



SunSprite

Quick Start Guide

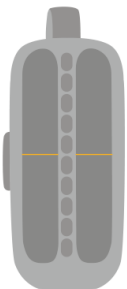
What is bright light? Why is it important?

- Getting the right amount of bright light is as effective as antidepressants, but with no side effects (Golden et al., 2005).
- Research shows we need 10,000 lux light for 30 minutes each day to treat mood and sleep disorders.
- Bright light that enters your eyes affects your mood and sleep. Note that this is different from UV and skin exposure.
- Only light brighter than 2,500 lux is therapeutic.
- Weather and sun position make tracking light complex—that's why we invented SunSprite!

How to Use SunSprite

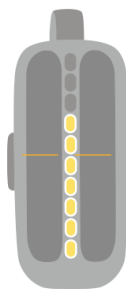
- SunSprite is always on.
- Clip and wear SunSprite in a place that gets about the same amount of light your eyes do. The front of your body is ideal.
- SunSprite is solar-powered—you never need to plug it in.
- To see your progress or to sync with the phone app, simply press the button on the side.

1



Press side button to see your daily progress.

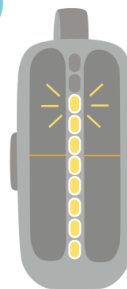
2



70%
to goal

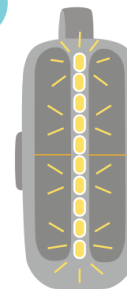
Each LED represents 10% of your daily light progress.

3



If the next light is flashing, you're in bright enough light.

4



Once you hit 100%, SunSprite does a victory dance!

Questions? Email support@sunsprite.com



SunSprite Mobile App

Available for iPhone, iPad, and Android (in public beta)

Battery level



Current UV index



Number of minutes to reach daily goal

92%

Progress toward daily goal

Quick daily snapshot of light exposure

Last sync: just now

3

MINUTES TO GO

7.7

CURRENT INTENSITY

Current light intensity (measured in thousands of lux)

Tap the "trends" tab for daily graph

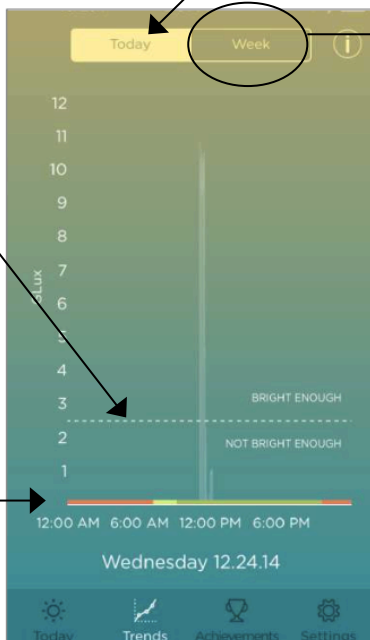
12AM 7:01AM 12PM 4:59PM 12AM



Tap the "achievements" tab to see streaks and awards

Light above this intensity is therapeutic

Colored axis tells you when to get light and avoid light



Tap the "week" tab to view historical light exposure

