

eyepower *red*

the charger for your eyes



Harnesses the power of deep red light
to help rejuvenate ageing eyes

INSTRUCTION GUIDE

A large print version of this guide can be downloaded from:

www.eye-power.co.uk/guide

WELCOME

Welcome to eyepower and thank you for purchasing our unique eyepower red wearable device.

Developed in collaboration with the Department of Ophthalmology at University College London, **eyepower red** is designed to deliver controlled sessions of 670nm Near Infra Red light to the retina of the eyes in a safe and convenient way.

Please be aware that **eyepower red** is only offered as a preventative measure to help slow the ageing of retinal cells by boosting the efficiency of the mitochondria within the cells. There is currently no clear evidence that it provides curative benefits for any type of eye disease or impairment.

Whilst research has also shown positive results using 670nm light to restore lost night vision and colour perception, the degree of improvement varies from person to person and is still the subject of further studies.

SAFETY

Exposing the eyes to near Infra red light at a wavelength of 670nm is perfectly safe and has been approved for use by the Ethics Committee of University College London as well as the world renowned Moorfields Eye Hospital Ethics Committee. These approvals were both for using light at higher energy than that used in **eyepower red** as more recent research has shown that we can use lower energies which are just as effective.

DESIGN

To make **eyepower red** as affordable as possible we have created a 'one-size-fits-all' design. We recommend that the device is used when sitting or lying down to give you the most effective and comfortable experience.



On the underside of the device is a charging cable socket and an On button which also acts as an Indicator light.

HOW TO USE THE DEVICE

For best results please observe the following points:

Weekly Routine	Research has shown that a session of 670nm light at least once a week is sufficient to maintain good retinal health. More frequent sessions are not harmful but will only have limited additional benefit.
3 Minute Session	A 3 minute session is all that is required to give your eyes a boost. When you press the On button the red light will shine at low brightness for 3 seconds to indicate a session is about to start. After 3 seconds it will go to full brightness for 3 minutes and then turn off automatically. After a short delay, the indicator light will then give 5 green flashes to indicate the successful completion of a session.
Morning Is Best	Based on your body's natural circadian rhythm, your eyes are at their most receptive to Near Infra Red light in the mornings. There is a rapid drop-off late morning when the effectiveness of the light on the retina falls away sharply, so an afternoon or evening session will have little beneficial effect.
Eyes Open Or Closed	Your eyelids are virtually transparent to Near Infra Red light so you can use eyepower red with eyes either open or closed. Whichever way you choose, the beneficial effect will be the same.

SUGGESTED ROUTINE

A convenient routine could involve keeping **eyepower red** by your bedside and having a 3 minute session once a week. So when you wake on your chosen day, reach for your device and put it on in one of two ways, whichever you find the most convenient:

- i) While holding your **eyepower red** press the On button on the base of the device. When the red light comes on put it on in the normal way. After 3 seconds of low red light the brightness will then increase to maximum for the 3 minute session.
- ii) Alternatively, put the device on first and then press the On button. Again you will see the red light shine for 3 seconds at low brightness before changing to full brightness for the 3 minute session.

Ideally try and plan to have your session in a 4 hour window between 6.30am and 10.30am. So for example:

Every Saturday morning at 7.30 am is your eyepower time. So around 7.30 am put on your **eyepower red** and lay with your head on a pillow. Then simply press the On button to enjoy your 3 minute session in a relaxed and comfortable environment with eyes either open or closed.

SESSION REMINDER

To help you remember to complete a weekly session, **eyepower red** has an optional visual reminder function which makes use of the indicator light on the On button.

The reminder is turned **off** by default.

To turn the reminder **on**

Press the On button once and as soon as the red light shows press the On button again.
This will turn the reminder **on** and the indicator light will flash green-blue-green to confirm the reminder is now active .

To turn the reminder **off**

Simply repeat the process of pressing the On button once and as soon as the red light shows press the On button again.
This will turn the reminder **off** and the indicator light will flash red-blue-red to confirm the reminder is now off.

When the reminder is activated your **eyepower red** will start counting down 7 days from the exact time it was activated or from the start of your next session if you have one before 7 days has passed.

As soon as 7 days has passed since the reminder was activated or after the start of your last session, the indicator light will flash as shown on the next page to remind you to have your next session.

