



sunlighten™  
empowering wellness™

# Biofeedback Accessories

User Manual

## Introduction

Thank you for purchasing the Sunlighten Biofeedback Accessories. We are sure you will love these enhancements to your sauna.

**NOTE: All of these instructions can be found in video format on [MySunlighten.com](http://MySunlighten.com). Log into [MySunlighten.com](http://MySunlighten.com), and click on "Using Your Intelli-watch" from the list on the left side of your screen.**

*First Use:* Turn your Intelli-Watch by holding down the START/STOP button.

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*NOTE: Always consult your physician before you begin or modify any exercise program.*

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## Getting Started

### Buttons



#### 1 - LAP/MEM

Press to set Alarm

Press and hold to delete memory in Training mode

Press to confirm and advance to the next setting

#### 2 - MODE

Press to change modes

Press to exit a menu or page

#### 3 - LIGHT/VIEW

Press and hold for 5 seconds to turn on/off backlight

Press and hold 1 second to turn on/off sound

#### 4 - START/STOP

Press to Start or Stop the timer

### Step 1: Turn on the Watch

To turn on for the first time, press and hold the START-STOP button

## **Step 2: Set the Time**

1. On the Time screen, press and hold the START/STOP button until the hour setting blinks
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*TIP: Press and hold the MODE or START/STOP buttons to scroll quickly through the hours, minutes, and other Time mode settings.*

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2. Use the MODE and START/STOP buttons to change each setting
3. Press the LAP/MEM button to advance
4. Continue this process to set month, day, year and 12/24 hour mode

## **Step 3: Set Units of Measure**

Press MODE until the setting page appears. Press the LAP/MEM button until "Units" is displayed. Press START/STOP button. The weight option should start flashing. Press MODE to change between Kg/Lb. Press LAP/MEM to advance. Continue using MODE button to change values - when finished you will return to screen displaying "Units."

## **Step 4: Set your User Information**

Press the Mode button until you reach the "Setting" mode. Press LAP/MEM until "User" is displayed. Press START/STOP. The default name is "User" - press START/STOP to advance through available characters. Press MODE to advance to the next space (Continue using START/STOP and MODE to input your name or abbreviation). Once your name is complete, press LAP/MEM to advance to the next screen. Press MODE to change gender. Press LAP/MEM to advance to the next screen.

Continue setting your metrics using MODE and START/STOP to change values. Use LAP/MEM to advance to the next screen.

## **Step 5: Pair Up Accessories (heart rate monitor, running sensor)**

*The watch must be paired with other biofeedback accessories in order to record data. You must wear the watch while pairing to other devices.*

Press MODE until the setting page appears. Press the LAP/MEM button until "Pair New Device" is displayed. Press START/STOP to initiate pairing, and wait for on-screen confirmation.

## **Step 6: Download Free Software**

Go to [sunlighten.com/biofeedback](http://sunlighten.com/biofeedback) and follow the on screen instructions. Use this software to store and analyze your biometric data.

## **Step 7: Send Data to Your Computer**

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*NOTE: You must download the software as instructed in Step 6 so the necessary USB drivers are installed before connecting the Data Drive to your computer.*

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1. Plug the Data Drive into an available USB port on your computer



2. Bring your Intelli-Watch within range (5m) of your Data Drive, which uses ANT™ technology to transfer data between the watch and computer.

3. Follow the on-screen instructions:

*-Ensure the data drive is plugged into the computer and the mPulse Control software is running.*

*-With the watch within 6 feet of the data-drive - on the Intelli-Watch, repeatedly press the mode button until "PC Link" is displayed.*

*-Once "PC Link" is displayed, press the Start/Stop button on your Intelli-Watch.*

*-The mPulse Control software will then upload the data automatically to the account you have specified in the "Upload Settings" section. While connected, do not close the mPulse Control software. When the status returns to "Searching..." you may close the window.*

**Note:** In order for the data to be automatically uploaded to [mysunlighten.com](http://mysunlighten.com), the computer with the data drive must have an internet connection.



-Log into your [mysunlighten.com](http://mysunlighten.com) account and click Sauna from the left hand menu. Then click Cardio Program and History.

### **Using the Heart Rate Monitor**

The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during a run.



1. Unsnap one side of the strap from the heart rate monitor
2. Wet the sensors on the back of the heart rate monitor to create a strong connection between your chest and the transmitter
3. Wrap the strap around your chest and snap in place

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*NOTE: When worn properly, the logo should be right-side up.*

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4. Bring the Intelli-Watch within range (3m) of the Heart Rate Monitor
5. Press the MODE button to access Sauna mode. To begin session - press START/STOP button. When session has been completed, press and hold START/STOP to save data.
6. If you have erratic heart rate data, you may have to tighten the strap or warm up for 5-10 minutes. If the problem persists, you may have to pair the sensors.

