



OWNER'S MANUAL
VERSION 07242023
ANDROID 10.0





Congratulations!

You are now the owner of an mPulse® Smart Sauna that makes managing your health, home, and lifestyle easier. Its technology manages the sauna and helps you incorporate it into your schedule and your self-care to achieve your wellness goals.

The enjoyable Sunlighten mPulse Smart Sauna experience is enhanced with red light and near infrared LEDs for better skin and cell health, less pain and inflammation, and improved muscle recovery, in addition to all the other benefits you'll experience with regular use. You are ready to begin your wellness journey with the very best in infrared therapy.

WARNING:

Do not use this sauna to treat any health problems without consulting your physician. Sunlighten, Inc. does not provide medical advice, education or treatment. Our information should not be relied on in making decisions about your health. Always consult your physician for medical advice.



OWNER'S MANUAL

VERSION 07242023

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ANDROID CONTROL PAD & SUNLIGHTEN APP GENERAL OPERATING INSTRUCTIONS

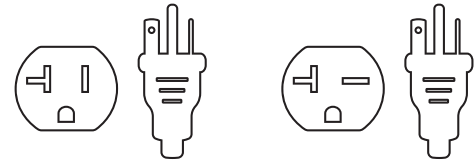
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Additional guides, including assembly, can be found at <https://www.sunlighten.com/customer-service/guides-and-specs>.

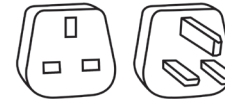
mPulse SERIES SPECIFICATIONS

ASPIRE	
Dimensions (W x L x H)	43.6" x 41.6" x 78.5" 110.7 cm x 105.6 cm x 199.4 cm
BELIEVE	
Dimensions (W x L x H)	51.7" x 47.6" x 78.5" 131.3 cm x 120.9 cm x 199.4 cm
CONQUER*	
Dimensions (W x L x H)	70.6" x 47.6" x 78.5" 179.3 cm x 120.9 cm x 199.4 cm
DISCOVER*^	
Dimensions (W x L x H)	70.6" x 70.6" x 78.5" 179.3 cm x 179.3 cm x 199.4 cm
EMPOWER*^	
Dimensions (W x L x H)	85.6" x 70.6" x 78.5" 217.4 cm x 179.3 cm x 199.4 cm
*US REQUIRES DEDICATED 240V 20A CIRCUIT NEMA 6-20 ^UK REQUIRES HARD-WIRED DEDICATED OUTLET	



US: NEMA 5-20

US: NEMA 6-20



UK: NS-17

It is important when installing the dedicated circuit for your unit not to include a GFCI (Ground Fault Interrupter) or AFCI (Arc Fault Circuit Interrupter). These are often installed in household electrical setups as a means of surge and arc protection, but will mistake the power operation of our units for these and trip the breaker, disrupting sauna use.

REGION	VOLTAGE/AMPS	EXTERIOR POWER CORD
US: United States	Aspire: 120V,2160W,20A Believe: 120V,2400W,20A Conquer: 240V,3600W,20A Discover: 240V,4500W,20A Empower: 240V,4800W,20A	Aspire: H07RN-F,120V-20A,Plug Type: NEMA 5-20R Believe: H07RN-F,120V-20A,Plug Type: NEMA 5-20R Conquer: H07RN-F,240V-20A,Plug Type: NEMA 6-20R Discover: H07RN-F,240V-20A,Plug Type: NEMA 6-20R Empower: H07RN-F,240V-20A,Plug Type: NEMA 6-20R
UK: United Kingdom IE: Ireland KW: Kuwait	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:NS-17 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
AU: Australia NZ: New Zealand	Aspire: 240V-9A Believe: 240V-10.83A Conquer: 240V-15A Discover: 240V-18.75A Empower: 240V-20A	Aspire: H07RN-F,250V-10A,Plug type:NS-53 Believe: H07RN-F,250V-15A,Plug type:HWRP15CL Conquer: H07RN-F,250V-15A,Plug type:HWRP15CL Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
BE: Belgium FR: France VN: Vietnam TH: Thailand IN: India	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Believe: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Conquer: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
MY:Malaysia	Aspire: 240V-9A Believe: 240V-10.83A Conquer: 240V-15A Discover: 240V-18.75A Empower: 240V-20A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:SABS164-1 Discover: H07RN-F,250V-20A,Plug type:SABS164-1 Empower: H07RN-F,250V-20A,Plug type:SABS164-1
SG:Singapore	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:SABS164-1 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
CN:China	Aspire: 220V-9A Believe: 220V-10.83A Conquer: 220V-15A Discover: 220V-18.75A Empower: 220V-20A	Aspire: H07RN-F,250V-10A,Plug type:HC-310 Believe: H07RN-F,250V-10A,Plug type:HC-310 Conquer: H07RN-F,250V-16A,Plug type:HC-316 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug



PRE-INSTALLATION

1. If your sauna requires a dedicated outlet according to the table on page 4, please have a certified electrician install a dedicated outlet for sauna. Failure to do so will void all warranty.
2. Remember your sauna should be assembled by two or more people.
3. Do not place plumbing or plumbing fixtures in the sauna.
4. Keep all liquids away from the heating panels and electronics.
5. Install sauna on a level surface.
6. Install sauna in an area that is dry and protected from the weather.
7. Keep flammable objects and corrosive chemical substances away from the sauna.
8. Installation of the sauna in an area below standard room temperature can increase warm-up time.

WARNING

READ BEFORE OPERATING

To reduce risk associated with hazardous voltage & fire:

- Unplug the sauna from electrical outlet before storage or when not in use for expanded periods of time.
- Do not operate the sauna if it's not on a dedicated electrical circuit, or has a damaged power cord/plug.
- If the sauna is not working properly or an odor persists, immediately unplug the sauna.
- Do not leave the sauna unattended while heating for longer than the sauna's pre-set time periods.
- Never cover holes or floor grate with towels, mats, garments, etc.

CONNECTING TO AUDIO BLUETOOTH RECEIVER

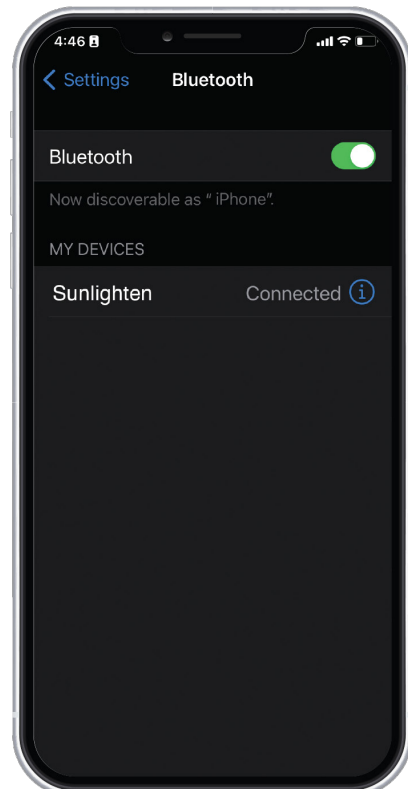
To connect your chosen Bluetooth device to your new Bluetooth Receiver, just follow the steps below.

