BRAINLIT ALVEN - QUICK GUIDE

Welcome to the world of BioCentric Lighting™

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

Alven's AutoLit recipe provides optimal light conditions for aligning your circadian rhythm. The light conditions can be further adjusted through the BrainLit app. With the app, you can choose e.g. the "Boost" scene to receive a light shower for extra energy.

For indoor use only

Two people recommended for assembling and moving your Alven

Before assembly

1. Remove all packaging materials.

2. Unpack and inspect all components.

3. Lay out all parts on a flat surface.

A 1x Alven luminaire
B 1x Alven pole
C 1x Alven foot
D 8x Assembly bolts
E 1x Torx key
F 1x Power cord
G 1x Document folder including:

Alven user manual
Warranty & cautions booklet

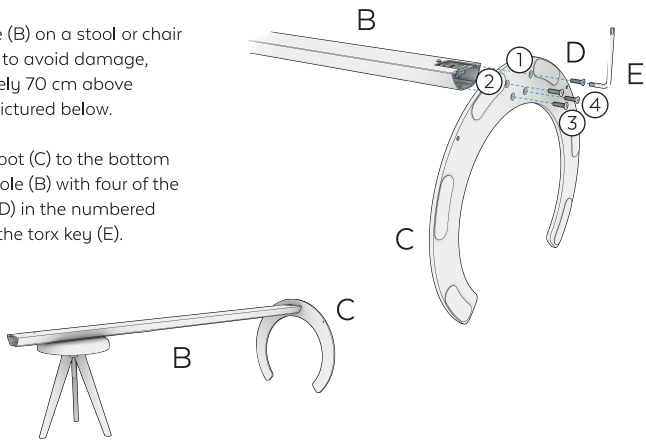| BOX 1	BOX 2	BOX 3
A	B	C
D		
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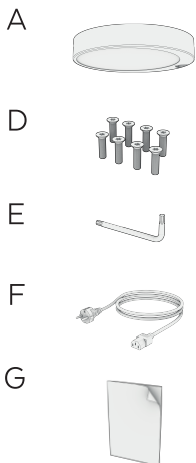
Attach foot to pole

STEP 1

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).

## Attach luminaire to pole

STEP 2

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).
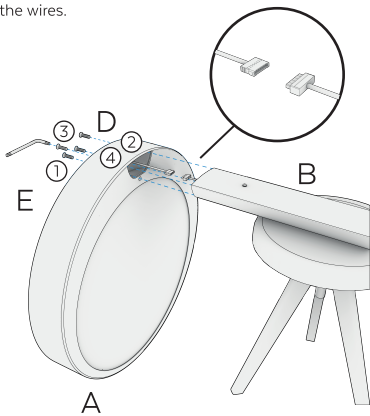
Connect power

STEP 3

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.
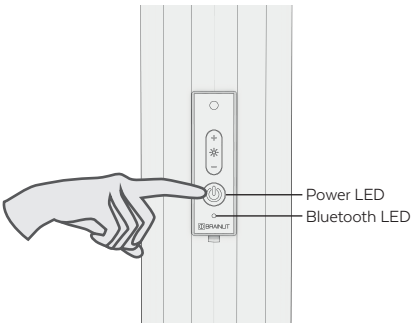
BRAINLIT

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 the user manual or in the app.

Power LED
Bluetooth LED

STEP 5

Complete setup

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

Download on the App Store

GET IT ON Google Play
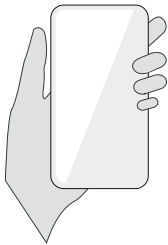
STEP 6

Finished

You're all set! Welcome to the world of BioCentric Lighting™. Scan the QR code for the full documentation to view more features.

RECIPES & SCENES

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 light 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 is changed to AutoLit

1 LONG press   2 SHORT press

To activate Boost scene

1. LONG press (3 sec) Power
2. Power LED blinks slowly
3. Within 7 sec SHORT press DimUp = scene is changed to Boost

1 LONG press   2 SHORT press

To activate Relax scene

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

1 LONG press   2 SHORT press

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) DimDown
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.
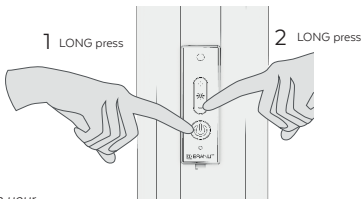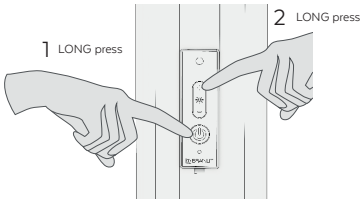
1 LONG press   2 LONG press

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) DimUp
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.

1 LONG press   2 LONG press