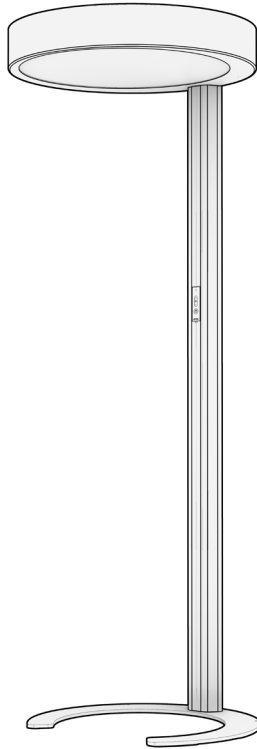


BRAINLIT

: A L V E N



USER MANUAL

BioCentric Lighting™ Free Standing Luminaire

Article no: 100018

Thank you for choosing BrainLit Alven. If you have any questions that are not covered in this manual, please get in touch with us for further assistance. Alternatively, visit our website for more information.

Contact

alven@brainlit.com
www.brainlit.com/brainlit-alven



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Product overview

About BrainLit Alven

Light affects all species on earth, especially humans. Evolution has made the natural variation of light essential for humankind, a need that hasn't changed despite the changes in our behaviour.

Today most people spend 21 out of the day's 24 hours indoors, exposed to static and insufficient light. There are many well-documented and scientifically supported negative consequences stemming from exposure to poor light and how the lack of daylight affects our biology. These were the premises that led to the founding of BrainLit and the invention of BioCentric Lighting™ (BCL).

BrainLit's BioCentric lighting™ system creates an optimal natural lighting environment, with proper variations of light intensity and color at the right time of the day, synchronizing the body's circadian rhythm and the production of the necessary hormones (e.g., cortisol and melatonin) to keep your body system in balance.

BrainLit Alven is the world's first personal, connected, dynamic and free-standing LED luminaire-powered BioCentric Lighting system. It instantly alters the emotional character of its environment and delivers a more natural light to its user.

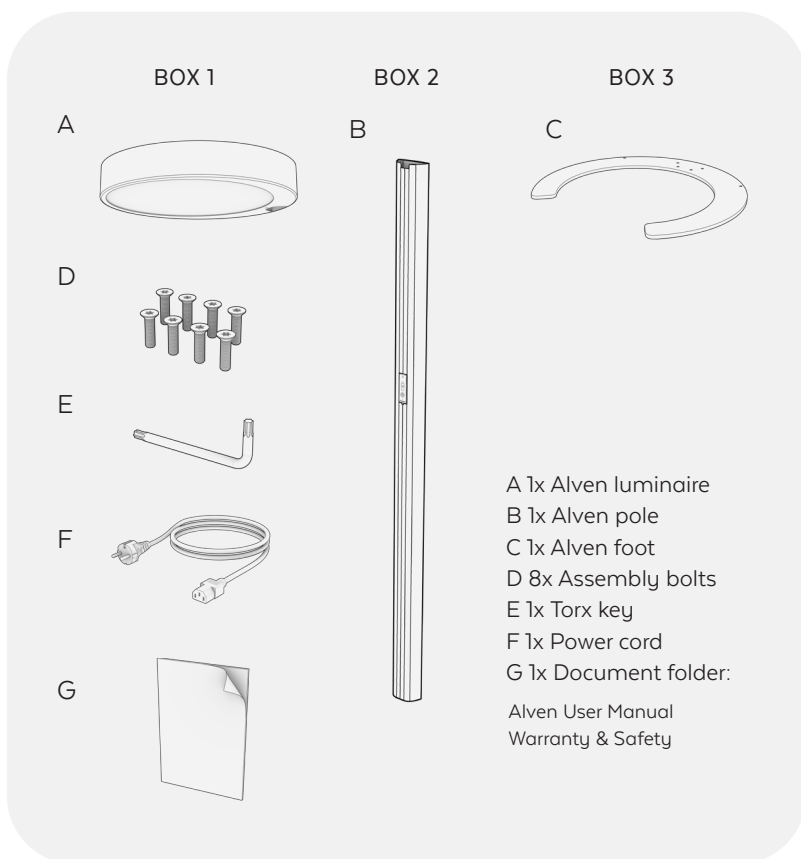
The AutoLit recipe with 100% intensity is the default setting that best helps you maintain your circadian rhythm. To maintain your normal circadian rhythm, you should use AutoLit with 100% intensity as often as possible.

