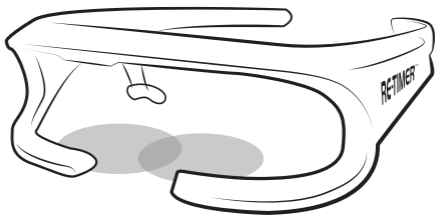


RE-TIMER™

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.



1495074

Definition of symbols



European Declaration of Conformity



Manufacturer:
SMR Automotive Australia Pty Ltd. 18
Sherriffs Road, Lonsdale, South Australia
5160



Date of Manufacture



Serial Number



General Warning Sign



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.



Refer to Instruction Manual



Type BF applied part



Temperature Limit



Humidity Limit

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 5 hours of battery life. When your Re-Timer is low on battery power, the Battery Indication Light will flash (Diagram 2, b).

Warning: You must not use the device whilst it is charging. Should you misplace the USB cable supplied with the Re-Timer please obtain a 1000mm long USB2 AM-BM Mini-USB type cable.

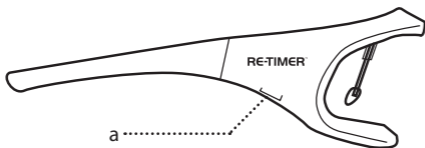


Diagram 1: Port for charging cable

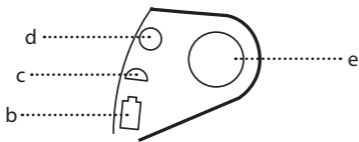


Diagram 2: Control Panel

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 the 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.

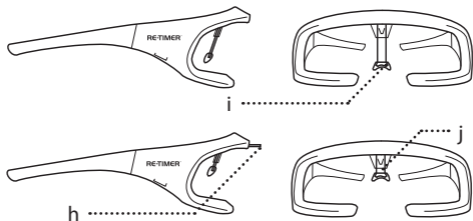
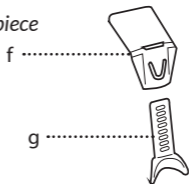


Diagram 3: Adjustable nose-piece



Once the Re-Timer is on your head you can make small adjustments to optimize 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 your 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	Finish time	Duration (days)
Advance your body clock (Wake up earlier)*	Within 30 mins from usual wake time	After using for 60 minutes	6-7 continuous days
Delay your body clock (Wake up later)**	Within 120 mins of bed time	After using for 60 minutes	6-7 continuous days
Manage your shift work	Follow the Advance instructions above to adjust to an early morning shift or Delay instructions to adjust to a late afternoon or 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 6–7 mornings in a row may help you manage your sleep trends. 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

Re-Timer may help to minimize 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. Charging Power Supply: 5V 500mA compliant to USB global standards.

Warranty

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. If the device is altered or it is serviced by anyone other than the manufacturer, the warranty will be void.

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 attempt to service any part of the unit. This could result in electric shock, burns or fire
- Stop using this device immediately if the lenses above the light source are cracked or missing
- Mains to USB Power Adaptor must be compliant to relevant local standards for Electrical Safety Isolation. Use of a non-compliant power source could result in electric shock, burns or fire
- Keep out of reach of children

- Do not operate this device in temperatures below +5°C / 41°F or above +40°C / 104°F with a relative humidity range of 15% to 93% non-condensing. Batteries can overheat, causing fire or bursting. Dispose of internal battery in accordance with local regulations. Do not use the device whilst battery is charging.
- Do not operate this device near any heat sources such as radiators or other heating devices. Keep the unit away from water and damp and use indoors only.
- Never use damaged or worn cords; this could result in electric shock, burns, and/ or fire. The use of power adapters other than those specified and provided with the device may result in increased electromagnetic emissions.
- Caution – Use of controls or adjustments or performance of procedures other than those specified herein may result in hazardous radiation exposure.
- 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 use this product if you have been diagnosed with Manic-depressive psychosis or Bipolar Disorder.
- Do not use this product on children younger than 13 years of age
- 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.
- The Re-Timer is not a medical device.

We recommended you do not use the Re-Timer if you have or have had any of the following:

- Any eye disease such as, but not limited to, cataracts, glaucoma, retinal disorders (e.g. macular degeneration), or previous eye surgery. Consult an ophthalmologist before using Re-Timer if you have any concerns.
- People with epilepsy or similar photosensitive conditions. The light source of this technology ranges from 115 to 314 hertz.
- Manic-depressive psychosis or Bipolar Disorder.

Research shows that a small percentage of the population experience side effects when using light therapy. These side effects may include headache, dry mouth, eyestrain, nausea and hyperactivity. These side effects can usually be resolved by simply stopping use of the device.

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 have received approval or market clearance by relevant governmental regulatory bodies in each country it is available.

You should consider whether this product is

suitable for your specific personal needs.

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

Instruction Manual Revision Level: A

RE-TIMER™

© Copyright 2017 Re-Time Pty Ltd

RE-TIMER is a trademark of Re-Time Pty Ltd

www.re-timer.com is property of Re-Time Pty Ltd

Re-Time Pty Ltd, L2, Flinders University Bld, 1284
South Rd Clovelly Park, South Australia 5042

+61 (0) 8 8201 7568



1495874