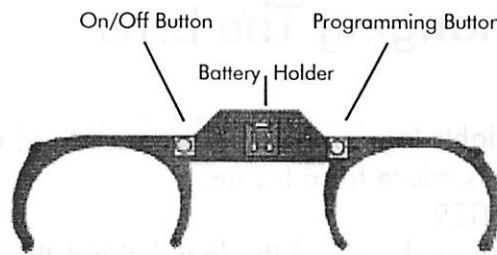


# Programming Your Eyelights



## General Instructions:

- You should always have the Eyelights flashing (four lights) on the non-dominant eye.
- Eyelights will not flash continually, they will flash for 2 seconds and are off for 8 seconds.
- You may only program the glasses while the lights are blinking on. Therefore, you have only 2 seconds during each cycle to press the programming button in order to change the settings.

### Programming for Mental Function

1. Press the left switch until the LED's illuminate.
2. Press the right switch to change settings until lights are flashing on the non-dominant eye.
3. All four lights will be blinking, but the TOP row should be blinking brighter.

### Programming for Physical Function

1. Press the left switch until the LED's illuminate.
2. Press the right switch to change settings until lights are flashing on the non-dominant eye.
3. All four lights will be blinking, but the BOTTOM row should be blinking brighter.

## Eyelights Protocol

When starting out, Eyelights should be worn 3-4 times per day, for 5 minutes each time (20 minutes total). Each week, you should be able to increase the amount of time they are being worn by 5-7 minutes. Gradually, you should reach the standard protocol of 15-20 minute intervals 3-4 times per day.

When lights are blinking brighter on the top row for mental function, you should avoid wearing them for longer than standard protocol allows (15-20 minutes) or you may experience a headache or eye fatigue. If this occurs, you should decrease the length of time glasses are worn during next session.

When lights are blinking brighter on the bottom row for physical function, you may wear the glasses for extended periods of time. They can be worn the entire duration of practice, game, workout, etc. This should be done only after you have reached the standard protocol of 15-20 minute intervals.

\*Those who have experienced seizures, strokes, or other neurological symptoms should consult their doctor before wearing Eyelights.

## Changing The Lens

1. On front of glasses there is an Eyalights logo printed on top section of nosepiece. Snap off this part of nosepiece and remove entire nosepiece from frame.
2. To remove lens pull it from the CENTER.
3. When inserting new lens, first place each end of the lens behind the elevated catches in the grooves of the frame.
4. Force the center of the lens into frame first (lenses are fairly pliable and should not break), then work the rest of lens into frame until you hear it snap into place.
5. Attach the bottom part of nosepiece (piece that touches your nose) to lens while holding back the top section (with logo) with your thumb.
6. Place the Eyalights component onto lens as far down as possible and snap top of nosepiece over the top of the frame.

## Changing The Battery

1. On front of glasses there is an Eyalights logo printed on top section of nosepiece. Snap off this part of nosepiece and remove entire nosepiece from frame.
2. The battery holder is located in the center of the component between the on/off button and programming button.
3. With a blunt object (straightened paper clip) push the battery up and out through the bottom of the holder. **THE OBJECT YOU ARE USING TO REMOVE BATTERY MUST BE KEPT LEVEL WITH THE SURFACE OF THE BATTERY HOLDER. DO NOT ANGLE UPWARDS!** Pushing upwards on the battery holder may cause the holder to come unsoldered and break away from the component.
4. Insert new battery into the top of holder.
5. Once battery has been replaced, attach the bottom part of nosepiece (piece that touches your nose) to lens while holding back the top section (with logo) with your thumb.
6. Place the Eyalights component onto lens as far down as possible and snap top of nosepiece over the top of the frame.

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