1. Ensure your unit is plugged in and receiving power.
2. Open the Bluetooth menu in your device.
3. Connect to the Bluetooth line named "Sunlighten."
4. You will now be connected to the Bluetooth Receiver in your new Sunlighten Sauna.

You will control your selection and volume through the connected device instead of through the Receiver in your unit.

To ensure the integrity of your Sunlighten sauna and Bluetooth device, we advise that you do not bring your device inside of the unit; instead, select your playlist or tracks and adjust volume prior to entering your unit.

Another option is to download the Sunlighten mobile app on your phone via the App Store (for iPhone 12 or later) or Google Play store (for Android 8 or later). Search for Sunlighten. Once downloaded, you will see a Welcome screen. Click on Audio. Connect to Bluetooth per the instructions.



USING THE SUNLIGHTEN MOBILE APP

Now available on the App Store for iPhone 12 (or later) and Google Play store for Android 8 (or later) is the Sunlighten app. Currently, this is a foundational version.

- Schedule sessions with our upgraded scheduling tool
- View calendar of upcoming sessions to easily integrate into your routine
- Choose pre-set wellness programs that help you pursue your health goals
- Create custom programs for a personalized option
- Set specific health goals so you stay focused
- Access your sauna from 500 meters
- View wavelength animation during selected programs to understand what wavelengths are emitting to create specific health benefits

All these amazing features are just the beginning. Features around the corner include notifications, exclusive sauna content, milestone tracking, gamification, and so much more! Stay connected with us so you don't miss an update. As the most advanced sauna on the market, our vision for you to have access to your sauna from your phone is to make it a more seamless and pleasurable part of your daily life. It easily supports your health goals and wellness routine to feel better so you can do more and live your fullest life.

How to Get the Sunlighten Mobile App

Step 1. Make sure your in-sauna tablet has the latest version (3.2.1) In order to use the mobile app, you'll need to update your in-sauna tablet to 3.2.1. This update is only available for Android 10 tablets. If you're interested in upgrade options, please contact our Customer Care team at (877) 292-0020 or Submit a Ticket here: sunlighten.com/customer-service.

HOW: To make sure you have the latest version, click the "More" icon at the bottom of the screen and look at the version number that is very small in the bottom center of the next screen. If you did not get a pop-up message to update to 3.2.1, you will need to manually update to version 3.2.1 from the Google Play store. You can access that from the Google Play store icon on your tablet home screen.

Step 2. Download the Sunlighten mobile app to your phone.

ANDROID CONTROL PAD GUIDE

ANDROID CONTROL PAD

Power ON/OFF

To turn On: Press and hold the power button in the lower right corner for 5 seconds, until the screen turns on. The screen will be blank for a few seconds before the Sunlighten logo appears.

To turn Off: Press and hold the power button for 1-2 seconds and select "shutdown" on the screen to turn off.

Infrared Heaters and LED Panels

Infrared is an invisible wavelength. To know your mid and far heaters are on and working, you will feel heat. Near infrared and red light will always work in tandem. You will know they are on and running because you will visibly see red light through the heater covers. There is also a blue indicator light at the top of the LED panels that will be on when red light and near infrared are emitting.

The Sunlighten App

Welcome to the new Sunlighten App! This guide will take you through the registration and setup of your account and the most common and useful functions of your Android Control Pad in operating your mPulse Smart Sauna.



ACTIVATION

SCREEN 1

On activating your Control Pad, you'll be greeted by a screen with some basic controls at the bottom and starter Android app icons.

From the left, those controls are a speaker icon to decrease your volume level, a left-facing arrow for going back to your previous screen, a circle for returning to the home screen, a square to swap app windows, and another speaker icon for increasing volume level. You can tap the lotus logo in the top left corner to return to the Sunlighten App at any time, or swipe up to see your App Tray.

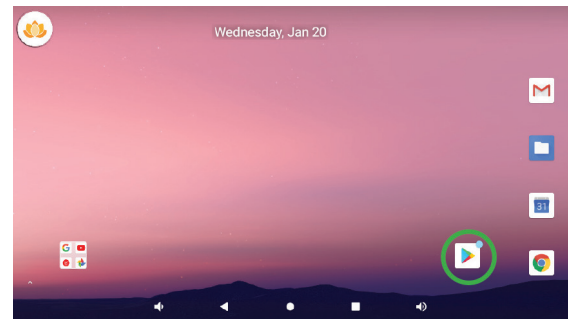
All apps installed on the tablet will appear on this screen.

SCREEN 2

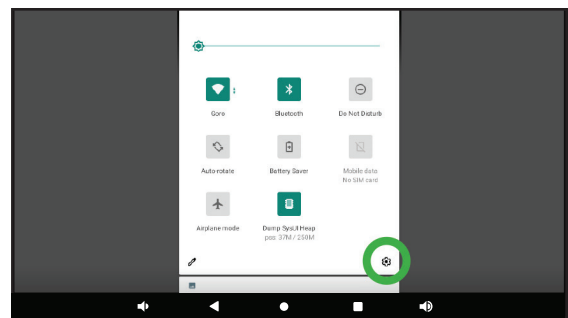
Swipe down from the top of the screen and then fully extend the menu. Then tap the gear icon to navigate to your tablet's settings.

The first subsection of your settings you'll see listed is Wi-Fi. Tap to navigate here and connect to your wireless internet connection, then tap the left-facing arrow to return to the landing page. Tap the left-facing arrow once more to return to your home screen, then tap the lotus icon to start the Sunlighten App.

1.



2.



VOLUME DOWN BACK HOME SCREEN RECENT APP VOLUME UP

ACCOUNT REGISTRATION

SCREEN 3

The app will start with an intro screen. If you select 'Already a Member? Log In,' This will take you to a 'Log In' screen where you can either log in or choose 'Create Account' at the bottom of the screen (see screen 6). Or if you haven't created an account yet, tap the 'Get Started' button to create a new account. You can create an account from any e-mail address or you can continue as guest if no account has been created.

SCREEN 4

To create a new account, you'll be asked to enter your First Name, Last Name, Email, and Password of your choice. Your password must be at least 8 characters and is case sensitive.

