sunlighten™
empowering wellness™

mPulse™ Series
User Manual

This is the inserting manual for "Control Panel". The control panel is part of the whole final product "mPulse".

The key functions of the "Control Panel" as follows:

1. Memorize the user personal particulars and heater settings.
2. User pre-set schedule for the Saunas operation.
3. Send commands to the heater controller through the RS232 connector.
4. Get error message from the RS232 connector and display it on the LCD.
5. It consist a 2.4G Transceiver module that capable of receiving user's heart rate data if he/she is wearing a heart-rate belt. The heart rate data will be broadcast to his/her watch. These data will be saved in the watch.

LCD Control Panel

1. Turn on Control Panel

Simply touch the screen to start. Follow the on-screen instructions to complete the initial set-up. You will not have to go through the same process each time you use the control panel - additional information is needed for the first use only.
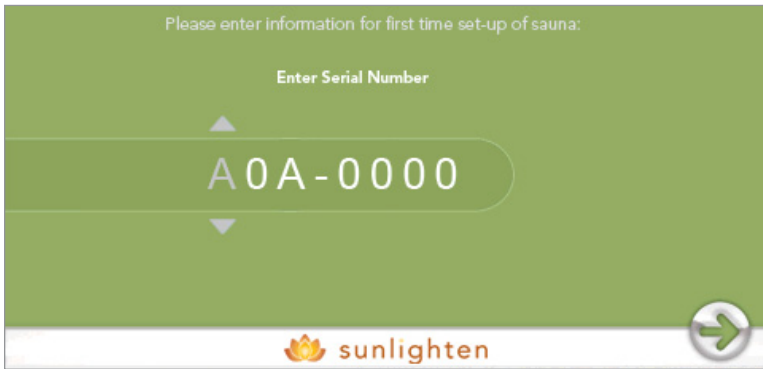

2. Set-Up

On the first set up of your sauna, or if your sauna has been unplugged, you will go through the Set-Up screens. Make sure to enter in your serial number correctly - the heater programs and customization depend on the model of sauna you are using.

If you enter information incorrectly, or need to change your Set-Up information, you can do so through the Options tab. Write down your serial number in case it is needed for future use. *The serial number is located on the sauna boxes and on the back panel.*

3. Home Screen

When set-up is complete, you will see the home screen. This will give the critical information you need when inside your sauna: the temperature, set time, clock, program selected, and a single piece of biometric information. You can also control the interior lights, or utilize "QUICK START," which runs a session at whatever settings the previous session ended.
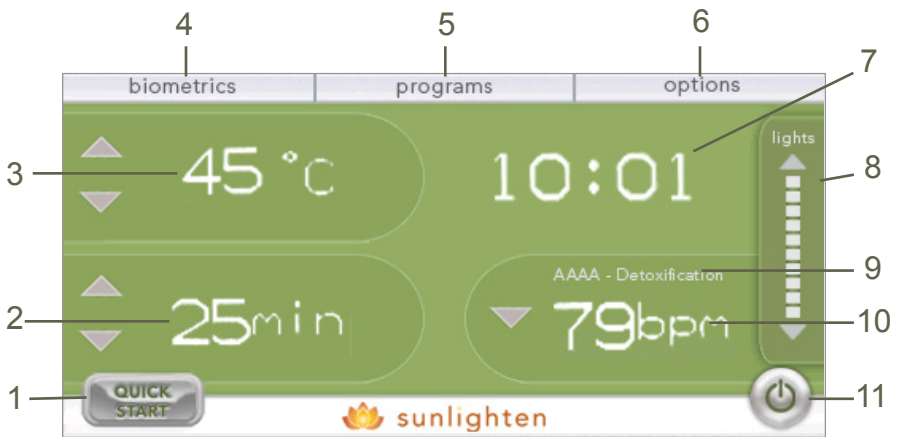
1. Quick Start Button
Press this button to repeat the last sauna session run.

2. Sauna Timer
Counts down the amount of time remaining in the current sauna session.

3. Temperature Setting/Reading
Shows the current temperature within the cabin. When temp is being adjusted, it displays the set temperature for a moment, then goes back to current temperature.

