 2: Set Up Sensors (optional)
Press MODE until the setting page appears. Press the LAP/MEM button until "Pair New Device" is displayed. Press START/STOP to initiate pairing, and wait for on-screen confirmation.

Step 3: Download Free Software
Go to sunlighten.com/biofeedback and follow the on screen instructions. Use this software to store and analyze your biometric data.

Step 4: Send Data to Your Computer

NOTE: You must download the software as instructed in Step 3 so the necessary USB drivers are installed before connecting the Data Drive to your computer.

1. Plug the Data Drive into an available USB port on your computer

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2. Bring your Intelli-Watch within range (5m) of your computer

3. Follow the on-screen instructions

Using the Heart Rate Monitor
The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during a run.

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1. Unsnap one side of the strap from the heart rate monitor

2. Wet the sensors on the back of the heart rate monitor to create a strong connection between your chest and the transmitter

3. Wrap the strap around your chest and snap in place

NOTE: When worn properly, the logo should be right-side up.

4. Bring the Intelli-Watch within range (3m) of the Heart Rate Monitor

5. Press the MODE button to access Sauna mode

6. If you have erratic heart rate data, you may have to tighten the strap or warm up for 5-10 minutes. If the problem persists, you may have to pair the sensors. See page 13.

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Using the Running Sensor
The Running Sensor is on standby and ready to send data (like the Heart Rate Monitor). When you install or move the Running Sensor, the LED blinks three times.

1. Press the tabs on the lace clip. Lift and separate the Running Sensor from the lace clip

2. Loosen your shoe laces slightly

3. Thread the lace clip through 2-3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces

4. Tie your shoelaces securely to keep the Running Sensor in place during your workout

5. Snap the Running Sensor into the lace clip and point it toward the front of your shoe
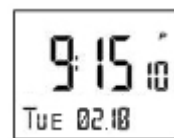

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6. Bring the Intelli-Watch within range (3m) of the Running Sensor

7. Press the MODE button to access Train mode

8. If the Running Sensor data does not appear, you may have to pair the sensors. See page 13.

Press the tabs on the front of the lace clip to remove the Running Sensor.

After 30 minutes of inactivity, the Running Sensor automatically turns off to conserve the battery (the LED blinks twice).

Time Mode
Time mode is the default view of the Intelli-Watch. After 30 minutes of inactivity, the Intelli-Watch automatically returns to the Time screen. Otherwise, press the MODE button until the Time screen appears.

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Sound
On the Time screen, press and hold view to toggle Sound mode.

Set the Time
See page 4.

Set the Alarm
1. On the Time page, press LAP/MEM. The Alarm screen appears

2. Press and hold START/STOP until the hour setting blinks

3. Use MODE and START/STOP to adjust the hour

TIP: Press and hold the MODE or START/STOP buttons to scroll quickly through the hours, minutes and other Time mode settings.

4. Use LAP/MEM to advance

5. When finished, press MODE to resume Alarm mode

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Training Mode
Training mode displays your current workout settings and data. Press mode until the Training screen appears.

Timed Workout
1. Press START/STOP to begin an active session. Press LAP/MEM to mark a known distance during your workout

2. When finished, press START/STOP

NOTE: To pause the active session, press START/STOP. Press again when you are ready to continue the session. Your history includes a rest lap that contains rest time only.

3. To save the workout, press and hold START/STOP

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Setting

NOTE: Settings cannot be modified during an active session in Train mode.

1. Press LAP/MEM to modify user, limits, units or pair a new accessory

2. On User setting, press START/STOP to create your name, then press LAP/MEM to advance

NOTE: You can only use START/STOP to set your name. Hold START/STOP to switch letters quickly.

3. On Limits, press START/STOP to adjust limits and press LAP/MEM to advance

4. On the Units screen, press START/STOP to adjust units and use the LAP/MEM button to advance

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Speed
1. Press MODE until you find the Speed screen

2. Press LAP/MEM to adjust settings

3. Press START/STOP to toggle between mi/hr and mi/min

4. Press LAP/MEM to advance

5. Press MODE to finish and exit

Result
1. Press MODE until you find the Result screen

2. Press LAP/MEM to toggle through the two sections of results (TRData and WMData)

3. With TRData selected, press START/STOP and heart rate (in bpm) will be displayed

4. Press LAP/MEM to toggle through the results

5. When TRData is shown again, press LAP/MEM to switch to WMData

6. Press START/STOP, then LAP/MEM to see Body Mass Index (this is only when using the BMI scale accessory)

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Computer Pairing

Computer pairing is the setting in which the Intelli-Watch automatically detects and pairs additional computers with your Data Drive.

To pair your Intelli-Watch with a new computer:

1. Verify that the computer is set up for data upload.

2. On the Train page, press and hold START/STOP.

3. Press view to advance to the TxPAIR setting.

4. Press + to turn on computer pairing. Your computer detects the Intelli-Watch and requests to pair.

5. Press view.

6. Press +. The FOUND Comp appears.

After you have paired with your primary computer, turn computer pairing off to avoid disruptive messages on the Intelli-Watch or nearby computers.

To turn off computer pairing:

1. On the Train page, press and hold START/STOP.

2. Press view to advance to the TxPAIR setting.

3. Press - to turn off computer pairing.

Managing Memory

Your Intelli-Watch holds up to 100 laps and seven hours of session files. When there is approximately one hour of memory remaining, the Lo MEM warning appears on the Intelli-Watch screen in Train mode. When the memory is full, the Full MEM warning appears, and your Intelli-Watch stops recording data. For information about uploading data to your computer, see page 5.