SCREEN 5

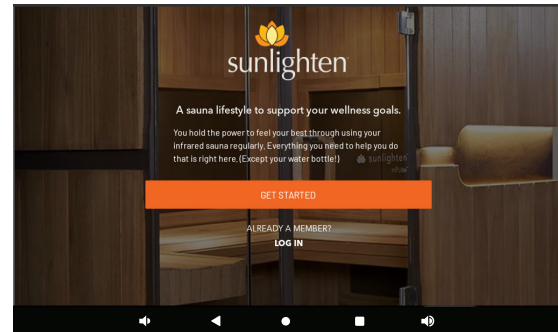
A verification code will be sent to the e-mail address you used for registration. Enter your code and click 'Confirm.'

SCREEN 6

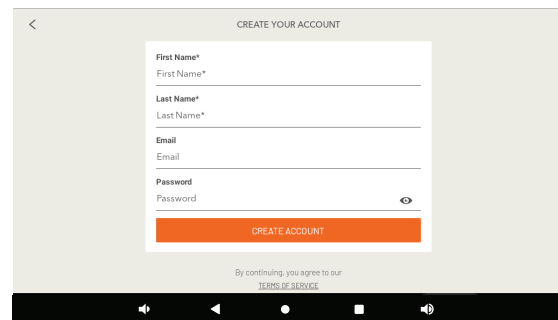
You'll be returned to the Log In screen where you'll enter the information you've just used for registration.

Once successfully logged in, you'll need to setup Your Profile.

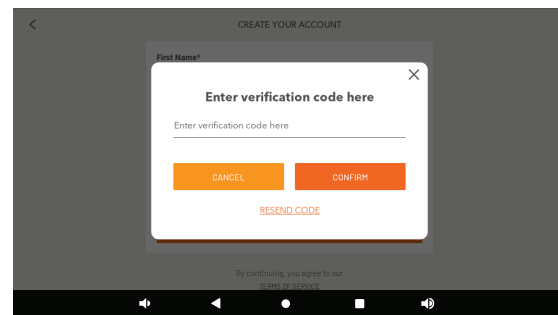
3.



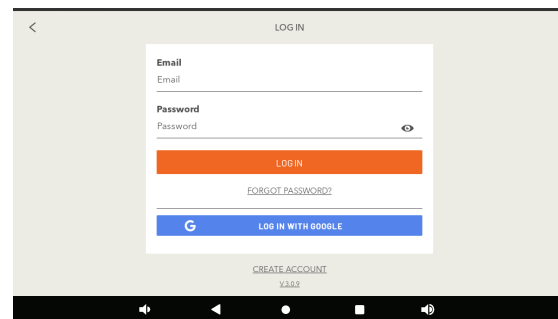
4.



5.



6.



PROFILE SETUP

SCREEN 7

Choose your country.

SCREEN 8

In the 'Sauna Setup' screen, enter your sauna serial number (found in your original packaging hanging from glass door). If you don't have your serial number, select 'Forgot Serial Number?' You will then be asked a series of questions.

Select your 'Temperature Units' and 'Measurement Units.'

After you update those details, you will be prompted to select your intended use from the next screen; either Residential or Commercial.

SCREENS 9-10

If you selected '**Residential**,' you'll be asked to provide some personalizing profile information for future customization use. If you selected '**Commercial**,' you'll be taken to the 'About My Business' screen where you are asked a few questions.

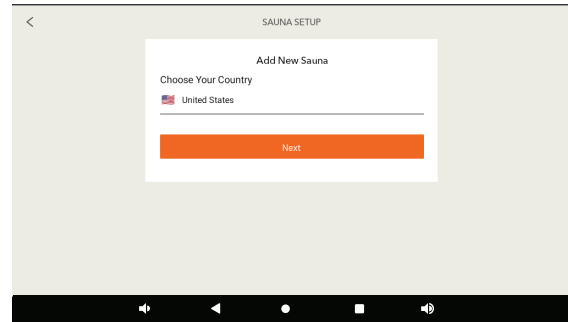
Once you've entered this information, you'll be asked if you'd like to update the time zone settings.

SCREEN 11

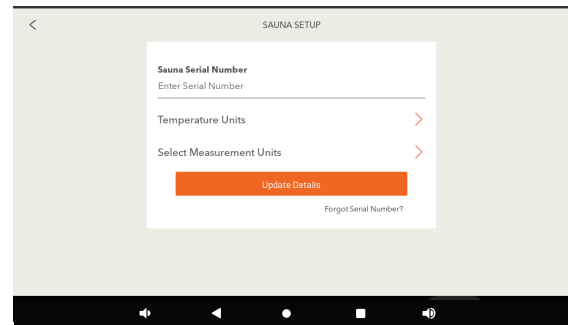
If you select yes to updating your time zone settings, you will be taken to the Date & Time subsection of your pad settings, from which you'll deactivate Network Provided Time/Time Zone by tapping the top two toggles to gray. Manually adjust the time zone by tapping 'Time Zone' and selecting the appropriate option from the list that appears. After manually adjusting, you can reactivate Network Provided Time/Time Zone by tapping the top two toggles to green.

Once done, you can click the Sunlighten lotus logo to get back to the Sunlighten app home screen.

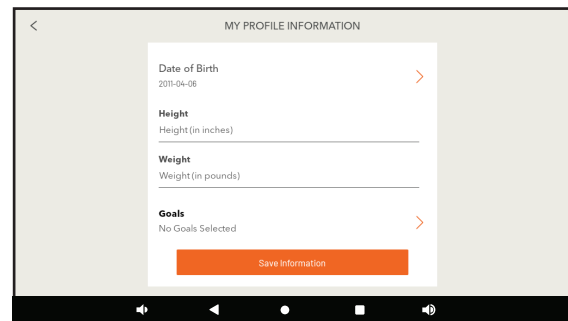
7.



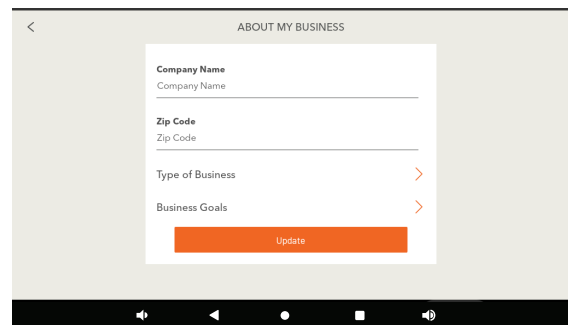
8.