4. Biometrics Tab
Press for access to biometric information and user settings.

5. Programs Tab
Press to access the six pre-programmed sauna sessions - each targeting specific health needs.

6. Options Tab
Press to access the Schedule, Heater Customization, Audio/Video, and more.

7. Clock
Displays the current time.

8. Lighting Control
Use the up and down arrows to control the interior lights.

9. User Name & Program
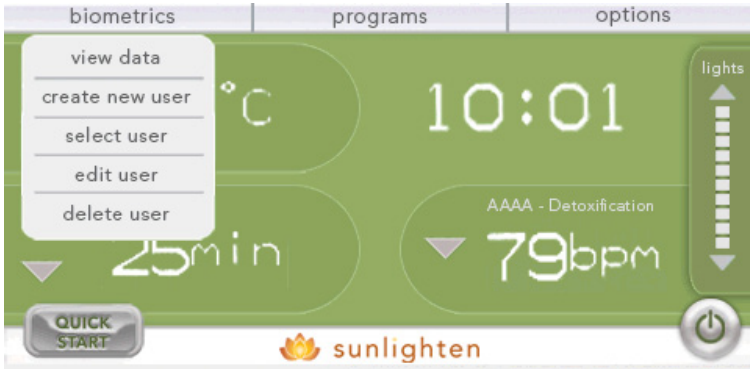Displays the current user and program running.

10. Biometric Display
Displays a selected piece of biometric information.

11. Power Button
Press to turn off the LCD display and your sauna.

4. Biometrics Menu

Pressing the Biometrics Tab give you access to the Biometrics drop-down menu. From this menu, you have several options:

View Data: The "view data" screen allows you to view any pieces of biometric information that your accessories support (*note: without Sunlighten biofeedback-accessories, you will not be able to see any data. Some data will be unlocked on later software/hardware upgrades*).
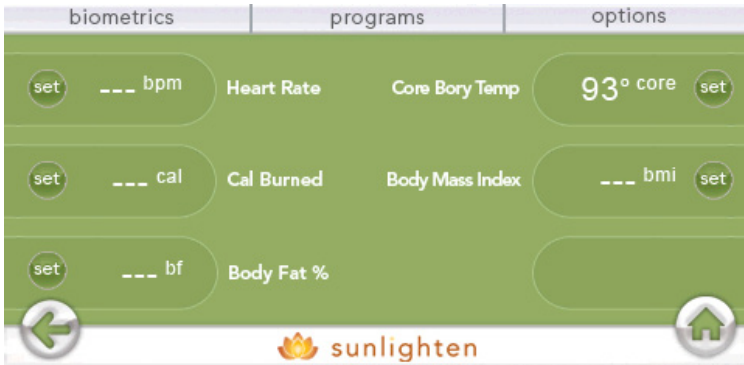
Create New User: The set-up process gave you the opportunity to create a user. You can also create additional users. Having multiple users will allow you to utilize multiple biofeedback accessories simultaneously, and keep custom settings for each user.

Select User: The "select user" screen allows you to select from any user you have stored, or select "Guest" if you would prefer to be without a user.

Edit User: If you have already created a user and wish to make changes, you can user the "edit user" option. This lets you go back through the information you entered when you created the user and edit it.

Delete User: If you have already selected a user, you can use the "Delete User" option to remove it from your system.

5. Programs Screen

Pressing the Programs Tab give you access to the program selection screen. There are six programs to choose from - each targeting a specific health benefit.

Cardio: As the body tries to cool itself, you should notice an increase in heart rate, cardiac output and metabolic rate.

Detoxification: Detox can be used as a tool to help relieve symptoms AND as a preventive tool to increase overall health.

Pain Relief: Heat activates neurological, vascular and metabolic mechanisms to mediate the transmission of pain.

Relaxation: Relax in comfort with an invigorating deep tissue sweat.

Weight Loss: It has been estimated that a 30 minute infrared sauna session can burn over 200 calories.

Skin Health: Infrared heat easily penetrates human tissue to help with acne, eczema, psoriasis, burns, cuts and more.

To run a program, first press the program you would like. A brief description is shown and the button is highlighted. Then press the "start" button to begin the program. The active program will display on your Home screen and the temperature and timer will adjust.


