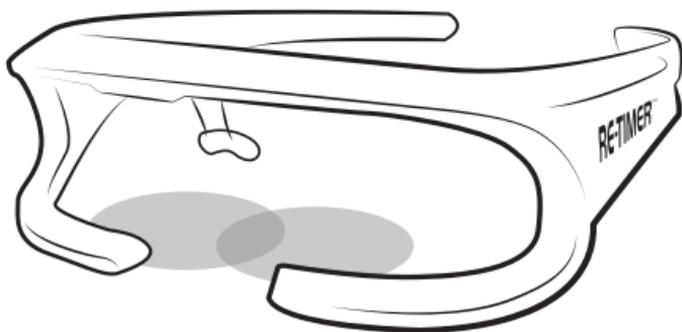


說明書

RE-TIMER™

Congratulations on buying your **RE-TIMER**. Please read this manual carefully before using the product. This manual explains how to set up and use your device. For further information please visit www.re-timer.com. Please read all warnings and cautions before you use your device.



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How light affects our body clock and energy levels

Our body clock influences the timing of all our bodily rhythms: our sleeping and waking patterns, alertness, performance levels and metabolism. These rhythms vary regularly (up and down) over a 24-hour cycle, and are influenced by light. To time these rhythms, photoreceptors in our eyes detect bright light. This is why the **RE-TIMER** focuses light on your eyes.

Often, however, we do not receive the daily bright light we need to maintain a well-timed body clock and natural energy levels. This can be due to working indoors, seeing too little sun during the long winter months, or deliberately avoiding the sun because of concern over UV rays. Indoor lighting is usually not sufficient to time our body clocks. The **RE-TIMER** was created to provide a portable and 100% UV-free light source.

Setting up your device

Charging the battery

Follow these steps to charge your device:

- 1) Plug the charging cable into the USB port of your **RE-TIMER** (Diagram 1, a).
- 2) Plug the opposite end of the charging cable into either your computer's USB port or a USB wall adapter (not supplied).

As the battery charges, the LED Battery Indication Light will light up on the display (Diagram 2, b).
When the battery is full, the LED will stop glowing.

If the battery is completely empty it will take up to 3.5 hours to charge.

When the battery is fully charged it contains enough power to provide up to 4 hours of battery life.

When your **RE-TIMER** is low on battery power, the Battery Indication Light will flash (Diagram 2, b).

Note: You can use the device while it is charging.

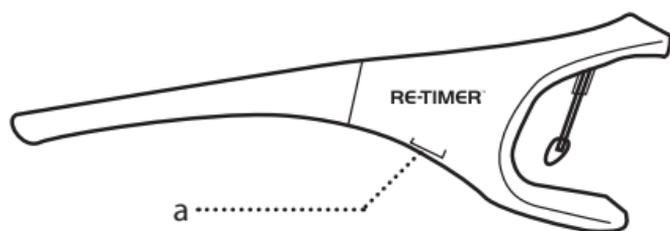


Diagram 1: Port for charging cable

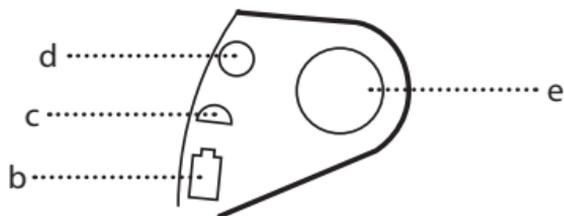


Diagram 2: Control Panel

*Turning the **RE-TIMER** on and selecting the light intensity setting*

Before you place the **RE-TIMER** on your head, turn it on by pressing the control button (Diagram 2, e) once. This will turn its lights on to the half-brightness setting. If you prefer the full brightness setting, press the control button a second time. You only need to press the button for a moment.

You can see which brightness setting you are using by looking at the control panel. The half brightness indicator (Diagram 2, c) will light up when the device is in half brightness mode. The full brightness indicator will light up when the device is in full light brightness mode (Diagram 2, d). The brightness indicators will illuminate for one minute following a change of brightness setting.

Note: It is recommended that you use the full brightness setting to obtain the maximum benefit from your device.

Adjusting the **RE-TIMER**

Once you have turned your **RE-TIMER** on and selected your preferred brightness setting, place it on your head. If you wish to wear your reading glasses while you use your device, put your reading glasses on first, then the **RE-TIMER**. The adjustable nose-piece (Diagram 3) can sit either behind or in front of your reading glasses.

