

How do I find my maximum UV dose?

Step 1:

Determine your skin type based on the descriptions. When you are unsure about your skin type, always use the lower skin type (for example 2 instead of 3) or go to sunsense.com/pages/skin-type-test to take an online test. When you already have a tan, you may not sunburn as easily when you reach the Max UV dose. If this is the case you can adjust your skin type to a higher skin type (for example switch from 2 to 3)

Step 2:

Find your maximum UV dose by combining your skin type with the sunscreen factor to be used (or without sunscreen at all).

Tip:

Do you always want convenient access to the tables, so that you can easily check your max UV dose wherever you go?



Taka a photo with your mobile or download the tables by scanning the QR code with your smartphone!

Step 1: Find your skin type

Skin type	Skin Colour (unexposed)	Color Eyes	Color Hair	Tanning
I	Pale white, freckles	Blue, grey, green	Red, blond	Burns very easily, no tan
II	Pale white	Blue, grey, green, hazel	Blond, Red, Light brown	Burns easily, almost no tan
III	White, light brown	Brown, blue, grey, green, hazel	Brown, dark blond	Sometimes burns, gradually tans
IV	Medium brown, dark brown	Hazel brown	Medium brown, dark brown to black	Hardly burns, tans easily
V	Dark brown	Brown	Brown, black	Rarely burns, tans easily, quickly darkens
VI	Black	Brown	Black	Never burns, tans dark

Step 2: Find your max UV dose based on skin type

Skin type	No SPF	SPF 10	SPF 15	SPF 20	SPF 25	SPF 30	SPF 50
I	2	5	7	10	13	16	26
II	3	7	11	15	19	23	38
III	4,5	11	16	22	28	33	56
IV	6,5	16	24	32	40	48	81
V	9,5	23	35	47	60	71	99
VI	14	34	51	70	86	99	99

Example: Let us say you found out that you are skin type 3 and you would like to use SPF 30. This would mean that your max uv dose for the day will be 33.

Important!

To make sure that your determined daily max UV dose is leading to the right protection, please remember the following:

- Apply sunscreen 20 minutes before you go out.
- Reapply the same sunscreen every 2 hours.
- The determined max UV dose can NOT be adapted by going from using no sunscreen to using sunscreen or by switching to another sunscreen factor after you have started being outside in the sun.
- Your max UV dose is a recommendation. When you have not been in the sun for a long time, we advise you not to reach 100% of your max UV dose
- If you are diagnosed with a skin condition, you should discuss your appropriate sun exposure with your doctor.



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SunSense One is not a medical device and should not be used to diagnose, treat or cure any medical conditions. SunSense One is not for use with tanning beds

CONGRATULATIONS WITH THE PURCHASE OF YOUR NEW SUNSENSE ONE!

Sensor One is designed to let you enjoy the benefits of the sun in a more informed and easy manner.

Important!

Before you start using SunSense One, you need to choose your skin type using the tables on the backside of this manual. This will give you your daily recommended maximum total UV exposure dose.

How to power up SunSense One?

To activate SunSense One, gently tap it with your fingertips until the screen turns on.

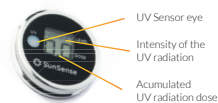
How does SunSense One work?

SunSense One measures UV radiation intensity in real-time with the help of an advanced UV sensor eye. This must not be covered or lubricated with sunscreen. The UV intensity is indicated by a five bar display on the top of the screen and is marked with "LEVEL".

Display	Intensity	UV index
	Extreme	11+
	Very strong	8-10
	Strong	6-7
	Moderate	3-5
	Low	1-2

SunSense One also measures the accumulated amount of UV radiation, also called UV dose, you have been exposed to.

The related counter on the screen is marked with "DOSE" and starts at 0.0. Every time the UV exposure increases by one full unit, you will hear a short beep to notify you. On a sunny day and in areas with a lot of reflections (water, snow) the UV dose will increase quickly. On a cloudy day, the dose will increase more slowly.



A sunfact to remember:

Even when you are in the shade, the sun's UV rays will reach you. Even though the rays have a lower intensity, you can still get sunburned. We recommend using SunSense One always when being outside, not only on sunny days.

What is a maximum UV dose?

The maximum UV dose is the maximum amount of accumulated UV radiation your skin tolerates before getting burned. It varies from person to person. In general, the skin type is the most important determining factor.

Applying sunscreen before you go into the sun (we recommend SPF 30+ sunscreen and applying it 20 minutes before going into the sun) increases the max UV dose which your skin can get exposed to.

You can find your personal max UV dose, with and without certain sunscreen factors, using the tables on the backside of this manual.

A sunfact to remember:

When you use sunscreen lotion, you need to reapply every 2 hours for it to stay effective.

How to wear SunSense One?

Once you have determined your personal max UV dose with the help of the backside tables, you can clip the sensor at the most sun-exposed part of your body. The sensor works best when you clip it onto a cap, or clip it onto clothing that is covering the upper part of your body. Be aware that if you have the sensor turned away from the sun, it can not register an accurate UV level.

From time to time, check on your UV dose level, making sure that it does NOT exceed your personal max UV dose.

It's that simple to avoid sunburns from now on.

Enjoy the sun like never before!

Power saving and storage

After 6 hours, SunSense One turns off automatically. Store the device in a dark place when not in use. If exposed to vibrations, the battery may drain unnecessarily over time as this can turn the device on. For normal use the battery will last for up to 3000 use hours. The battery is replaceable. At www.sunsense.com, you will find information about new batteries and our replacement program for getting a new unit at a discount.

IMPORTANT

Be extra careful if:

- You can't tan without burning when you are in the sun
- You are already sunburned
- You have or have previously had skin cancer, or you have a family history of skin cancer
- You have a lot of freckles
- You have a large number of or abnormal moles or pigment spots
- You have natural red hair
- You had frequent, severe sunburns in childhood
- You use medication that increase the sensitivity to sunlight (photosensitizing)
- You have a medical condition making your skin more sensitive to sunlight

NOTE:

Not for use in tanning salons. Be aware that SunSense One might get warm when being exposed to extreme temperatures.

Terms of Use

Use of SunSense One is subject to the Terms of Service at www.SunSense.com

Check www.sunsense.com for our latest news, updates, products and much more.