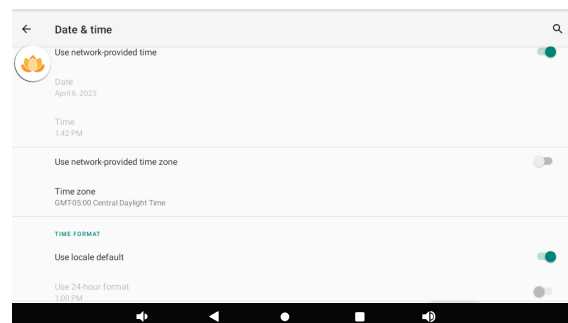
9.



10.



11.



WELCOME SCREEN

SCREEN 12

The **Welcome Screen** is where to begin using the Sunlighten App. At the bottom of the screen is a row of primary functions to which you can always return anywhere in the app: Profile, Programs, My Sauna, Schedule and More. If you want to change profiles, click on 'More,' then 'Change Profile.' To get back to the Welcome Screen, click on 'My Sauna.'

SCREEN 13

Quick Mode

The most commonly used, easily accessible, and quick starting mode of operation, Quick Mode is ideal for a basic high-temperature experience that utilizes the full spectrum wavelengths at maximum intensity to increase the temperature of the cabin. You can either touch the orange circle or the plus/minus buttons on the temperature and timer dial to adjust. Once it's where you want it, click on 'Begin Heating.'

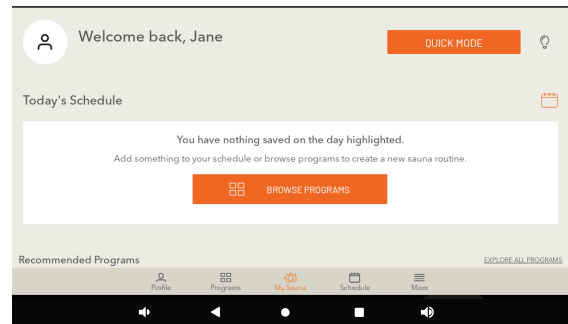
The maximum duration for Quick Mode if you chose 'Residential' as your intended use is one hour. If you chose 'Commercial' as your intended use, the maximum duration will be eight hours.

SCREEN 14

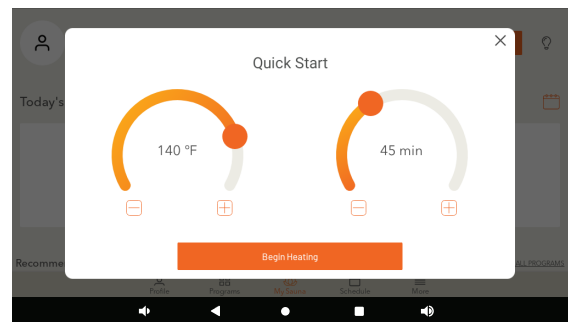
Quick Mode Running

This screen will show you the wavelengths in use, current temperature, and time remaining. You can end quick mode by selecting the orange 'End Program' button on the top right of your screen.

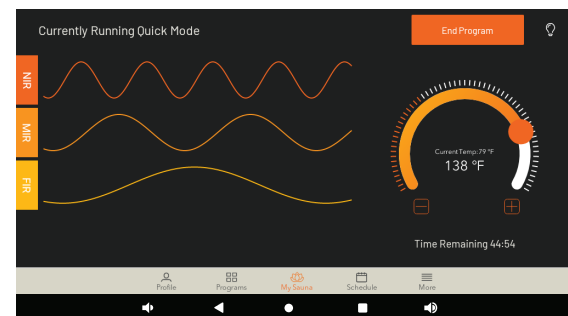
12.



13.



14.



WELLNESS PROGRAMS

SCREEN 15

If you select 'Browse Programs' on the Welcome screen, you can view a snapshot of all six pre-programmed health benefit programs as well as the option to create a program - the orange button on the top right of the screen.

SCREEN 16

Your mPulse comes with **Wellness Programs** pre-programmed in your Android Control Pad, each one focused on different benefits of use in their configuration:

Detoxification - Starts at high intensity to increase the body's core temperature, then reduces to lower intensity. Mid and far infrared combo improves vascular access flow to reach toxicants at the cellular level.

Weight Loss - Starts at high intensity to stimulate the cardiovascular system, then reduces to medium level. As the body works to cool itself, heart rate increases cardiac output and metabolic rate, like aerobic exercise.

Relaxation - Far, mid, and red/near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

Pain Relief - A far and mid blend provides natural pain relief by reducing inflammation and swelling. Red/near infrared penetrates the tissue promoting cellular repair at a medium, constant intensity.

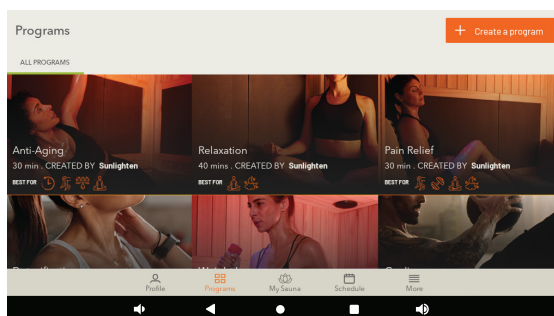
Anti-Aging - A low, constant intensity level penetrates the body, and cells absorb the light energy to help skin health. Red/near infrared improves overall skin tone, elasticity and firmness, promoting anti-aging benefits.

Cardio - Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

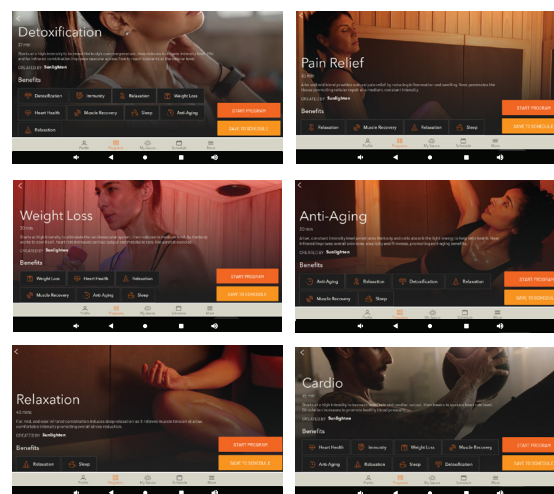
SCREEN 17

If you select 'Start Program,' you will be asked if you want to preheat your sauna. If you select yes, it will ask you for how long and then click 'Begin.' Remember, it takes about a minute per degree to preheat. Or you can select 'Save to Schedule.' See screen 21, below.