### ***Using the Running Sensor***

The Running Sensor is on standby and ready to send data (like the Heart Rate Monitor). When you install or move the Running Sensor, the LED blinks three times.

1. Press the tabs on the lace clip. Lift and separate the Running Sensor from the lace clip
2. Loosen your shoe laces slightly
3. Thread the lace clip through 2-3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces
4. Tie your shoelaces securely to keep the Running Sensor in place during your workout
5. Snap the Running Sensor into the lace clip and point it toward the front of your shoe



6. Bring the Intelli-Watch within range (3m) of the Running Sensor
7. Press the MODE button to access Train mode
8. If the Running Sensor data does not appear, you may have to pair the sensors. See page 13.

Press the tabs on the front of the lace clip to remove the Running Sensor.

After 30 minutes of inactivity, the Running Sensor automatically turns off to conserve the battery (the LED blinks twice).

## **Time Mode**

Time mode is the default view of the Intelli-Watch. After 30 minutes of inactivity, the Intelli-Watch automatically returns to the Time screen. Otherwise, press the MODE button until the Time screen appears.



## **Sound**

On the Time screen, press and hold view to toggle Sound mode.

## **Set the Time**

See page 4.

## **Set the Alarm**

1. On the Time page, press LAP/MEM. The Alarm screen appears
2. Press and hold START/STOP until the hour setting blinks
3. Use MODE and START/STOP to adjust the hour

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*TIP: Press and hold the MODE or START/STOP buttons to scroll quickly through the hours, minutes and other Time mode settings.*

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4. Use LAP/MEM to advance
5. When finished, press MODE to resume Alarm mode

## Sauna Mode

Sauna mode displays your current workout settings and data. Press MODE until the “Sauna” screen appears.



### Timed Sauna

1. Press START/STOP to begin an active session. Press LAP/MEM to mark a known distance during your workout
2. When finished, press START/STOP

*NOTE: To pause the active session, press START/STOP. Press again when you are ready to continue the session.*

3. To save the session, press and hold START/STOP

## Setting

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*NOTE: Settings cannot be modified during an active session in Sauna mode.*

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1. Press LAP/MEM to modify user, limits, units or pair a new accessory
  2. On User setting, press START/STOP to create your name, then press LAP/MEM to advance
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*NOTE: You can only use START/STOP to set your name. Hold START/STOP to switch letters quickly.*

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3. On Limits, press START/STOP to adjust limits and press LAP/MEM to advance
4. On the Units screen, press START/STOP to adjust units and use the LAP/MEM button to advance

### Speed (running sensor only)

1. Press MODE until you find the Speed screen
2. Press LAP/MEM to adjust settings
3. Press START/STOP to toggle between mi/hr and mi/min
4. Press LAP/MEM to advance
5. Press MODE to finish and exit

## **Result (to view results on the watch)**

1. Press MODE until you find the Result screen
2. Press LAP/MEM to toggle through the two sections of results (TRData and WMDData)
3. With TRData selected, press START/STOP and heart rate (in bpm) will be displayed
4. Press LAP/MEM to toggle through the results
5. When TRData is shown again, press LAP/MEM to switch to WMDData
6. Press START/STOP, then LAP/MEM to see Body Mass Index (this is only when using the BMI scale accessory)

## **Computer Pairing**

*Computer pairing is the setting in which the Intelli-Watch automatically detects and pairs additional computers with your Data Drive.*

To pair your Intelli-Watch with a new computer:

1. Ensure the mPulse Control Software is running.
2. Set the mPulse Control Software to the correct user.

*\*Right-click the mPulse Control software icon in the system tray and click Settings. Then click the "Upload Settings" button. Enter the account email and password of the user whose data you would like to upload.*

3. Ensure the data drive is plugged into the computer and the mPulse Control software is running.
4. On the Intelli-Watch, press the MODE button until PC Link is displayed.
5. Once PC Link is displayed, press the START/STOP button on your Intelli-Watch.

After you have paired with your primary computer, turn computer pairing off to avoid disruptive messages on the Intelli-Watch or nearby computers.

## **Managing Memory**

Your Intelli-Watch holds up to seven hours of session files. When there is approximately one hour of memory remaining, the Lo MEM warning appears on the Intelli-Watch screen in Train mode. When the memory is full, the Full MEM warning appears, and your Intelli-Watch stops recording data. For information about uploading data to your computer, see page 5.

