



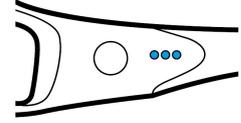
Battery

To maximize battery life, we recommend turning off the Propeaq light glasses 1.0 B when not in use. Extremely cold temperatures can affect the duration of the battery negatively. To maximize battery capacity in cold weather conditions, the glasses should be stored in a warm place (room temperature) or be put in a warm place before use.

Propeaq light glasses Model 1.0 B

User Manual

- Bat 100% - 70%
- Bat 70% - 30%
- Bat 30% - 5%
- Bat 5% - 0%



Congratulations on your Propeaq light glasses

This manual will help you using the Propeaq light glasses. You can operate the light glasses manually.

To beat winter blues, wear the glasses for 30 minutes in the morning immediately after getting up with blue lights on. For an energy boost, wear the glasses for 30 minutes during the day, but not after 8 p.m. A detailed instruction to prevent jet lag or to avoid fatigue during nightshift, consult the free Propeaq app.

Use of the Propeaq app

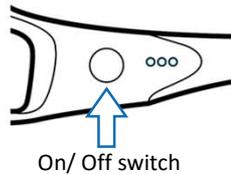
1. Download the Propeaq app from the App Store (iOS) or Google Play (Android)
 2. Follow the steps in the app, starting with step 1
- You can download the Propeaq app from the Apple store or the Google Play store.



Contents of the package

The Propeaq light glasses 1.0 B are supplied in a complete package with a USB cable, microfibre case and cleaning cloth. light blue lenses, orange lenses and stylish frame with integrated LED:

On the inside of the frame of the glasses you will find the on/off button, the battery indicator light and the micro-USB port.



On/ Off switch

Before use

Before using the Propeaq light glasses 1.0 B, charge the battery first.

1. Insert the micro USB cable into the device.
2. Connect the other end, the USB, directly to a PC or an adapter and connect it to the power supply.
3. Charge the glasses until the battery indicator (next to the on/off button) indicates that the battery is fully charged. If the battery is completely discharged, charging takes approximately 2 hours. Thereafter, the period of use is approx. 2 hours; it may be somewhat shorter at the beginning.

After downloading, add your personal information according to the app screens to determine your chrono type.

Make sure the information is correct. The app uses this data for calculations in order to generate a personal user schedule.

To use the app, we also refer you to the Propeaq support page: www.propeaq.com/support

Manual operation

The table gives an overview of the use of the Propeaq light glasses 1.0 B.

Function	Action	Result
Turn on the light	Press the on/off button for 1 second	The blue light comes on
Switch off the light	1 x briefly press the on/off button	The blue light goes off, the glasses are turned off
Battery check	Press the on/off button for 2 seconds	The battery indicator lights illuminate for a few seconds (when the device is charged)

After 30 minutes, the light glasses turn off by themselves.

Using the glasses

Use the blue-light glasses if you have been prescribed blue light of the Propeaq light glasses 1.0 B. If you wish, you can also use the light glasses without lenses in the frame.

You use the orange lenses when the blue part of daylight or ambient light needs to be blocked / filtered. The blue light must be switched off when the orange glasses are used.

The lenses are removable and equipped with UV protection.

To change the lenses, push the lens from the outside to the inside on the side off the glasses. See figure 1. Place your thumb on the outside of the lens and push the lens out of the frame. To place a new lens, place the nose side of the lens on the inside of the nose bridge and press the lens into the frame until you hear a click. This requires some force the first few times. The lenses and the frame cannot be damaged

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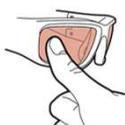


Image 1

by these acts. Hold the frame and your thumbs as indicated on image 2.



Image 2