

# BRAINLIT ALVEN - QUICK GUIDE

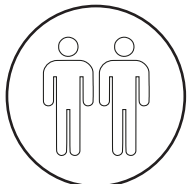
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## Welcome to your Alven!

BrainLit Alven creates an optimal and personal Biocentric lighting (BCL) environment wherever you need it. With the right light intensity and spectrum at the right time of the day, Alven helps to synchronize your body's circadian rhythm and production of the necessary hormones (e.g., cortisol and melatonin) to keep your body system in balance. This helps you feel more energized, maintain focus, and perform at your very best. Enjoy the default light recipe or activate the Energize or Recover recipes (see information on page 2) to feel more alert or help yourself unwind.

### Before Assembly

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

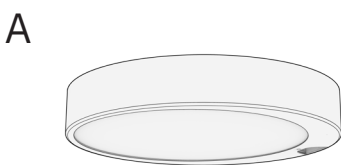


Two people recommended for assembling and moving your Alven



For indoor use only

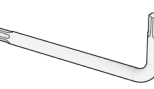
#### BOX 1



D



E



F



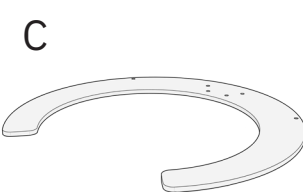
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#### BOX 2



#### BOX 3



**A** 1x Alven luminaire

**B** 1x Alven pole

**C** 1x Alven foot

**D** 8x Assembly bolts

**E** 1x Torx key

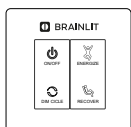
**F** 1x Power cord

**G** 1x Quick Guide

Optional

**H** Wireless Light Switch

**H**

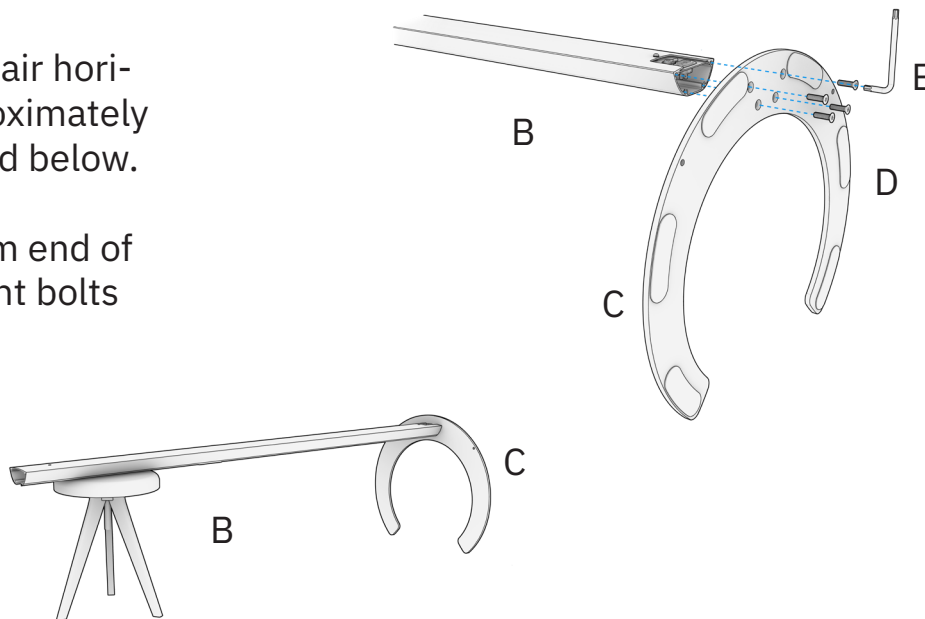


### STEP 1

#### 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

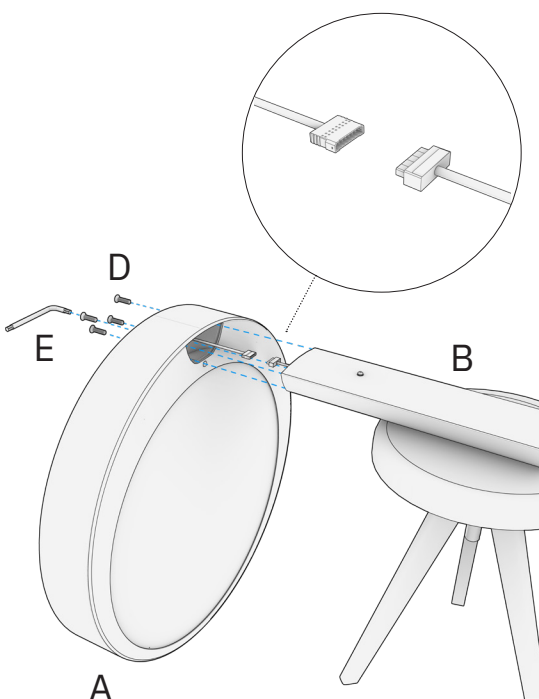
#### Attach luminaire to pole

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).