SESSION REMINDER INDICATORS

When the session reminder is active, the On button at the base of your **eyepower *red*** will display a range of coloured light patterns to indicate a particular part of the session cycle has been reached. The meaning of each pattern is shown below.

15 Minutes Reminder	Starting from 15 minutes before your next session is due, the indicator light will give 2 green flashes every 3 seconds. You may start your session at any point during this 15 minute reminder or wait until the end of this reminder when the session is actually due, see below.
Session Due	At the end of the 15 minute reminder the 2 green flashes will change to 3 flashes with the colours green-red-green which continue for a further 15 minutes. This indicates that a session is now due. When you press the On button the indicator will stop flashing and the session will start.
Session Overdue	If a session is not started during the two previous reminder stages, then the green-red-green flash will change to 3 red flashes. The red flashes will continue for a further 15 minutes to indicate that a session is overdue.
Session Completed	At the end of the 3 minute session, there will be a short pause and then the indicator light will give 5 green flashes to confirm the session was completed successfully.
Session Missed	If you miss a weekly session, a reminder will be displayed at the same time the next day. However, this time the 15 minute reminder will flash red instead of green. After 15 minutes it will then follow the normal pattern of green-red-green and after a further 15 minutes it will change to the 3 red flashes. This reminder will repeat every day until a session has been completed successfully.
Session Interrupted	If the On button is pressed during an active session, the red light will go off and the indicator light will flash red 5 times.

Please remember that you may start a session at any point during the various reminder stages. The only thing this will affect is the time of your next reminder the following week.

CHARGING

Your **eyepower *red*** device is fitted with a small rechargeable battery which under normal use should only require recharging every couple of months.

Charging is carried out using the USB 'C' type cable supplied in the box..

The large USB plug at one end of the cable can be plugged in to any standard USB charger plug or in to the USB port of a laptop or PC.

The small 'C' plug on the other end of the cable is carefully pushed in to the charging socket on the underside of the device, next to the On button.

The indicator light will show blue depending on the battery and charging states as outlined below.

Unplugged & Charged	If the charging cable is not plugged in to your device and the indicator light is not flashing then this would normally indicate there is sufficient charge in the battery.
Low Charge	When the battery charge is low (< 15%) the indicator light will give a single blue flash every 2 seconds.
Charging	If the charging cable is plugged in the device is charging, the indicator light will give 3 blue flashes every two seconds.
Plugged In & Fully Charged	When the charging cable is plugged in and your eyepower <i>red</i> is fully charged the indicator light will display a constant blue light. You can unplug the charging cable at this point.

LIGHTING CODE SUMMARY

The table below shows a summary of the light codes displayed by the On button of eyepower *red*. Please visit our website support pages to view more information at the following address:

www.eyepower.co.uk/support

Charging The Battery

Unplugged & Charged	<i>No light shows</i>	
Low Charge	<i>1 Blue Flash Repeats</i>	
Charging	<i>3 Blue Flashes Repeat</i>	
Plugged In & Fully Charged	<i>Continuous Blue Light</i>	

Weekly Reminders

Session Reminder Activated	<i>Green-Blue-Green Flash</i>	
15 Minutes Session Reminder	<i>2 Green Flashes Repeat</i>	
Session Due	<i>Green-Red-Green Flash Repeat</i>	
Session Over Due	<i>3 Red Flashes Repeat</i>	
Session Complete	<i>5 Green Flashes</i>	
Session Interrupted	<i>5 Red Flashes</i>	
Missed Session Reminder	<i>2 Red Flashes Repeat</i>	
Session Reminder Deactivated	<i>Red-Blue-Red Flash</i>	

TECHNICAL DETAILS

Light Source:	Dual Array SMD LED Chips
Wavelength:	670- 675nm Near Infra-red
Light Output:	8 mW/cm ² (Very low brightness)
LED Lifetime:	> 30,000 Hours
Flicker Frequency:	No flicker
Battery:	120mA/Hr Single Cell LiPo Battery
Charging:	USB cable with 'C' Type Connector
Warranty:	2 Years From Shipment Date

PRODUCT SUPPORT

Please visit our website Support pages where you will find additional information and a frequently asked questions section.

www.eye-power.co.uk/support

Alternatively, if you have a specific technical question or product issue please email support at:

support@eye-power.co.uk

COMPANY INFORMATION

eyepower *red* is designed and manufactured in the UK by Light Power Health Ltd

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