BIOCENTRIC LIGHTING SET FOR ELDERLY CARE COMMUNAL AREAS
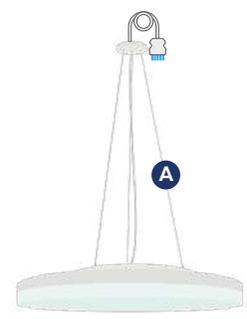
QUICK GUIDE

WELCOME TO THE WORLD OF BIOCENTRIC LIGHTING

Access to daylight and its variations is crucial to sustain a balanced circadian rhythm. Today most of us spend the majority of our time indoors, exposed to static and insufficient light, preventing us from receiving the amount of daylight necessary to meet our biological needs. BrainLit Biocentric lighting recreates daylight indoors by mimicking the most important aspects of daylight to help you sustain a healthy circadian rhythm.
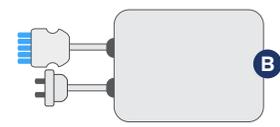
BEFORE INSTALLATION

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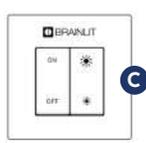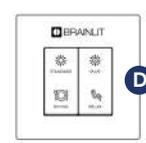3. Lay out all parts on a flat surface.

COMPONENTS INCLUDED

A. Luminaire (example)

B. Biocentric lighting control box

C. Light Switch

D. Recipe Light Switch (optional)

E. Quick guide

STEP 1
Install luminaire(s) (A) according to Luminaire Set Installation Instruction and fixate the Biocentric lighting control box (B) above the suspended ceiling. Scan the QR code below to access the Installation Instruction.

STEP 2
Connect Wago Winsta cable between luminaire(s) (A) and Biocentric lighting control box (B).

STEP 3
Insert 230V plug from Biocentric Lighting control box (B) in outlet. The luminaires light up and the system is starting up.
After approximately 1 minute the luminaires start to pulse light and the system is ready to pair the light switch (C).

STEP 4
Press ON button on the light switch (C) to pair the switch with the pulsing luminaires. When the luminaires stop pulsing the light switch is paired with the luminaires.

STEP 5
Install the light switch (C) on the wall using either the enclosed double-sided tape or fix the switch to the wall using screws.

Congratulations!
Your Biocentric lighting system is now ready to be used.

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TIMEZONE CONFIGURATION AND INTERNET CONNECTION

In order to make sure that your Biocentric lighting system is giving you the right light at the right time it is important that it is configured with the correct time zone. The system is by default configured for Central European Time (including automatic change to daylight savings time). If your system is used in a time zone different from Central European Time you should configure the correct time zone through the steps below. In addition, if you configure an internet connection the system will automatically update and give you the light recipes developed by BrainLit based on the latest research.

STEP 1
Press "Off" button 5 times to enable the BrainLit configuration WiFi. On the 5th button press the luminaire(s) light up indicating the configuration WiFi is open. After 30 seconds, the WiFi is visible and will remain open for 10 minutes.

STEP 2
Connect to the BrainLit configuration WiFi by scanning the QR code on the Biocentric lighting control box.

Or

Connect to the BrainLit configuration WiFi
SSID: brainlit-xxxx-xxxx
Password: 12345678

STEP 3
Scan the QR code below to access the configuration page. You can also enter http://brainlit.config in your browser. Complete the configuration by following the instructions.

OPERATION

ON – The default setting that is suitable for most elderly people to maintain a healthy circadian rhythm and provide a balance between circadian impact and visual comfort. The light will automatically change in both light intensity and color temperature during the day to, much like daylight, provide circadian impact during the appropriate time of day.

OFF – Turns off the light.

☀ – Increases the light intensity level.

☀ – Reduces the light intensity level.

If you increase or reduce the light intensity level you will exit the default setting. The light intensity will be increased or reduced compared to the default setting for 60 minutes. The color temperature of the light will still remain according to the default setting during this time. After 60 minutes the light intensity will automatically smoothly transition back to the default setting. To get directly back to the default setting during the 60 minutes press On again.

✔ **Scan the QR code for the full documentation to view more features.**

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