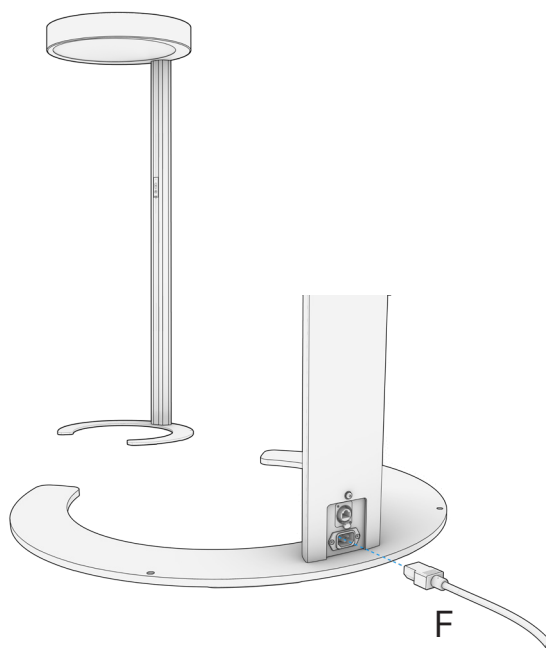
### STEP 3

#### 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. 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 an ethernet cable (not provided).

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



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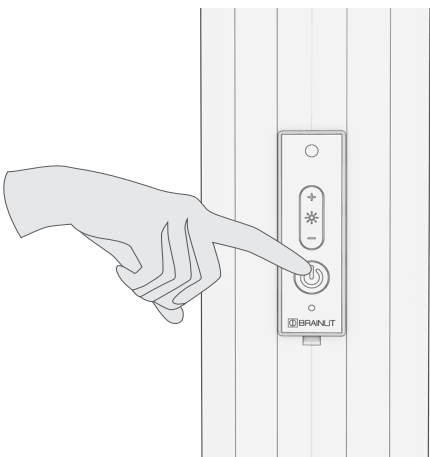
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## STEP 4

### Power On/Off

A single click on On/Off button toggles between AutoLit and off.

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



## STEP 5

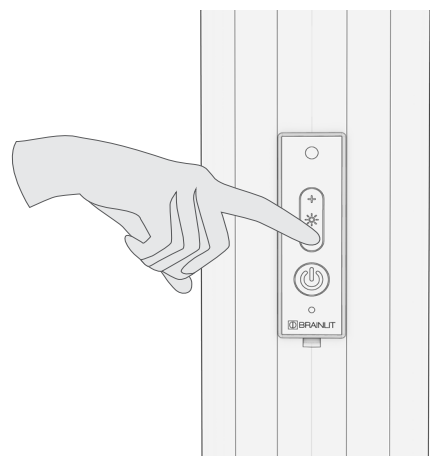
### Configure

In Config Wizard, you can set time-zone, connect to Wifi and set owner information.

Config Wizard is a web application which is launched when a tablet, phone or computer is connected to the Alven wifi access point.

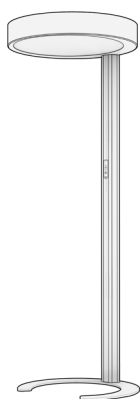
To enable the Config Wizard, hold down the dim button for 10s. The green light in the On/Off button will be switch on and when it switches back off it means that Alven wifi access point is enabled.

Connect by scanning the QR code on the back of the Alven or manually connect to a wifi that starts with brainlit- and matches the serial number found on the back of Alven. When asked, use password 12345678.



### Finished

You're all set! Enjoy Alven and the benefits of Biocentric lighting.



### Add Wireless Light Switch

#### Add Wireless Light Switch to Alven

1. Quickly click the On/Off button on Alven five times.
2. When Alven is pulsing, click once on upper left button on the Wireless Light And Recipe Switch (H).

When Alven stops pulsing, the switch is installed and ready to use.

### Light Recipes

Different situations may require a special type of light, to help you feel alert or relaxed. With light recipes, you can optimize the environment according to your needs.

#### AutoLit

The AutoLit recipe is the default setting that best helps you maintain your circadian rhythm and provides a good visual light. The circadian rhythm is referred to as our "biological clock" and a balanced circadian rhythm enhances sleep quality, boosts cognitive performance, and reduces fatigue. To maintain your normal circadian rhythm you should use AutoLit without dimming the light intensity as often as possible.

#### Energize

Energize maximizes the circadian impact while still following gradual day-time variation. This recipe is recommended to receive sufficient circadian stimulation in a shorter time or if the user is sitting further away from the luminaire. Recommended usage is a 30 minutes or shorter "light shower" preferably during the first half of the day (08.00-14.00).

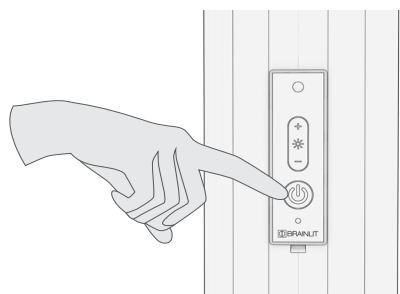
Usage of Energize at night may disturb your natural circadian rhythm. To maintain your natural circadian rhythm, you should use AutoLit without dimming the light intensity as often as possible.

#### Recover

Recover creates warmer light and lower intensity designed for recovery and relaxation. With Recover, you get less circadian stimulus. Recommended usage is for shorter time periods after 14.00.

### Changing Light Recipes

Holding down the On/Off button changes between the three light recipes, where the recipe is first changed after 1 second and then a new change of recipe is done every third second.



#### Dim Up/Down

Press or hold dim down/up to reduce/increase the light intensity.