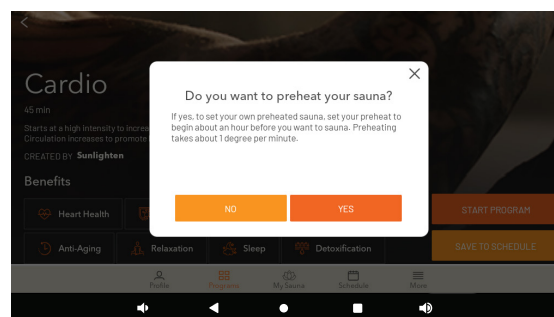
15.



16.



17.



SCHEDULE

SCREEN 18

To schedule a sauna session in advance, click on 'Schedule' in the primary functions row. Select a date or 'Add a Program' and you will be asked later the day(s) you would like to schedule for.

SCREEN 19

First it will ask you to name your session. Then you will 'Browse Programs' to select the Wellness Program you would like to schedule. Once selected, you will be asked to select your preheat time and then click 'Continue.' Remember, it takes about a minute per degree to preheat.

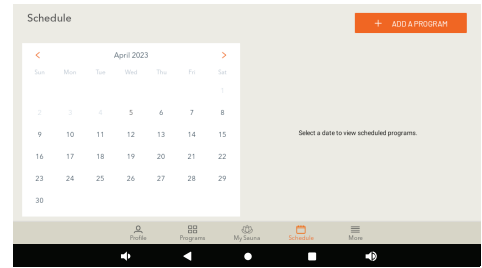
SCREEN 20

Next, you will be asked what day(s) you would like to run this program, the starting time and frequency. Once scheduled, you will be taken back to the Schedule screen and it will say, 'Successfully Created.'

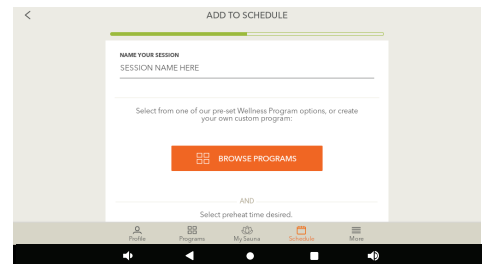
SCREEN 21

Another way to schedule a program is by clicking on 'Programs' in the row of primary functions at the bottom of your screen (as mentioned in the previous page). From here, you can select 'Save to Schedule' where you can name your session and select your preheat time. Next, you can cancel altogether, reselect a new program, or continue scrolling down and select your preheat time. Once ready, you can click 'Continue' to add the session to your schedule. Then you will be asked same questions as in screen 20.

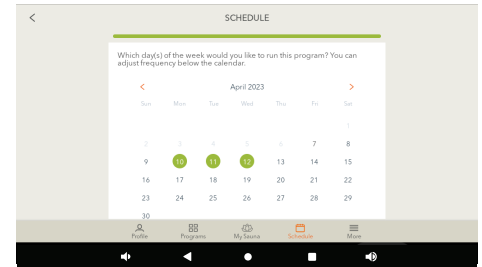
18.



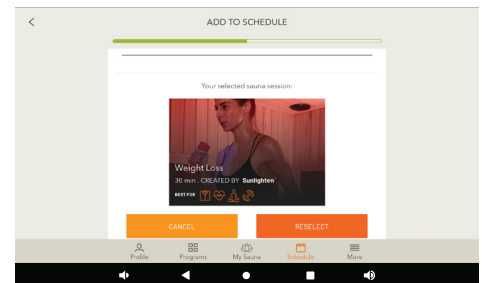
19.



20.



21.



CUSTOM PROGRAMS

SCREEN 22

Creating a Custom Program

In addition to the pre-configured Wellness Programs already in your Android Control Pad, you can also create your own Programs. The 'Create a program' button will be at the top right of the Programs screen. This mode enables you to craft your own program by specifying wavelength intensity by sauna wall.

SCREENS 23 - 24

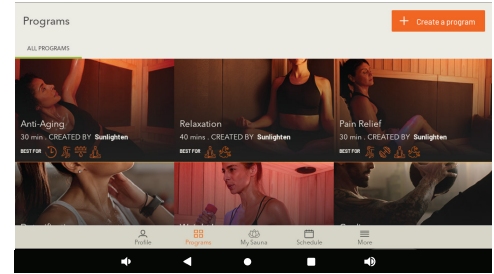
You'll be able to give your program a name and add a description about your program. Next, you can either touch the orange circle or the plus/minus buttons on the temperature and duration dial to adjust. Once it's where you want it, click on 'Continue.'

SCREEN 25-26

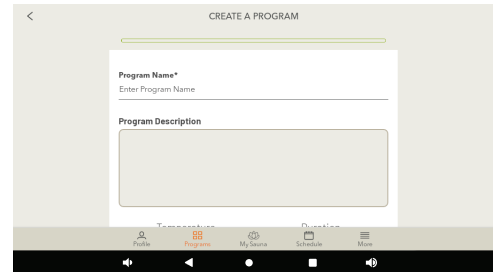
The heater screens allow you to determine the intensity of each infrared wavelength on individually selected wall during the duration of a program segment; or you can select 'Skip (Use Default)' to run all heaters at max heat. If you click on the green question mark, you will see an image of where the heater is in your sauna (screen 26).

Once you hit 'Continue' on the final heater screen (Floor Heater), it will take you to the programs screen and a pop-up will say, 'Successfully Created.' If you scroll past the Sunlighten programs, you will now see your custom program(s) listed as well.

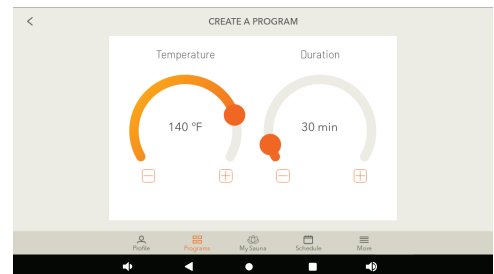
22.



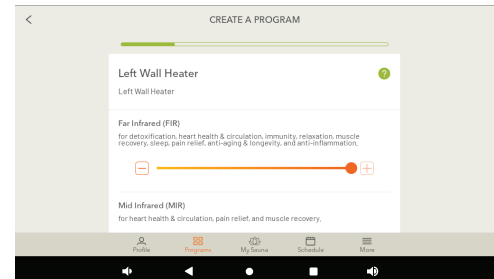
23.



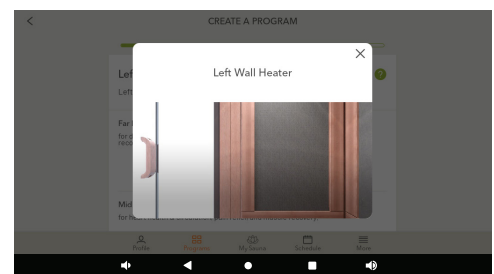
24.



