

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 is a multi-user system and can also be connected to the BrainLit cloud.

The AutoLit recipe of BrainLit Alven™ 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.

Before assembly

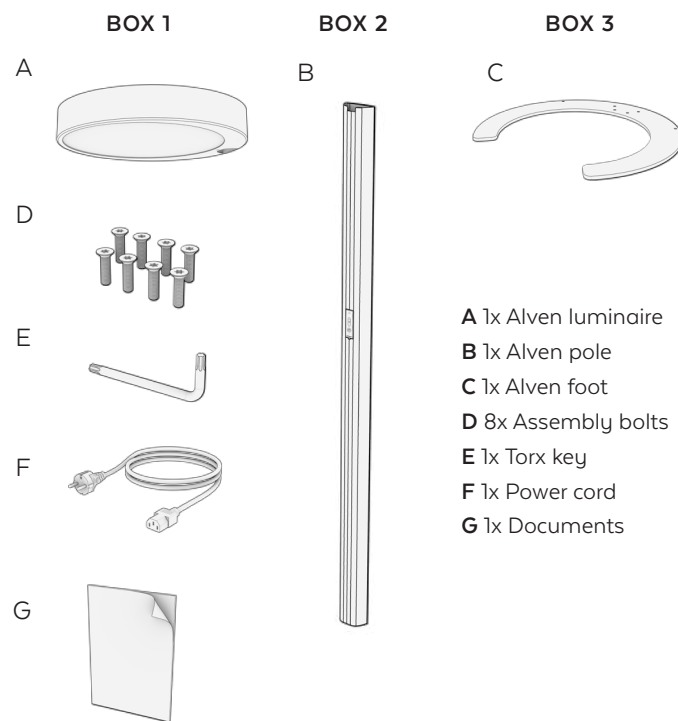


Two people recommended for assembling and moving your Alven



For indoor use only

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



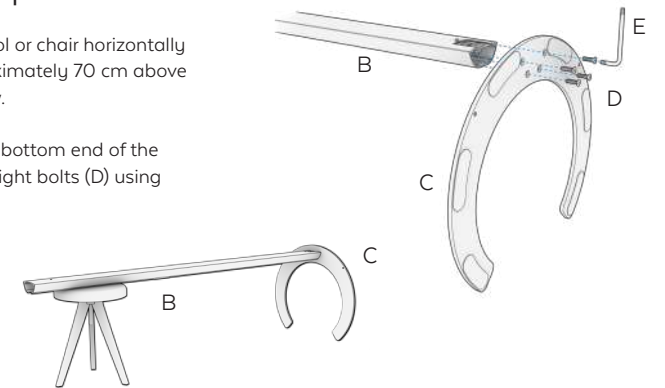
F Power cord type X. The flexible cable or cord may be specially prepared and only available from the manufacturer or his service agent.

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) using the torx key (E).



STEP 2

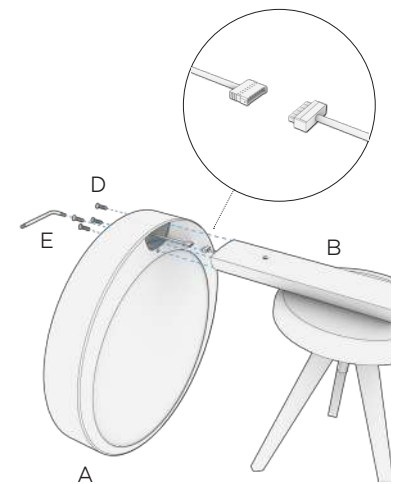
Attach luminaire to pole

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

Connect the wire and quick connector from the luminaire (A) with the matching connector from the pole (B), making sure they are firmly connected and that the 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 are not pinched or damaged.

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



STEP 3

Connect power

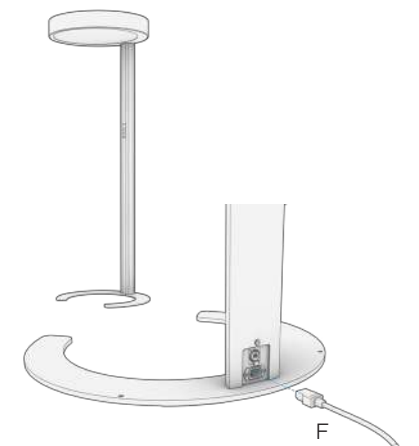
Raise your Alven to a standing position with its foot on the floor. Insert the power cable (F), first to your Alven and then to the wall outlet.

About 30 seconds after the power cord has been connected the power button green LED starts flashing. When the power button green LED stops flashing again your Alven is ready to use. It will take up to 2 minutes for your Alven to be ready for use once the power cord has been connected.

Alven can be connected to a network using wifi or an ethernet cable (not provided).

The flexible cable or cord may be specially prepared and only available from the manufacturer or his service agent.

NOTE: Do NOT connect to a Power over Ethernet (PoE) connection. This device is not PoE compatible.



TURN PAGE FOR OPERATING INSTRUCTIONS



STEP 4

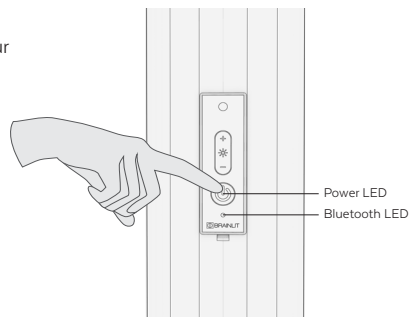
Start system

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



Do not look directly into BrainLit Alven's light. It is brighter than a normal lamp and may cause discomfort.

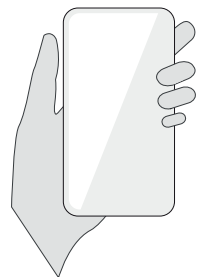
For more features, see instructions in section 3.1 of this user manual or in the app.



STEP 5

Complete setup

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



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.



Scan for manual

RECIPES & MODES

AutoLit

The AutoLit recipe 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 without dimming the light intensity as often as possible.

If you adjust the brightness of BrainLit Alven using the (+) or (-) buttons, you will exit AutoLit and the light will remain at a static light intensity until you turn BrainLit Alven off and back on. It may take a few days for your eyes to adapt to the brightness of your BrainLit Alven™.

To activate AutoLit recipe

Turn off, turn on => AutoLit

or

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



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 without dimming the light intensity as often as possible.

To activate Boost mode

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



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 without dimming the light intensity as often as possible.

To activate Relax mode

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



Bluetooth pairing - How to enable Bluetooth pairing mode on your BrainLit Alven™

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

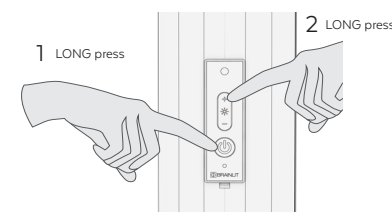


Bluetooth pairing is active for 60 sec. Follow instructions on your phone or mobile device to complete pairing.



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) (+)
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. When the demo is finished AutoLit mode is enabled.

TURN PAGE FOR ASSEMBLY INSTRUCTIONS

