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MitoRedLight MitoADAPT Panel Patent Pending Red Light User Guide

Contents

MitoRedLight MitoADAPT Panel Patent Pending Red Light

Product Information

Specifications

- Model: MitoADAPT panel
- Power cord: Included
- LED wavelengths: Red (peak 630nm & 660nm), NIR (peak 810nm & 850nm)
- Modes: 1-11 (Modes 1-6 are combinations of Red and NIR light, Modes 7-10 have 50% of LEDs lit, Mode 11 is 100% NIR and accessible only through the app)

Usage Instructions

Quick Set-up without using the Mito Red Light app

1. Unbox your panel.
2. Plug in the power cord.
3. Turn on the power switch.

Home Screen

This is the Home Screen. Using the '+' and '-' buttons, you can adjust the time for the current session. If all the other settings look good, press 'GO' to start and stop your session.

Usage Guidelines

For first-time users, we recommend starting with 2-3 minute sessions per area (at a distance of 6-18 inches) and gradually increasing to a 10-minute session over the course of 2-3 weeks as your body acclimates to the light. It is recommended to wear the included eye protection when facing the panel.

Modes

We recommend starting with Mode 1 to get acclimated to the light. Then, rotate your sessions through Modes 1-6 (e.g., one day use Mode 1, the next session use Mode 2, and so on). Modes 1 through Mode 6 are various combinations of Red and NIR light. Please refer to the user manual for a summary of the modes. Modes 7-10 have only 50% of the LEDs lit and can be used for gentler sessions. Mode 11 is 100% NIR and can only be accessed through the app.

Troubleshooting

- If the control panel is not working, make sure you are connected to power and that the power switch on the back of the device is turned on.
- When resetting the Default Time on the Settings Screen, after selecting the time, press the 'GO' button, then turn the power switch off and back on.
- If there is no light coming from the panel when the session is started, confirm that the brightness is not set to 0%. Note that NIR light (830nm/850nm) is invisible to the naked eye.
- If the app will not connect, make sure you are within 5 feet of the panel, close the app on your device and restart. Turn the panel off and on. Ensure that Bluetooth is enabled on your mobile device and your panel.

Quick Set-up using the Mito Red Light app

1. Unbox your panel.
2. Plug in the power cord.
3. Turn on the power switch.

If you have multiple devices, please ensure that the panels are connected before starting the session.

1. Make sure the Bluetooth function is enabled on your primary device.
2. Download the Mito Red Light app using the provided QR codes.
3. Start the app and fill out the brief onboarding questions.
4. Accept permissions and ensure that Bluetooth is turned on for your mobile device.
5. Select one of the 11 modes and follow the prompts.
6. To stop your session, press 'Stop' on the app or 'Go' on the main panel. Note that Modes 9, 10, and 11 are near infrared light only, which is invisible to the naked eye. Rest assured that significant light energy is being emitted from the panel.

Frequently Asked Questions (FAQ)

Q: Where can I find the electronic version of the User Manual and other helpful resources?

A: You can find an electronic version of the User Manual and other resources at **www.mitoredlight.com/pages/user-manual**.

Congratulations on your new MitoADAPT panel! Below is a quick start-up guide. Please do take the time to read the entire User Manual also included with your light. An electronic version of the User Manual and other helpful resources can be found at **www.mitoredlight.com/pages/user-manual**

Quick set-up without using the Mito Red Light app

- Unbox your panel, plug in the power cord, and turn on the power switch.
- This is the Home Screen. Using the '+' and '-' buttons you can adjust the time for the current session. If all the other settings look good, press 'GO' to start and stop your session.
- From the Home Screen press 'SET' to navigate to the Settings Screen. To adjust the Default Time, Mode, Bluetooth connectivity, and Brightness settings press 'SET'.
- Press +/- to change any specific setting.
- Press 'SET' to toggle between each setting.
- Once you have adjusted these settings, press 'GO' to go back to the Home Screen, and then press 'GO' again to start/stop your session.
- Please note, changing the Default Time on the Settings Screen will not affect the current session. The panel must be turned off and back on to display the new Default Time.

Usage Guidelines

For first time users, we recommend starting out with 2-3 minute sessions per area (at a distance of 6-18 inches) and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the light. We recommend wearing the included eye protection when facing the panel.

Modes

- We recommend starting with Mode 1 as you get acclimated to the light. Then we recommend rotating your sessions through Modes 1-6 (i.e. one day do a session with Mode 1, the next session use Mode 2, etc).
- Modes 1 though Mode 6 are various combinations of Red (peak 630nm & 660nm) and NIR (peak 810nm & 850nm) light. See the user manual for a summary of the modes.
- Modes 7-10 have only 50% of the LEDs lit and can be used for gentler sessions. Mode 11 is 100% NIR and is available only through the app.

Troubleshooting

- If the control panel is not working, make sure you are connected to power and that the power switch on the back of the device is turned on.
- When resetting the Default Time on the Settings Screen, after the time is selected hit the 'GO" button then turn the power switch off then back on.
- If there is no light coming from the panel when the session is started, confirm that the brightness is not set to 0% (also note that NIR light 830nm/850nm is invisible to the naked eye).
- If app will not connect, make sure you are within 5 feet of the panel, close the app on your device and restart. Turn the panel off and on. Make sure your Bluetooth is enabled on your mobile device and your panel.

Quick set-up using the Mito Red Light app

Yes, we have an app so you can control your MitoADAPT from your mobile device.

- Unbox your panel, plug in the power cord, and turn on the power switch. If you have multiple devices please make sure the panels are connected before starting the session.
- Make sure the Bluetooth function is enabled on your primary device.

- Download the Mito Red Light app using the QR codes below! Start the app and fill out the brief onboarding questions. Accept permissions and make sure the Bluetooth on your mobile device is turned on.
- Select one of the 11 modes, and follow the prompts.
- If you need to stop your session, press 'Stop' on your app or press 'Go' on the main panel.
  Note: Modes 9, 10, and 11 are near-infrared light only. NIR light is invisible to the naked eye so it may appear that the session is not running. Please rest assured that significant light energy is being emitted from the panel.

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References

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