25.



26.



MORE

SCREEN 27

My Sunlighten Sauna

Takes you to the Sauna Setup screen where you can update your sauna name.

Tablet Settings

Here you can clear app data, which will completely erase and reset the Sunlighten app (including your sauna registration/serial number); and to add a lock PIN. This is to lock out anyone without the pin. If you choose to add a lock PIN, you will be asked which settings you want locked after you choose your 4-digit PIN. Once you complete these settings, you will be asked for this 4-digit PIN when enabling features you chose to lock. If you forget your PIN, please submit a support ticket on sunlighten.com. After you choose to lock certain features, when you go back to your 'Tablet Settings,' you will now have an additional option to 'Lock Tablet.'

Preferences

Here you can choose to allow (or not) push notifications and update your measurement/temperature selection.

Diagnostic

You should go here to 'Run Diagnostics' if advised by Sunlighten's Customer Care team.

Change Profile and Logout

Change Profile will allow you to toggle between profiles without logging in. If you choose to logout, you will have to enter your email and password to log back in.

About My Business (Commercial Intended Use Only)

This will take you back to the 'About My Business' screen where you can update your Company Name, Zip Code, Type of Business, and Business Goals.

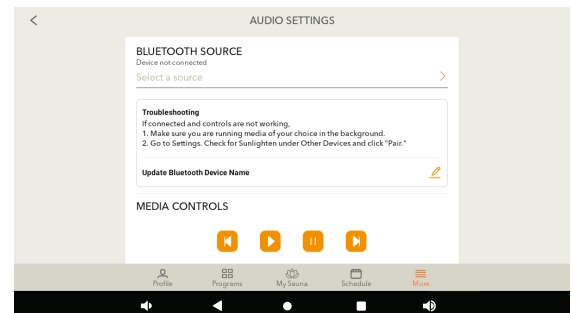
Manage Account Information

This will take you back to the 'My Account' screen where you can update your First and Last Name, and Intended Use.

27.



28.



Audio Settings (Screen 28)

From here you can control audio from your Android Control Pad by connecting it via Bluetooth. If you purchased the sound therapy accessory, this is where you go to connect it via Bluetooth and control intensity.

Customer Support

Click here for FAQ's.

Update App

This will take you to the Google Play Store. You will have to Log In via your Google account. It will take you directly to the Sunlighten app to update. Check this periodically to check for updates.

If you have any additional questions or concerns not addressed therein, please submit a support ticket at sunlighten.com.

MEDIA AND APPLICATIONS

SCREEN 29-30

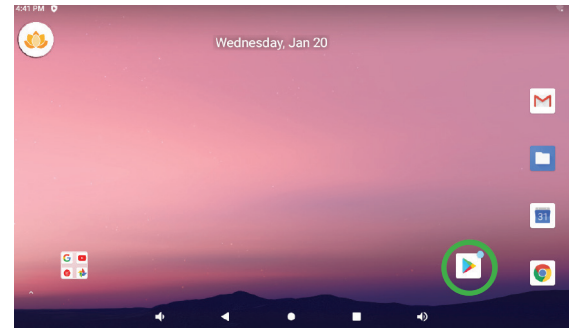
App Removal

To remove an application from your Android Control Pad, swipe down from the top of the screen, and then fully extend the menu, to select the gear icon for Settings. Scroll down and tap Apps. This will take you to all your installed apps. Click on the one you want to remove and select 'Uninstall.' If that option isn't visible, then you can not remove the app.

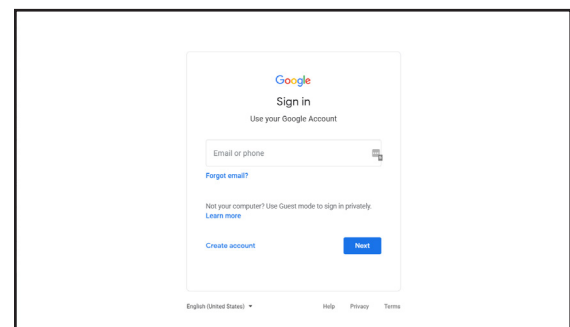
App Addition

Adding new third party applications to the Android Control Pad is done by accessing the Google Play Store, the Android operating system's app store. Access it by tapping the Play Store icon in the App Tray. The Play Store will require you to login using your Google account information. Sunlighten is not responsible for third party Android app functionality. Compatibility is not guaranteed with every application.

29.



30.



MPULSE CHROMOTHERAPY

Your mPulse comes equipped with chromotherapy lighting. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help your body re-establish its natural balance.

Chromo Remote	
1	Adjusts intensity of lights
2	Turns off lights
3	Turns on lights
4	Green light
5	Red light
6	Blue light
7	White light
8	Lights transition slowly
9	Lights transition smoothly
10	Lights flash
11	Lights strobe
12	Color selection



Chromotherapy Remote

Make sure your chromotherapy remote has a battery in it. **You will need to point the remote directly at the lights to operate your lights.**

CHROMOTHERAPY



Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes of the wheels of life or Chakras as originating from subtle energy known as Prana. This type of subtle energy can be modulated by electromagnetic field/visible light to stimulate the brain/nervous system, cellular tissues, and bodily organs. Visible light is emitted in the form of photons that are absorbed through the skin and the active receptors in the eyes. Once absorbed, proteins or photopigments are activated at specific wavelengths to produce chemical reactions in the body. These reactions can produce various therapeutic biochemical benefits depending on their wavelength.

Match the color dot from your remote to the chart below.



VIOLET (380-420 nm) ● ● ○

CROWN CHAKRA/TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.



INDIGO (420-450 nm) ● ●

THIRD-EYE CHAKRA/FOREHEAD

Balances 6th / third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.



BLUE (450-495 nm) ● ● ● ●

THROAT CHAKRA/NECK

Balances 5th / throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.



GREEN (495-570 nm) ● ●

HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.



YELLOW (570-585 nm) ●

SOLAR PLEXUS CHAKRA/STOMACH

Balances 3rd chakra located at the solar plexus mid-torso in and around the kidneys and liver. Center of personal power, will and self-esteem. Produces a cleansing effect to purify the blood and skin, increase neuromuscular tone, and improve nervous system function.



ORANGE (585-620 nm) ● ● ●

SACRAL CHAKRA/BELOW BELLY BUTTON

Balances 2nd chakra located in the low abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.



RED (620-750 nm) ●

ROOT CHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy and happiness.