To learn more about the benefits of BioCentric Lighting™ please visit our website www.brainlit.com.

Before assembly

1. Remove all packaging materials.
2. Unpack and inspect all components.
3. Lay out all parts on a flat surface.

Two people
recommended for
assembling and
moving your Alven



Assembly instructions

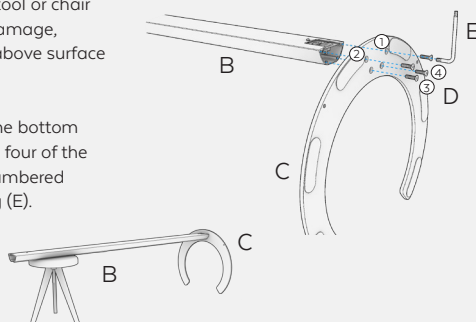


For indoor
use only

STEP 1 Attach foot to pole

Lay the pole (B) on a stool or chair horizontally to avoid damage, approximately 70 cm above surface as pictured below.

Attach the foot (C) to the bottom end of the pole (B) with four of the eight bolts (D) in the numbered order using the torx key (E).



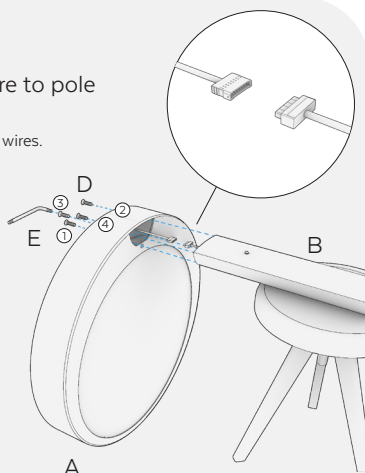
STEP 2 Attach luminaire to pole

NOTE: Please take care not to pinch or damage the wires.

Connect the wire with quick connector from the luminaire (A) with the matching from the pole (B), make sure they are firmly connected and that latching hooks have connected properly.

Thread the luminaire (A) over the pole (B) and make sure that all cables are running free into the pole (B) and they are not damaged.

Attach the luminaire (A) to the top end of the pole (B) with the remaining four bolts (D) in the numbered order using the torx key (E).



STEP 3

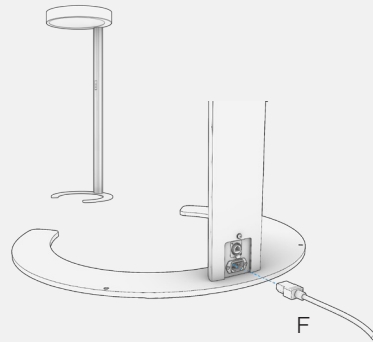
Connect power

Raise your Alven to a standing position with its foot on the floor.

Insert the power cable (F), first to your Alven and then to the wall outlet.

It will take about 2 minutes for your Alven to start once the power cord has been connected.

Alven can be connected to a network using wifi or ethernet cable.



STEP 4

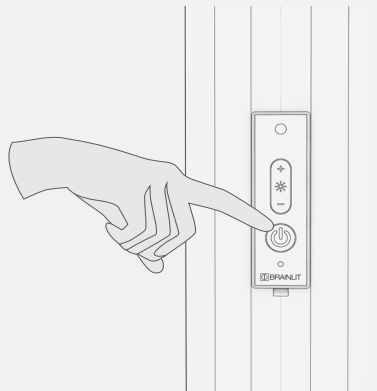
Start system

Use the power button to power your Alven On/Off.