6. Options Menu
Pressing the Options Tab gives you access to the Options drop-down menu. From this menu, you have several choices:
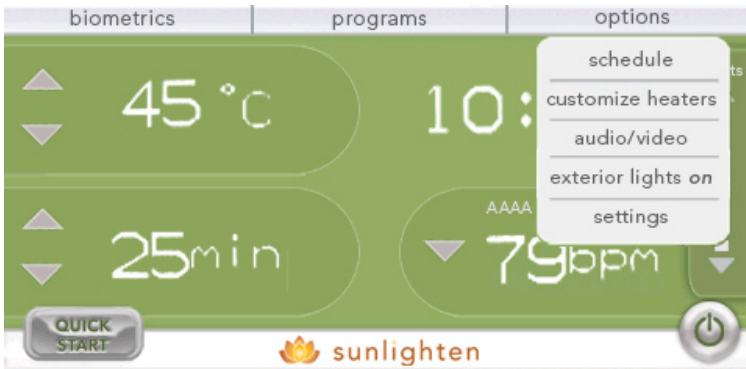

Schedule: The "schedule" button will open a second drop down, allowing you to choose between either a "daily" session, or "one time" session - or you can "view sessions".

A "one time" session will simply schedule a single sauna session for anytime within the next 7 days.
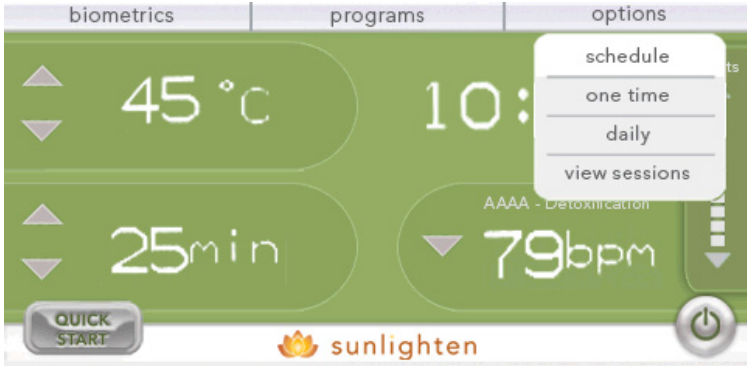
You begin by selecting the day you want your session scheduled for. You then select the time, followed by the program, and then your program is set. It can be confirmed with the "view session" button.
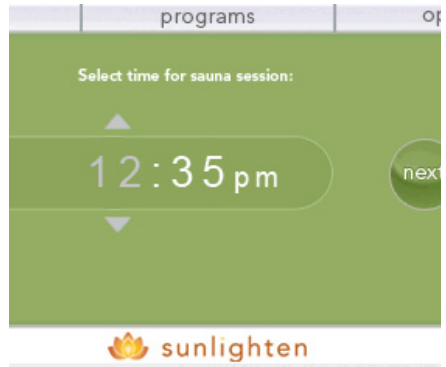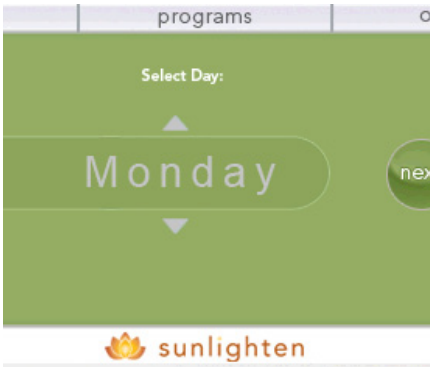
The "daily" session will involve the same steps - but instead of selecting a specific day of the week, it automatically schedules the session for every day of the week. Just like the "one time" session, you select the time, select the program, and see a confirmation screen. You can schedule a maximum of three sessions per-day, per-user.

The "view sessions" option lets you see all programs that you have scheduled. Pressing the up and down arrows allows you to scroll through the days of the week, and pressing the "x" to the right of any session will give you the option to delete it.