Reviewed by Christina Ross, Ph.D., BCPP, Biophysicist Research Fellow, Wake Forest School of Medicine's Institute for Regenerative Medicine

WARM-UP TIME & USAGE GUIDELINES

Our saunas are based on the infrared wavelength and not cabin temperature. Set to the desired temperature and allow the sauna to warm-up for 45-60 minutes. The sauna heats up at an average of 1 degree per minute . Follow these steps for proper warm-up:

Step 1: Make sure your sauna is plugged into a dedicated circuit installed by your electrician.

Step 2: Set to the desired temperature and set time to 60 minutes.

Step 3: When turning sauna on for the first time, ensure each heater is active after a couple of minutes. If they are not, make sure connections are securely paired from their initial wire feed coming from the power box under the bench.

Step 4: Never fully cover the floor grate and heater with any obstruction that will not allow the heater to dissipate its heat.

NOTE: If your sauna is outside in an unheated garage, sun room, basement or patio, you may require additional time to warm the sauna up depending upon the temperature of the surrounding surface & room. **REMEMBER**, you are required to have an authorized Sunlighten cover over your sauna if it is outside or exposed to the weather in order to maintain your warranty.

TIPS FOR OPTIMAL USE

- Sauna requires a dedicated circuit and outlet for optimal performance. This should be installed by a certified electrician before assembling.
- Use Sunlighten All Natural Cleaning Kit for periodic cleaning.
- If you have a floor heater, clean every 6 months for residential use, and every month for commercial use. To clean, remove floor grate and vacuum out heater area.

SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE-SAUNA SESSION

- Hydrate with at least 8 oz (.24 L) of water to prepare your body for an increase in core temperature.
- Pre-heat for approx. 45 minutes. Depending on room temperature, your sauna will heat up a degree per minute, before reaching 120°F (49°C) . Heat time increases at temperatures above 120°F (49°C).
- Use towels to absorb sweat during sessions.

SAUNA SESSIONS

- Begin your session when your sauna reaches 100.4°F (38°C).
- The optimal sauna experience occurs between 100.4°F (38°C) and 129°F (54°C).
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100.4°F (38°C) every other day.
- Gradually increase towards 40-minute daily sessions in the optimal temperature range.*
- Don't be surprised if you don't sweat during the first few sessions.
- Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.
- For added intensity, use Pure Sweat amplifying cream to increase sweating, circulation, and to boost results.

POST SAUNA SESSION

- Drink at least 24 oz (.7 L) of water or electrolyte to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit, available at sunlighten.com.

HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

IMPORTANT SAFEGUARDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not use during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty
- Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty

PRECAUTIONS

If any of the below apply to you, consult your physician prior to sauna use:

- Medications
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals who are prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol / alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

For more information on saunas and contraindications, visit sunlighten.com.

FREQUENTLY ASKED QUESTIONS

ASSEMBLY

Can I assemble my sauna outdoors?

Yes, if you protect it with a Sunlighten canvas, sauna cover. If you place your sauna outdoors without a Sunlighten cover, your warranty will be void. The sauna covers are custom made and may not arrive until after you receive your sauna. Do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty! Check the sauna cover annually for normal wear and replace as needed. Sauna cover manufacturer warranty is one year.

How much room is required around my sauna for setup & maintenance?

We recommend 4-12 in. (10-30 cm) of clearance around the back, sides, and top of the sauna to access plugs and for general maintenance. Leave at least 4 in. (10 cm) behind the unit to allow the electronics to cool.

What surfaces can I set my sauna on?

You can set your sauna on tile, concrete, carpet, laminate or wood. Always have your sauna feet installed. Remember to make sure that your sauna is level regardless of its location for optimal use. If your sauna is placed outdoors, make sure there is adequate drainage so that water cannot pool around the base of the sauna. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

How do I install TheraSound Vibro Acoustic Therapy?

Sauna accessories have separate owner's manuals. Refer to the appropriate manual at sunlighten.com.

How do I disassemble if I need to move the sauna?

Refer to assembly sheet and follow the steps in reverse.

USAGE

How long does it take for my sauna to warm up?

The controls are preset to 60 minutes at 158°F (70°C). However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for 45-60 minutes. The sauna heats up at an average of 1 degree per minute. If located outside or in unheated garage, additional warm-up time may be required. If you prefer the sauna hotter, let it warm-up longer.

Can I use my sauna every day?

For most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

How long can I use it each day?

40 minutes is the recommended session length. See the sauna protocol on pg. 20.

What is the best temperature to use my sauna?

First, it is important to understand that health benefits are a result of efficient infrared emissivity, not air temperature. Sunlighten saunas are 95-99% emissive to deliver the highest concentration of infrared. With that, the optimal sauna experience occurs between 100.4-129°F (38-54°C). During your first few sessions, start at a lower temperature of 100.4°F (38°C) and gradually increase in later sessions. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body. Keep in mind, if you're sweating at 115°F (46°C) you're getting the same benefits as if sweating at 151°F (66°C).

What is the micron range of the heaters?

The design of a SoloCarbon® heater allows for most of the far infrared wavelength to be near 9.4 microns, which is the level at which the human body absorbs infrared energy.

Can I touch the heaters?

No. The heaters will be hot, especially the mid-infrared section in the middle, so it is not safe to touch heaters while on or an hour after use. Touching the frames that cover the heaters is safe.

How much will the sauna cost to run a month?

The sauna runs on the same wattage as a blow dryer and will cost little to run monthly: typically \$.20-.50 (15 to 35 pence) per hour. This varies with the model and local utility cost. Your utility company can help you understand a more exact per hour cost if needed.

Are the EMF levels safe?

Yes. Patented SoloCarbon panels are 100% quality controlled by Sunlighten to ensure the safety and effectiveness of each individual heater.

What is the wattage, voltage, and amps of my sauna?

See electrical specifications on page 4.

MAINTENANCE

How do I clean my sauna?

Sunlighten's Natural Sauna Cleaner is made specifically for use with your sauna. At least every six months, dampen a cloth with Sunlighten All Natural Wood Cleaner. Clean glass door and windows with Sunlighten All Natural Glass Cleaner. You may dust the outside of the sauna with a dry dust cloth. Do not use chemical cleaners on your sauna. Light sandpaper can be used to treat stains on the inside of the sauna. Sunlighten Natural Sauna Cleaning Kit can be purchased at sunlighten.com.

How do I care for the heater fabric?

The heater fabric remains as a covering over the heater panels. This is to protect the heater surfaces from any scratches, etc. It is also there to prevent physical contact between the skin and the heaters as the sauna is being used. To clean, wipe fabric with slightly damp cloth. We recommend doing so at least once every six months. Only do so when sauna is turned off.

Is it normal to see cracks in the wood?