Use + / - buttons to dim the light up or down.

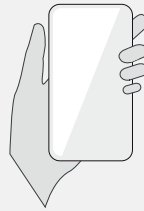
Do not look directly into the Alven lamp. It is brighter than a normal lamp and may cause discomfort.

For more features, see instructions in section 3.1 of this user manual or in the app.



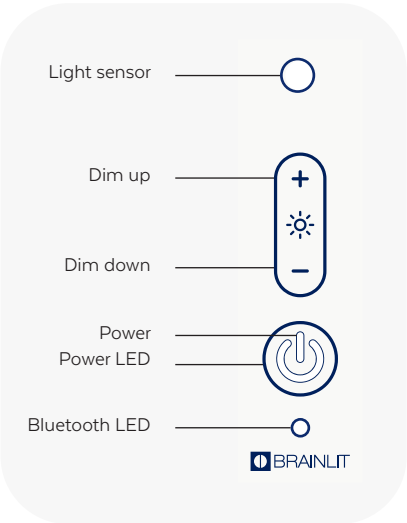
STEP 5 Complete set up

Complete the setup of your Alven by downloading the BrainLit app from the App Store or Google Play and follow the instructions.



You're all set!
Welcome to the world of
BioCentric Lighting™.

Manual operation



Normal Usage

Using its presence-detecting sensor, BrainLit Alven will turn on automatically when you approach it. By default, Alven is in AutoLit mode.

- DimUp**
LONG press Dim up = Dim up
= Continuous dim up
- DimDown**
LONG press Dim down = Dim down
= Continuous dim down
- Power**
LONG press Power = Toggle On/Off
= Enables changing of light settings

Power LED status	Bluetooth LED status	Description	Status
OFF -> Pulsing slow	OFF	System starting	Starting
ON	OFF	System is fully running and connected to internet	Normal usage
Pulsing slow	OFF	System is fully running but not connected to internet	Normal usage
Blinks fast	OFF	Demo running	Demo
ON	Pulsing slow	Bluetooth pairing possible	BT Pair
Blinks	OFF	Enables changing of light settings	Command

AutoLit

The AutoLit recipe with 100% intensity is the default setting that best helps you maintain your circadian rhythm. The circadian rhythm is referred to as our "biological clock" that regulates our well-being, alertness and sleep. To maintain your normal circadian rhythm you should use AutoLit with 100% intensity as often as possible.

Please note that if you change from AutoLit or dim down the intensity, the BioCentric Lighting effect will decrease. We recommend using AutoLit with 100% intensity.

It may take a few days for your eyes to adapt to the brightness of your Alven.

Boost

Boost increases your alertness and stimulates your cortisol levels, giving you a refreshing effect. Recommended usage is a 20 minutes or shorter "light shower" preferably during the first half of the day (08.00-14.00). Usage of Boost at night may disturb your natural circadian rhythm.

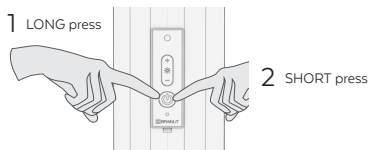
To maintain your natural circadian rhythm, you should use AutoLit with 100% intensity as often as possible.

Relax

Relax creates a natural light environment that feels more neutral to your eyes but does not change dynamically and therefore has less impact on your circadian rhythm. Recommended usage is for shorter time periods after 14.00. To maintain your circadian rhythm you should use AutoLit with 100% intensity as often as possible.