Customize Heaters: Along with the provided heater programs, we also allow for you to customize the heaters to your specific needs. This section allows you to access each "zone", and to decide on the levels of infrared you are getting for infinite possibilities for each sauna session.
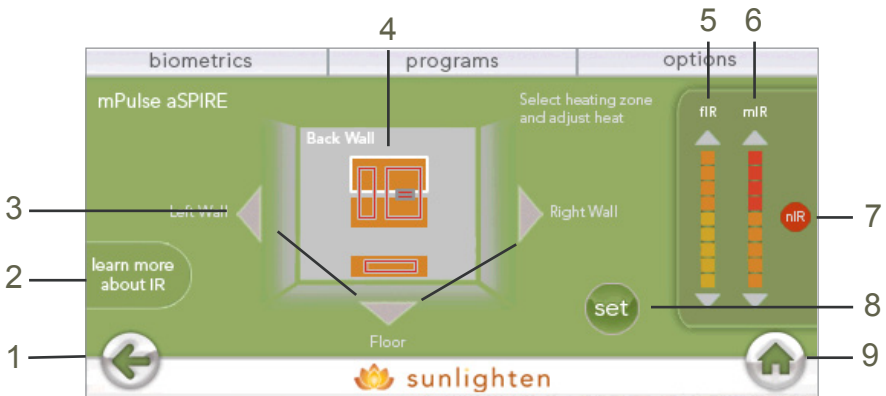
1. Back Button
Press this button to return to the previous screen.

2. Learn More About IR
Press this button to access a screen that gives a brief description of near, mid, and far infrared.

3. Wall Selection Arrows
The arrows allow you to view the different walls of the sauna that you can customize.

4. Heating Zone
Most walls have two heating zones: an upper and lower. Simply press the zone you want to access, and a white outline will tell you that it is selected.

5. Far Infrared Adjustment
Press the up and down arrows to increase or decrease the intensity of far infrared from the selected zone.

6. Mid Infrared Adjustment
Press the up and down arrows to increase or decrease the intensity of mid infrared from the wall (*note: mid infrared is not dependent on the heating zone - it is controlled one wall at a time*).

7. Near Infrared Adjustment
Press the button to turn on and off the near infrared for the selected wall (*note: near infrared arrays are only on specific walls - the rectangle with two horizontal lines indicates an NIR array*).

8. Set Button
When you have completed your adjustments press the "set" button to confirm the settings.

9. Home Button
The "home" button returns you to the home screen.

Quick Infrared Guide for Customization:

Near Infrared	Mid Infrared	Far Infrared
-Cell Health/Immunity	-Pain Relief	-Weight Loss
-Skin Purification	-Improved Circulation	-Detoxification
-Pain Relief	-Weight Loss	-Blood Pressure Reduction

To customize, use the arrows to view the desired wall. Then press the heating zone you want to adjust and use the panel on the right side of the screen to adjust the near, mid, and far infrared.
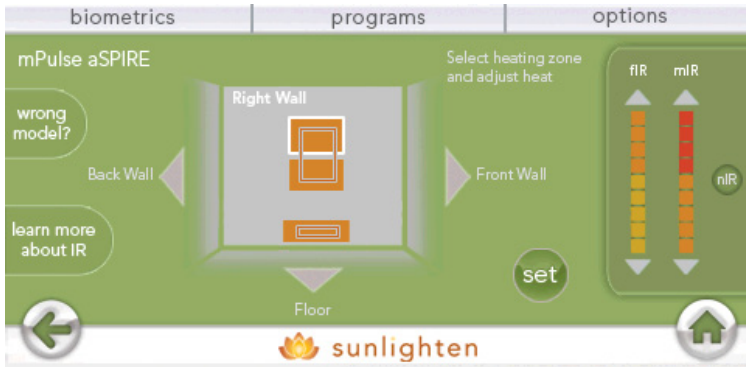
Audio/Video: The "audio/video" button will open a second drop down, allowing you to choose between either an "audio plug-in," "cd," "dvd" or "SO Sound" (vibrational therapy).
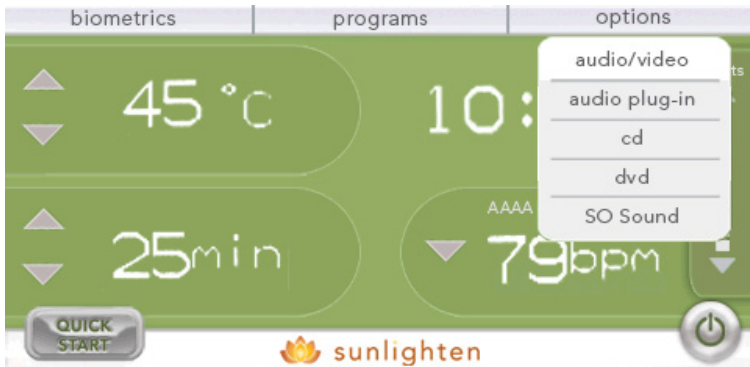

The "audio plug-in" allows you to play your mp3 player, or other portable device through the sound system of your sauna. Simply plug-in to the audio input on the front of your stereo, and the volume can be adjusted on the LCD.