Deleting Workout History

NOTE: See page 5 for information about transferring data to your computer.

1. On the Train page, press and hold the LAP/MEM button until you see MEM delete

Data Upload Mode

It is good practice to periodically wirelessly download data to your computer from your Intelli-Watch so it can auto-upload to mysunlighten.com. By default, the process of uploading data deletes that data from your Intelli-Watch history.

Managing Memory

1. Turn the computer on (an internet connection is required for software download)

2. Download software (see page 4) so that the necessary USB drivers are installed before connecting the Data Drive to your computer

3. Connect the Data Drive to your computer

4. Bring the Intelli-Watch within range (5m) of your computer, making sure the watch is in Time mode

5. Verify that there are no Intelli-Watch timers running or active training sessions

The Intelli-Watch automatically transmits data to the Data Drive so you can use MySunlighten.com to store and analyze your workout data.

Appendix

Optional Accessories

For more information about optional accessories, visit sunlighten.com

Pairing Sensors

If you purchased a sensor separately, you need to pair it with your Intelli-Watch.

What Is Pairing?

Pairing is the connecting of sensors, such as your Heart Rate Monitor, with your Intelli-Watch. After you pair the first time, your Intelli-Watch automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Intelli-Watch and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your Intelli-Watch only receives data from your sensor, and you can go near other sensors without concern.

To pair sensors with your Intelli-Watch:

1. Move away (10 m) from other sensors while the Intelli-Watch is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Intelli-Watch

2. Press MODE until the Setting page appears

3. Press LAP/MEM until PAIR new device appears

4. Press START/STOP

NOTE: The Intelli-Watch, Heart Rate Monitor, and Running Sensor operate on user-replaceable CR2032 batteries.

Intelli-Watch Battery

The battery will last for 12 months (typical use). When the battery is low, the Lo BATT warning blinks on the Intelli-Watch screen in time mode.

All of your Intelli-Watch settings are preserved, except the time of day.

NOTE: Before replacing the battery, save all your data to history or to your computer. We recommend you take the Intelli-Watch to a professional watch repair shop to have the battery replaced.

Heart Rate Monitor or Running Sensor Battery

The Heart Rate Monitor and Running Sensor each operate on a user-replaceable CR2032 battery. The Heart Rate Monitor battery will last for three years (typical use is one hour per day).

To replace the battery:

1. Locate the circular battery cover on the back of the Heart Rate Monitor

2. Use a coin to twist the cover counter-clockwise

3. Remove the cover and replace the battery with the positive side facing up

4. Use a coin to twist the cover clockwise until tight

Specifications

Intelli-Watch

• Watch size: 58 mm × 42 mm × 20 mm
• Wrist band size: 204 mm × 28 mm × 3 mm
• Weight: 44 g
• LCD Display: 23.75 mm × 18.25 mm, with backlight
• Water Resistance: 30 m continuous
• Data storage: Up to 100 laps and seven hours of sauna session files
• Computer interface: Wireless, automatic USB Data Drive
• Battery type: User-replaceable CR2032 (3 volts)

• Battery life: 12 months, depending on usage
• Operating temperature range: 5°F–158°F (-15°C–70°C)
• Radio frequency/protocol: 2.4 GHz wireless communications protocol

Data Drive

• Physical size: 59 mm × 18 mm × 7 mm
• Weight: 6 g
• Transmission range: Approximately 5m
• Operating temperature: 14°F–122°F (-10°C–50°C)
• Radio frequency/protocol: 2.4 GHz wireless communications protocol
• Power source: USB

Heart Rate Monitor

• Physical size: 34.7 cm × 3.4 cm × 1.1 cm
• Weight: 44 g
• Water Resistance: 10 m
• Transmission range: Approximately 3 m
• Battery: User-replaceable CR2032 (3 volts)
• Battery Life: approximately 3 years (1 hour per day)
• Radio frequency/protocol: 2.4 GHz wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference or receiver distance from the transmitter.

Running Sensor

• Physical size: 42 mm × 10 mm
• Weight: 27 g (including battery)
• Water Resistance: 10 m
• Transmission range: Approximately 3 m
• Speed and distance accuracy: Uncalibrated 95%, calibrated 98%
• Battery: User-replaceable CR2032 (3 volts)
• Battery life: 200 hours run time

Accuracy may be degraded by electrical interference or receiver distance from the transmitter

Folding Instructions:

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www.sunlighten.com
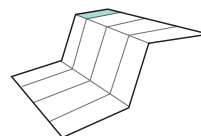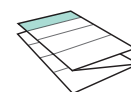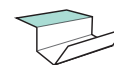
Step 1   Step 2   Step 3   Step 4

FCC statement

FCC ID: O4GMULTIW2

MADE IN CHINA

This device complies with part 15 of FCC Rules. Operation is subjected to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE:
THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CASUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER AUTHORITY TO OPERATE THE EQUIPMENT.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and , if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more the following measures:
■ Reorient or relocate the receiving antenna
■ Increase the separation between the equipment and receiver
■ Connect the equipment into an outlet on a circuit different from that to which the receiver is corrected
■ Consult the dealer or experience radio / TV technician for help

Canada Statement

IC: 7666A-MULTIW2

This Device complies with RSS-210 of IC Rules; Operation is subject to the following two conditions:
(1) This device may not cause interference and
(2) This device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
 ce matériel pourrait remplir RSS 102 exigence
This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and users can obtain Canadian information on RF exposure and compliance from the Canadian Representative as seen below:

Dynastream Innovations Inc.

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