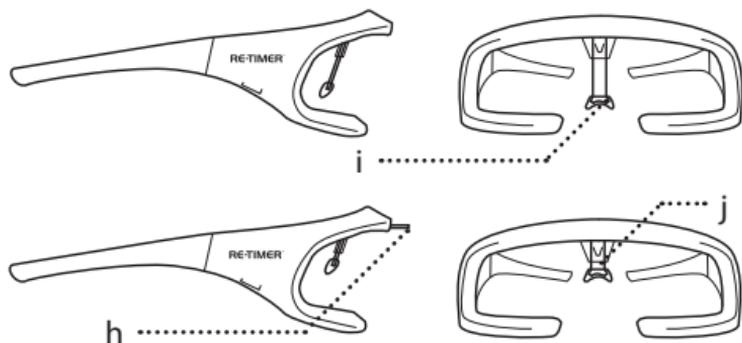
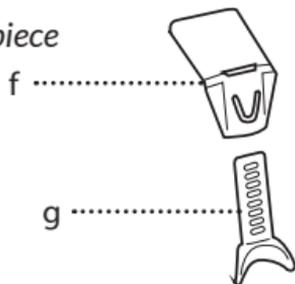


Diagram 3: Adjustable nose-piece



Once the **RE-TIMER** is on your head you can make small adjustments to optimise the amount of light reaching your eyes. By sliding the top section of the nose-piece (Diagram 3, f) in and out of the frame (Diagram 3, h) you can move the device closer to or further away from your face. You can also adjust the height of your device by sliding the lower portion of the nose-piece (Diagram 3, g) up and down to select a high fitting (Diagram 3, i) or low fitting (Diagram 3, j).

If you intend to use reading glasses whilst wearing your **RE-TIMER**, ensure the frames of the reading glasses do not obstruct the light.

Note: The light can reduce visibility and may therefore represent a hazard.

*Turning the **RE-TIMER** off*

Once you have finished using our **RE-TIMER** remove it from your head. Turn it off by pressing the control button (Diagram 2, e). Press the button once if you were using the full brightness setting; twice if you were using the half brightness setting.

*Note: The **RE-TIMER** will automatically switch off after 60 minutes of use.*

When to Use

Purpose	How to Use	Start time	Finish time	Duration (days)
Wake up earlier and fall asleep earlier*	Within 30 mins from usual wake time	After using for up to 60 minutes	6-7 continuous days	
Wake up later and fall asleep later	Within 120 mins of bed time	After using for 60 minutes	6-7 continuous days	
Fight the winter blues	Each morning between 6:00am and 9:00am	After using for 45 minutes	21 continuous days	
Manage your shift work	Follow the wake up earlier instructions above to adjust to an early morning shift or wake up later instructions for night shift.			
Cope with jetlag or frequent flying	Visit www.re-timer.com to use our travel calculator.			

*Generally, using the **RE-TIMER** for up to 60 minutes in the morning for 3–4 mornings in a row will help you move your body clock so that you wake up earlier. Ensure you use your **RE-TIMER** earlier each morning until you reach your desired wake up time.

Conversely, using the **RE-TIMER before bedtime will help move your body clock so that you naturally begin to go to bed later.

Note: Using this product shortly before bed may prevent you falling asleep immediately.

Frequent flyers

The **RE-TIMER** may help to minimise the effects of jet lag.

The most effective times to use your device will depend on the number of time zones you are crossing and your usual sleeping and waking schedule. Please visit www.re-timer.com to use the travel calculator.

Storage

When you are not using your **RE-TIMER**, store it in its case. Avoid leaving the device in a high temperature environment. For your warranty to be valid, the device must be stored in its case to protect against heat, humidity and accidental breakage. The warranty is only valid if the device is stored in its case when not in use.

Cleaning

Clean your **RE-TIMER** with a dry cloth if necessary but avoid the LEDs.

Disposal

Dispose of this product in accordance with local regulations. Do not put the device or its battery in unsorted municipal waste (i.e. in your general home or office rubbish bin). Dispose of the device by placing it in the appropriate electronic waste collection systems managed by your local authorities. Your local or national recycling organizations may also have disposal information. Contact us at www.re-timer.com if you require further information on recycling.



Recycling symbol. Symbol in compliance with EU Directive 2002/96/EC on waste electrical and electronic equipment (WEEE) indicating the use of separate collection and recycling methods when disposing of this product.

Specification

Battery: Internal Rechargeable Li-Ion Polymer, 3.7V, 200mAh. Power consumption: 150mW.
Light source: 4 x 500nm 64mW LEDs

Warranty

The **RE-TIMER** comes with a limited warranty against defects. Refer to the warranty card for terms.

The device is made according to the highest quality standards. The warranty does not cover improper use or negligence. If the silver label on the inside of the device is removed, the warranty is void. This label is important as it complies with regulatory requirements and also traces the owner. If the device is altered or it is serviced by anyone other than the manufacturer, the warranty will be void.