The "cd" and "dvd" are controlled using the same interface. If a cd or dvd is in your stereo, you can control it using these screens. When playing a dvd, touching the screen will bring up the control screen. Pressing "play" will then take you back to the video.

SO Sound can only be used by those who have purchased SO Sound therapy and have it installed in their sauna. If it is, the SO Sound control screen lets you control the volume of the system as well as the intensity of the SO Sound vibrations.
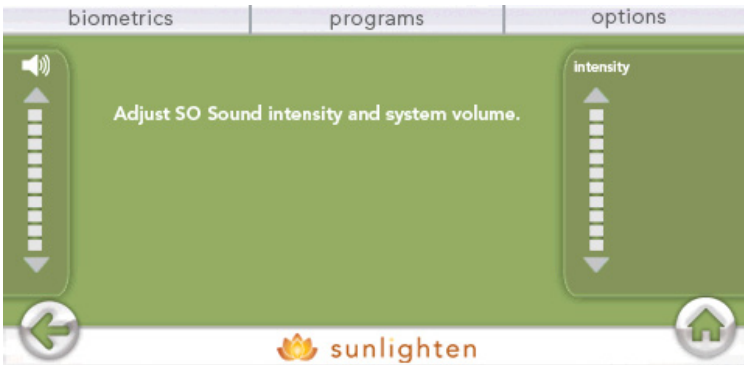
Exterior Lights: The "exterior lights on/off" button allows you to control the exterior LED lights. Pressing this button will turn the lights on when they are off, and off when they are on.

Settings: The "settings" button accesses a drop down which lets you turn on or off "quick heat", or go back through the options that were selected on the first start up of the sauna.

Quick Heat: The "quick heat" button allows you to turn on and off quick heat - which turns your sauna heaters to max power while the sauna is heating up. Some users prefer a slower warm up, so they may want quick heat turned off.

Set Up: The "Set Up" button allows you to go back through those settings you went through at the first start up of the sauna. Among the options that can be changed here: the serial number, measurement, country and time.

7. Exterior Control Panel

The exterior control panel can also be used for simple functions of the sauna. The display is oriented in the same way as your "home screen" on the interior LCD control panel, and will give you the same information.
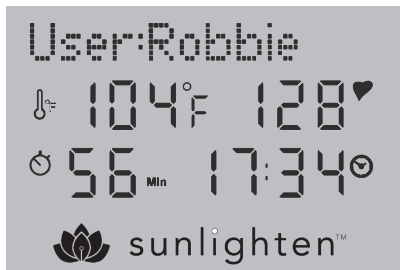
Power Button
Press this button to turn on both the interior and exterior control panels.

Biometric Button
Use to scroll through different biometric data (requires Sunlighten biofeedback accessories.

Quick Start Button
Press this button to repeat the last sauna session run.

Exterior Lights Button
Press to turn on or off the lights on the exterior of the sauna.

The exterior control panel can be used for simple functions - but we recommend using the interior panel for the majority of operations.

WARNING:

1. If the temperature becomes unbearable, decrease it or shut off the sauna immediately.

2. Do not use if pregnant or if you have serious inflammation, a fever, a communicable disease or acute bleeding. See contraindications on sunlighten.com for additional information.

3. Consult physician prior to use if you have a medical condition.

4. Do not consume alcohol or drugs when using the sauna.

5. Do not splash water on the heaters or any component inside the sauna.

6. Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.

7. Do not install a lock on your sauna.

8. Do not install your sauna outdoors without an authorized water resistant cover from Sunlighten.

9. All repairs need to be authorized by a Sunlighten representative or you may void your warranty.

10. Do NOT touch the heater surface while the heaters are ON.

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version 091410

FCC statement

FCC ID: O4GSNINTP

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

PRECAUTION:

To prevent the fire hazard, please make sure that the product must be supplied by USB2.0 computer through USB cable cord