## **Deleting Sauna History**

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*NOTE: See page 5 for information about transferring data to your computer.*

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1. On the Sauna page, press and hold the LAP/MEM button until you see MEM delete

## **Data Upload Mode**

It is good practice to periodically wirelessly download data to your computer from your Intelli-Watch so it can auto-upload to mysunlighten.com. By default, the process of uploading data deletes that data from your Intelli-Watch history.

### **Managing Memory**

1. Turn the computer on (an internet connection is required for software download)
2. Download software (see page 4) so that the necessary USB drivers are installed before connecting the Data Drive to your computer
3. Connect the Data Drive to your computer
4. Bring the Intelli-Watch within range (5m) of your computer, making sure the watch is in Time mode
5. Verify that there are no Intelli-Watch timers running or active training sessions

The Intelli-Watch automatically transmits data to the Data Drive so you can use MySunlighten.com to store and analyze your workout data.

## **Using OnCare**

See [www.sunlighten.com/biofeedback](http://www.sunlighten.com/biofeedback) or the "Using OnCare" section of your MySunlighten account.

## **Appendix**

### **Optional Accessories**

For more information about optional accessories, visit [sunlighten.com](http://sunlighten.com)

### **Pairing Sensors**

If you purchased a sensor separately, you need to pair it with your Intelli-Watch.

#### **What Is Pairing?**

Pairing is the connecting of sensors, such as your Heart Rate Monitor, with your Intelli-Watch. After you pair the first time, your Intelli-Watch automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Intelli-Watch and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your Intelli-Watch only receives data from your sensor, and you can go near other sensors without concern.

To pair sensors with your Intelli-Watch:

1. Move away (10 m) from other sensors while the Intelli-Watch is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Intelli-Watch
2. Press MODE until the Setting page appears
3. Press LAP/MEM until PAIR new device appears

#### 4. Press START/STOP

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*NOTE: The Intelli-Watch, Heart Rate Monitor, and Running Sensor operate on user-replaceable CR2032 batteries.*

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### ***Intelli-Watch Battery***

The battery will last for 12 months (typical use). When the battery is low, the Lo BATT warning blinks on the Intelli-Watch screen in time mode.

All of your Intelli-Watch settings are preserved, except the time of day.

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*NOTE: Before replacing the battery, save all your data to history or to your computer. We recommend you take the Intelli-Watch to a professional watch repair shop to have the battery replaced.*

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### ***Heart Rate Monitor or Running Sensor Battery***

The Heart Rate Monitor and Running Sensor each operate on a user-replaceable CR2032 battery. The Heart Rate Monitor battery will last for three years (typical use is one hour per day).

To replace the battery:

1. Locate the circular battery cover on the back of the Heart Rate Monitor
2. Use a coin to twist the cover counter-clockwise
3. Remove the cover and replace the battery with the positive side facing up
4. Use a coin to twist the cover clockwise until tight

### ***Specifications***

#### ***Intelli-Watch***

- Watch size: 58 mm × 42 mm × 20 mm
- Wrist band size: 204 mm × 28 mm × 3 mm
- Weight: 44 g
- LCD Display: 23.75 mm × 18.25 mm, with backlight
- Water Resistance: 30 m continuous
- Data storage: Up to 100 laps and seven hours of sauna session files
- Computer interface: Wireless, automatic USB Data Drive
- Battery type: User-replaceable CR2032 (3 volts)
- Battery life: 12 months, depending on usage • Operating temperature range: 5°F–158°F (-15°C–70°C)
- Radio frequency/protocol: 2.4 GHz wireless communications protocol

#### ***Data Drive***

- Physical size: 59 mm × 18 mm × 7 mm

- Weight: 6 g
- Transmission range: Approximately 5m
- Operating temperature: 14°F–122°F (-10°C–50°C) • Radio frequency/protocol: 2.4 GHz wireless communications protocol
- Power source: USB

### ***Heart Rate Monitor***

- Physical size: 34.7 cm × 3.4 cm × 1.1 cm
- Weight: 44 g
- Water Resistance: 10 m
- Transmission range: Approximately 3 m
- Battery: User-replaceable CR2032 (3 volts)
- Battery Life: approximately 3 years (1 hour per day)
- Radio frequency/protocol: 2.4 GHz wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference or receiver distance from the transmitter.

### ***Running Sensor***

- Physical size: 42 mm × 10 mm
- Weight: 27 g (including battery)
- Water Resistance: 10 m
- Transmission range: Approximately 3 m
- Speed and distance accuracy: Uncalibrated 95%, calibrated 98%
- Battery: User-replaceable CR2032 (3 volts)
- Battery life: 200 hours run time

Accuracy may be degraded by electrical interference or receiver distance from the transmitter



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