

HumanCharger Bright Light Headset

User Manual English

Welcome

Thank you for purchasing the HumanCharger Bright Light Headset!

The HumanCharger is intended for alleviating symptoms caused by jet lag, and typical symptoms caused by lack of sunlight.

Your HumanCharger sales package contains the following accessories and materials:

- HumanCharger Bright Light Headset
- A charging cable
- A bag of earbud fittings

This user guide contains important information about the appropriate use of your HumanCharger device.



Product Usage

1. Before using the device, make sure that the battery is charged.
2. Pressing the light button starts 12 minutes of light therapy. After the session, the light turns off automatically.
3. To end the session before 12 min, press the light button again.

Charging

HumanCharger can be charged with many smartphone USB-C chargers or from a computer's USB port. Charging takes at most two hours.

HumanCharger light benefits

HumanCharger is a light therapy device that sends a UV-free blue-enriched white light through the ear canals to the light-sensitive regions of the brain.

HumanCharger benefits are:

- Increased mental alertness
- Improved mood
- Increased energy levels

Use HumanCharger to gain those benefits on a regular basis in the morning once a day within two hours of waking up at the same time each day. Recommended time is 12 minutes.

When To Use HumanCharger

Lack of sun light

Use the HumanCharger as usual on a regular basis in the morning once a day within two hours of waking up at the same time each day.

If your seasonal mood swings are more severe, or you are suffering from depression, or if you are currently on medication for depression, consult your physician and use light therapy only under supervision.

Jet lag recovery

When you travel across several time zones, you are likely to experience some jet lag. HumanCharger is perfect for accelerating your recovery from the unpleasant symptoms of jet lag. If your flight is eastward, use HumanCharger first thing in the morning and early afternoon, four times during the day at 2-hour intervals (for example at 8 am, 10 am, 12 noon, and 2 pm local time). Repeat each day until you feel recovered. For a westward flight, use HumanCharger from late afternoon to evening, four times a day at 2-hour intervals (for example at 3 pm, 5 pm, 7 pm, and 9 pm local time). Repeat each day until you feel recovered. It is not recommended to take more than four 12 minute HumanCharger sessions per day.

Contraindications

- The device is not intended for persons with depression, anxiety, persons with antidepressant medication or persons who have or have had suicidal thoughts or have ever tried to hurt others or themselves.
- The device is not intended for children or for use during pregnancy.
- The device may not be suitable for individuals who suffer from bipolar disorder. Side effects of use of the device are rare when the instructions for appropriate use are followed. The most common side effects that have been reported in our previous studies are temporary headache, insomnia and nausea. Additionally there is possibility of restlessness, decreased quality of sleep during the early morning hours, dizziness, earache, tinnitus, irregular heartbeat, irritability, sweating, “buzzing of ears” and sleep disturbances.

Warnings

Consult your physician and have your current medication reviewed before using the device, if:

- You have low blood pressure (hypotension)
- You have an ear infection
- You suffer from, or have suffered from, diagnosed depression
- You have diagnosed bipolar disorder
- You are hypersensitive to light (e.g. because of epilepsy)
- You are using:
 - psychotropic drugs (e.g., antidepressants or neuroleptics)
 - photo-sensitizing medications (e.g., certain antibiotics or herbal compounds such as hypericin or anti-malarial tablets)

Do not use the device while performing tasks that require unrestricted hearing, to avoid hazards due to restriction in hearing capability caused by the earbuds.

Do not look directly into the light-emitting earbuds, to avoid eye irritation or damage.

Do not use excessive force to insert the earbuds, to avoid damaging your ear canals. Keep the device and its parts out of the reach of children. The small parts could present a choking hazard.

If the device becomes damaged or degraded in any way or does not work, do not operate it. Contact HumanCharger for service assistance. Do not share earbuds to avoid personal hygiene risks.

Do not overuse the device. This helps to avoid nausea, headache and sleep disturbances. Clinical data are available only on the recommended dosing.

Make sure that neither the device nor any of its cables can catch on anything when you are using the device, to eliminate the possibility of strangulation.

The device contains an integrated, rechargeable lithium-ion battery. Do not incinerate, disassemble, or expose to extreme temperatures, because the battery could overheat, causing fire or bursting.

No modification of this device is allowed. Contact HumanCharger for service assistance.

For safe operation, keep the device away from water. If liquid has somehow entered the system or its parts, immediately stop using the device and contact HumanCharger for service assistance.

Temperature of the LED may rise up and may cause sensations of warmth in the ears. If sensation becomes uncomfortable, discontinue use of the device.

Maintenance and Service

The device is intended for personal use only. Clean the earbuds and earbud fittings between uses with a non-abrasive, dry cleaning cloth.

Never use abrasive cleaning agents or strong detergents to clean the device, and do not rinse it with water.

Store the device between uses or during potential idle periods in a protective case or bag in a dry location.

Service and repair contact at info@humancharger.com with any warranty, service or support issues.

Disposal

This is an electronic device containing a lithium-ion battery as an internal power source. Do not throw away the device with normal household waste at the end of its life. Consider the environment: deliver the device for recycling at an official collection point for electronic devices. Check with the appropriate recycling organization for local disposal information.

Warranty And Legal Information

The limited HumanCharger warranty period of one year (2 years within the EU) starts on the date of purchase. HumanCharger is responsible for the device being suitable for its purpose of use and remaining usable throughout the warranty period. The warranty covers any material, design, and manufacturing defects that manifest themselves during the warranty period.

This limited warranty does not cover:

- Normal wear and tear of the device or its components
- Cosmetic changes in the device
- Faults or damage caused by use or handling of the device in a manner that is incorrect, inappropriate, or counter to the operation and service instructions
- Faults or damage caused by the customer, for example, from opening the device or repairing, adjusting, or modifying it.
- Faults or damage caused by factors that HumanCharger cannot reasonably be expected to have control over.

Faults must be reported within reasonable time from their detection. When reporting a fault, you must present a certificate of warranty, a receipt of purchase, or another reliable account of where and when the product was purchased.

HumanCharger or an authorised HumanCharger service point may choose to repair the fault or provide a replacement device. Opening, modifying or repairing the device at an unauthorised service point voids this limited warranty. This limited warranty does not restrict application of any consumer-protection legislation in force.

HumanCharger liability is always limited to the purchase price of the device at maximum. Under no circumstances is HumanCharger liable for compensation for any incidental, indirect, or consequential damages unless legislative requirements impose an obligation of such compensation.

Manufacturer

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