

# Vielight 810 Intranasal Light Therapy User Guide

MAY HELP WITH:	ESTIMATED DAILY USAGE
Sinus/Congestion Issues	Twice daily.*
Sleep/Mild Neurological Issues	Once, preferably about 1-2 hours before sleeping.
Moderate Neurological Issues	Once daily, anytime.
Severe Neurological Issues	Twice daily.*
Mental Alertness/Sharpness	Once daily, anytime.

*\*If you choose to use the 810 twice daily, please allow at least a 6 hour interval between sessions. For one of the sessions, use it while resting, with the eyes closed. The other session can be done while doing any activity*

## Vielight Operating Instructions

### Treatment Sessions

Each treatment session lasts 25 minutes. One session per day is recommended. It can be used at anytime but bedtime may be the most convenient. The unit will automatically switch off at the end of each session. The 810 Infrared is specifically targeted for the brain and penetrates directly and deeply into the brain to reach deep lying glands. **Note:**– this near-infrared red light is INVISIBLE to the naked eye.

**Indicator Legend**

	Battery low	Replace the battery
	The light source is not functioning	Check that the applicator is completely plugged in. If indicator persists, replace the applicator.

### Using Vielight Intranasal Light Therapy devices

1. Open the back cover by pressing the release button (h), hold it down, and simultaneously slide open the back cover (j). Insert a 1.5V AA battery.
2. Fully insert the jack plug (f) into the socket (g).
3. Set the applicator lens (d) deep inside nose, with the clip (e) on the outside.
4. Press the button (b) to switch the unit on. A single beep will sound.
5. The unit will remain switched on for 25 minutes. Indicator lights (c) will blink throughout the session. The number of blinking indicator lights will reduce over time, which is indicative of the remaining time.
6. At the end of the session, the unit will beep three times and then switches off. The unit may be switched off at mid-session by pressing button (b).

**POSSIBLE SIDE EFFECTS** Mild headaches and disorientation may occur. If you experience this, please reduce your **session time** from the preset 25 minutes to a more comfortable duration by switching off the unit manually.

**OUTCOMES MAY VARY** Everyone's body is different and, as such, healing occurs within varying time frames. Please be patient during your healing process. Since your condition may have taken a long time to progress to this state, the process of recovery could take time.

**Many Vielight users experience a noticeable difference within 2 weeks but some may require more time.**

### **Replacing the Battery**

1. Replace the battery when the Control unit beeps 5 times continuously, or when the low battery indicator blinks. Note: Remove the battery if the equipment is not likely to be used for some time.
2. To access the battery compartment, open the back cover by pressing the release button (h), hold it down, and simultaneously slide open the back cover (j). Insert a 1.5V AA battery.

### **Care & Cleaning**

1. To clean the applicator, gently wipe the surface with a cotton swab moistened with 70% alcohol (rubbing alcohol) or hydrogen peroxide.
2. Use a cotton swab moistened with 70% alcohol (rubbing alcohol) or hydrogen peroxide to clean the other surfaces. Do not use abrasive cleaners. Do not submerge the applicator or control unit in water.
3. Store the equipment in a dry location, free from dust, away from direct sunlight. The storage temperature should be within 10oC to 40oC.
4. Clips (e) and (j) are made of tough, high-impact plastic materials. However, excessive bending can cause permanent deformation or breakage.

## QUICK STARTER GUIDE

Recommendation: Use once or twice daily with a minimum of 6 hours in between sessions.

### To insert battery

- ① Press & hold down button

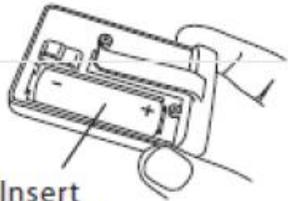


While holding down the button, slide the cover in the direction shown

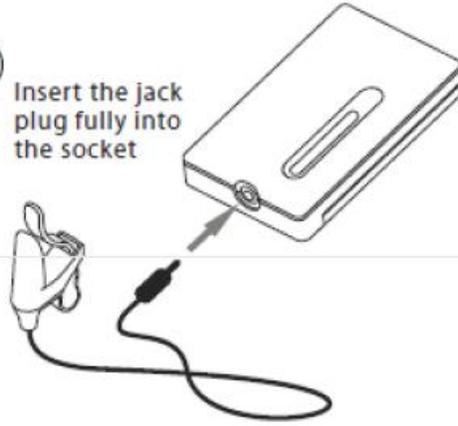
②



- ③ Insert battery



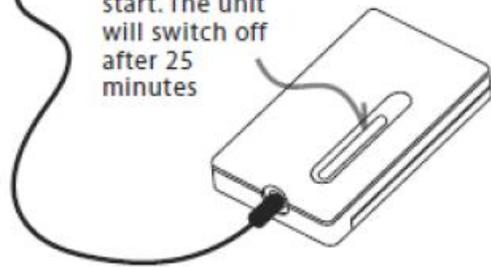
- ④ Insert the jack plug fully into the socket



- ⑤ Set the applicator lens inside the nose with the clip on the outside



⑥ Press here to start. The unit will switch off after 25 minutes



Replace the battery when the unit beep 5 times or when the battery low indicator blinks. Use a 1.5V AA battery.