The warranty applies only to the individual who purchased the device. To make a warranty claim, you must complete and sign the warranty card that comes with this product. You should send the warranty card, a description of your claim, the original invoice and the device to your retailer for your claim to be considered.

Conditions of Use – Cautions:

- The **RE-TIMER** contains a rechargeable lithium-ion polymer battery. Do not attempt to remove the battery or expose the

battery to high temperatures. Recharge the battery using the USB cable provided.

- Do not incinerate, disassemble or expose the device to high temperatures above 60°C (140°F). Do not operate or charge the **RE-TIMER** in temperatures below 0°C (32°F) or above 45°C (113°F). Batteries can overheat, causing fire or bursting. Dispose of the device with the internal battery in accordance with local regulations.
- Do not operate this device near any heat sources such as radiators, heat registers, or other heating devices.
- Never use damaged or worn cords; this could result in electric shock, burns, and/or fire. Use the charging cable provided with the device for recharging only. The use of power adaptors other than those specified and provided with the device may result in increased electromagnetic emissions.
- Do not strain or bend the device's arms.
- Avoid contact between the device and chemicals (such as hairspray).
- If heat has deformed the product and/or caused

noticeable misalignment of the device, stop using it and contact your retailer for assistance.

- If this device is damaged in any way or is not working, it should not be operated and you should contact your retailer for assistance.

Conditions of Use – Safety Instructions:

Observe these safety instructions to avoid potential hazards that could result in personal injury or damage to your product:

- Do not expose to water or moisture.
- The **RE-TIMER** is not suitable for children younger than 13 years of age. Young children's crystalline lenses have not yet matured and they are therefore unable to filter light in the same way as adults.
- This device should not be used while wearing reading or other glasses made of either photochromatic or tinted glass.
- Light emitted by this product may interact with photosensitizing medications. These can include antibiotics, antihistamines, chemotherapy drugs, cardiac, diabetic and skin medications, certain diuretics, painkillers, psychiatric drugs

and supplements. This device may also change the effectiveness of some medications. Be sure to review with your doctor all medications you are currently taking before using this product.

- Do not use this product in situations where the light might compromise your ability or the ability of others to perform essential tasks such as driving a vehicle or operating machinery.
- This product should not be modified. If your product requires fixing, please stop using it and contact your retailer.
- This product is not a medical device. It is not intended to diagnose, treat, prevent or alleviate a medical condition. please check with your doctor first if any of the following apply:
 - You have or have had any eye disease such as, but not limited to, glaucoma or retinal disorders such as macular degeneration
 - You have sensitivity to light (photosensitivity). Or you have a condition that makes your skin especially sensitive to light. This product operates at a rate of 115 – 314 hertz.
- You've been diagnosed with Bipolar disorder.

Light devices are generally safe but you may experience some mild, short lasting side effects such as eye strain or dry mouth. If you experience any discomfort stop using the device immediately.

The information contained in this document is not intended to be used as medical information or as a substitute for your own health professional's advice. As each person is different, the effects of light may vary from individual to individual. As a matter of good practice we recommend you seek the advice of your health professional before using this device.

Disclaimer

This product should be used strictly in accordance with the instructions in this document. Failure to do so may result in injury or damage, and will result in your being unable to make a warranty claim should a manufacturing defect arise.

This product may not be available in all countries worldwide. It may not have received approval or market clearance by relevant governmental regulatory bodies in every country in which it is available.

You should consider whether this product is

suitable for your specific personal need.

Subject to any rights imposed by applicable law that cannot be limited or excluded:

- 1) All liability of any kind arising from use of this product is excluded.
- 2) All guarantees, warranties, terms or conditions implied by applicable law are excluded to the fullest extent legally permitted, without affecting any express warranty against defects that may be provided in respect of this product.
- 3) If any implied guarantees, warranties, terms or conditions cannot lawfully be excluded, but limitation of liability is permitted, our liability is limited to, at our option:
 - a. in relation to goods (including **RE-TIMER**) – the repair or replacement of the damaged product, the supply of an equivalent product or paying the cost of any of those remedies to you; and
 - b. in relation to services – the supply of the services again or the payment of the cost of having the service supplied again.

4) To the full extent permitted by law, in no circumstances is Re-Time Pty Ltd liable for special, indirect or consequential loss or damage of any kind including any loss of profit or of contract, even if you advise us of any special circumstances or such loss was reasonably foreseeable.

A copy of this instruction manual can be downloaded from our website at: www.re-timer.com

RE-TIMER™

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