Yes, wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. During normal operation, wood may crack slightly due to changes in moisture level. These cracks may appear or disappear with the changing seasons, but will not affect the structural integrity of the sauna. Our saunas are shipped around the globe, and can experience slight blemishes, scratches, or scuffs from the transit of this sauna. In most cases these blemishes on the exterior of the room can be concealed by using a small amount of furniture polish, oil, or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded, or combination of gluing and sanding. Please avoid any treatment containing, benzene, or a high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to sunlighten.com.

TROUBLESHOOTING GUIDE

ISSUE	SOLUTION
An electrical component is not working after assembling	Check all connections. A newly assembled unit with a non-functioning electrical component (control panel, heater panels, lights, speakers) will most likely have a missed or loose connection.
Sauna does not power ON	First, be sure to hold the Power button for 10 seconds to turn on .Confirm that the voltage & amperage coming from the outlet is correct for your model (see pg. 4). Check that the outlet is on a dedicated circuit. Once voltage is verified at the outlet, check the voltage at power box's receptacle. If voltage is going to the receptacle, the issue is most likely a faulty PCB. Contact Customer Care to further troubleshoot the issue.
Slow warmup time	Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT - see pg 4. Check that the temperature and time is turned all the way up. If those are correct: <ol style="list-style-type: none">1. Check if the breaker switch is tripped on the back right corner of the (PCB). If the breaker is tripped, simply press the breaker switch button back in to fix this issue. If the breaker switch keeps tripping, then replace the breaker switch for the PCB.2. Check for heat output from all heaters in the unit.3. Verify wall & heater connections.
Heat is not coming from all walls	Check that all connections are made at the base and corresponding panel.
Feedback from speakers (high-pitched buzz) when using sound from media apps	The control panel is connected to the speakers through the stereo. If the stereo volume is turned up past 25, it will cause a high-pitched interference through the speakers. Turn stereo volume down to 25 or lower. Adjust volume through the media app on the control panel. Check wiring and separate within walls - make sure there is space between wires to avoid feedback. If you do not have a stereo, check your audio settings on your Android Control Panel.
TheraSound doesn't work	The Fader setting (front/back balance) must be adjusted in the stereo. If you do not have a stereo, check your audio settings on your Android Control Panel.

For other troubleshooting questions, please visit sunlighten.com.

ERROR CODES & DIAGNOSTICS

DIAGNOSTIC RESULT CODES	
Error No.	Cause/Solution
E1	The Android Control Pad cannot communicate with the power control box. Unplug your sauna and reconnect the computer cable (RS232) at the bottom of your front wall and the left side of the power box. If the issue persists, you can check the connection at the back of the Android Control Pad.
E2	The serial number you entered during sauna setup does not match the power control box that came with your sauna. Please unplug your sauna, wait a few minutes, and then plug it back in. This will reboot the Android Control Pad and start the setup again. When prompted, reenter your serial number. P1 - Aspire; P2 - Believe; P3 - Conquer; P4 - Discover; P6 - Empower
E3	The sauna you purchased is designed to use 120 or 240 volts of electricity. The voltage you have supplied is too low or too high. Double-check your circuit to ensure that all parts installed are correct. This error encourages optimal performance and protects the sauna from damage. If you don't know what voltage is required for your sauna, please check the owner's manual found on the website.
E4/E5	Temperature sensors monitor and regulate each heater to optimize your sauna session. The response time on a sensor is slower than expected. You will still be able to enjoy your sauna if this issue appears. The 13-digit code refers to individual temperature sensors. While looking at the unit: 111 000 00 00 000 - The back wall, lower/middle/upper zone 000 111 00 00 000 - The right wall, lower/middle/upper zone 000 000 11 00 000 - The front wall, lower/upper zone 000 000 00 11 000 - The floor heater, back/unused zone 000 000 00 00 111 - The left wall, lower/middle/upper zone
E6	One of the heater control units is not responding. Your power box will likely need to be replaced. Please contact customer support at 877.292.0020.
E7	Your lighting control unit is not responding. The primary cause of this issue is a loose connection to your lighting control box. Check the flat 4 wire connector that is between your main power control box and the lighting control box. Please contact customer support at 877.292.0020. The lighting control unit may need to be replaced.

WARRANTY

Please refer to your country's specific warranty information, if outside the United States.

U.S. Residential:

Limited lifetime (7 years) on cabinetry and heaters; 3 years on controls; 1 year on stereo, Blaupunkt Sound System, TheraSound and chromotherapy.*

U.S. Commercial:

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo, Blaupunkt Sound System, TheraSound and chromotherapy.*

U.S. Closeout and Floor Models:

5 years for heaters; 1 year on cabinetry and controls.

U.S. Water-Resistant Cover:

The limited warranty covers the fabric becoming unserviceable because of loss of color or strength from normal usage and exposure conditions, including sunlight, mildew and atmospheric chemicals. Consumer is responsible for normal care and cleaning of the fabric. This warranty covers fabric only, and is for (1) year.**

Sunlighten warrants the sauna to be free of defects in material and workmanship.

This warranty extends only to the original retail or wholesale purchaser of the sauna and terminated upon transfer of ownership. The sauna must be purchased and used within one year of the manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of the sauna.

This warranty is void if the sauna has been altered, misused, abused, or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions, including operating on a non-dedicated circuit. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

This warranty is limited to customers in the United Kingdom and Ireland. Other International customers should check with their local Sunlighten representative.

WARRANTY CONTINUED

*Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 7 years. Warranty is limited to replacement parts only and does not include costs for crating of glass door or freight for parts shipped past 90 days from the date of receipt of goods. The cost of labor and/or service technicians is not included.

**If sauna is placed outdoors, failure to utilize the .004 plastic sheet supplied as additional water protection for your sauna will void your warranty. The fabric used for the roof of the waterproof cover is resistant to water penetration; however it is sewn to the acrylic canvas sides. It is required to place the plastic sheet included directly over the sauna roof prior to installing the cover and placing an object on the sauna roof to give the fabric elevation for water to run off as further protection. The cover should remain on the sauna at all times (including while on and in-use) to avoid water damage and void the warranty.

ATTENTION

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify Sunlighten within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.

ETL SAFETY CERTIFIED

The ETL Listed Mark is proof of product compliance (electrical, gas and other safety standards) to North American safety standards. Authorities Having Jurisdiction (AHJ's) in 50 states and Canada and retailers accept the ETL Listed Mark as proof of product safety.



RoHS **CE**





MPULSE OWNER'S MANUAL
VERSION 07242023
ANDROID 10.0

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913.754.0831 | sunlighten.com
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International sunlighten.com
or contact your local Sunlighten representative