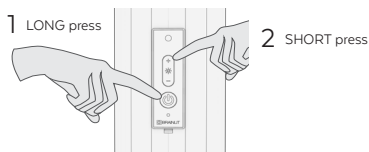
To activate AutoLit recipe

1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec SHORT press Power = recipe changes to AutoLit



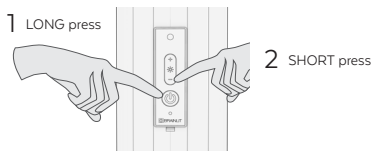
To activate Boost scene

1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec SHORT press Dim up = scene changes to Boost



To activate Relax scene

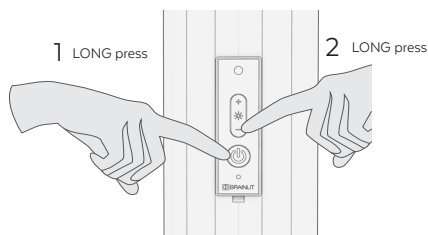
1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec SHORT press Dim down = scene changes to Relax



Bluetooth pairing – How to pair your phone with your BrainLit Alven

1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec LONG press (3 sec) Dim down
4. Power LED is ON and Bluetooth LED blinks slowly when pairing is active

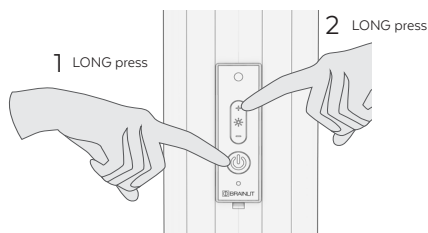
Bluetooth pairing is active for 60 sec. Follow instructions on your phone or mobile device to complete pairing.



AutoLit Demo – Shows the variation and dynamics of the light

1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec LONG press (3 sec) Dim up
4. Demo of AutoLit is running
5. Power LED blinks fast and Bluetooth LED is OFF when demo is running

Demo will last for approximately 90 sec.



How to use your BrainLit Alven – Examples

The default AutoLit recipe is recommended as a standard setting as it helps you maintain a natural circadian rhythm. We encourage you to try different recipes and scenes, which can be found in the BrainLit app.

For example, you wake up one morning but feel a bit slow. This would be an optimal time to use the Boost scene for a short time to energize you for the day ahead.

In the afternoon when you want a break, the Relax scene can be manually activated to create a calmer ambience for a short period of time.

We recommend using AutoLit with 100% intensity during the majority of the day to maintain synchronization with your circadian rhythm.

Operating instructions

1. Internet connection

BrainLit Alven is designed so that every user can enjoy a personal light environment. In order to provide optimal light recipes and maintain your personal circadian rhythm, Alven requires internet access to collect important user data.

An internet connection is also required to receive software updates, access to BrainLit's BioCentric Lighting recipe catalog, and other services, including connecting to other Alvens.

If your BrainLit Alven is installed locally without an internet connection, the software and recipe updates must be downloaded from BrainLit and handled manually through the app or admin interface.

It is highly recommended to connect your BrainLit Alven to the internet in order to enjoy the system's full functionality.

2. Mobile app

The BrainLit mobile app can be downloaded on Google Play or the App Store.

The mobile app makes it possible to connect your BrainLit Alven to a wifi network. Please see further instructions in the app.



Data protection

Managing and storing personal data

BrainLit Alven is a system that relies on user data to reach its full potential. In order for your Alven to function at its best, you need to accept our terms and conditions. Read more about our privacy policy and data management practices at www.brainlit.com/privacy-policy

Warranty & safety

Please refer to the separate Warranty & Safety document to read more about safety and warranty instructions when using Alven.

We'd love to hear from you.

We hope you find everything you need in this manual.

If you have any questions about Alven or any other enquiries, please get in touch with us using the contact details below.



alven@brainlit.com

BrainLit was founded in 2012 in Sweden by Tord Wingren, one of the inventors of Bluetooth technology.

We provide healthy environments, using personally adapted light indoors recreating daylight. BioCentric Lighting™ is the basis of our solution, resting on firmly established research and based on a number of patent groups.

Our vision is to improve quality of life for people through providing Biocentric Lighting™.

