



**APOLLO**<sup>®</sup>  
H E A L T H  
The Body Clock Experts<sup>™</sup>

Manage Your Body Clock<sup>™</sup>

Sleep Better.



Wake Refreshed.



Have More Energy.



Improve Your Mood.<sup>™</sup>



Get an energy boost. Naturally.



**goLITE**<sup>®</sup> p1  
POWERED BY BLUE WAVE<sup>™</sup>

User Guide

## Read All Safety Guidelines Before Using Your goLITE®

Observe these safety instructions to avoid potential hazards that could result in personal injuries or damage to your goLITE.

- Never use damaged or worn cords or plugs—this could result in electric shock, burns, and/or fire.
- Don't place heavy objects on top of the power cord or the goLITE.
- When unplugging the goLITE, grasp the plug directly to avoid damaging the cord. Never pull on the power cord to remove a plug from the socket.
- To avoid damage to the goLITE, avoid spilling liquid into any part of the light. Never expose your goLITE to water or rain.
- Use the specified AC/DC adapter only. Never use an unapproved adapter.

For an interactive demo visit [www.ApolloHealth.com](http://www.ApolloHealth.com)

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## Thank You for Purchasing the goLITE®

Visit [www.ApolloHealth.com](http://www.ApolloHealth.com) now to:

- Register your goLITE
- View an interactive demonstration
- Learn more about your goLITE and BLUEWAVE Technology™

Don't have Internet access? Be sure to fill out your warranty card located inside the box and mail it to Apollo Health.

### The Comfort of Blue

By using BLUEWAVE® light-emitting diodes (LEDs), the goLITE Pro delivers safe and effective wavelengths of light, while eliminating harmful UV and the eyestrain that can be associated with other bright light treatments.

### Safe and Effective

According to independent ocular safety testing, BLUEWAVE light is safe when following the recommended usage guidelines. BLUEWAVE Technology in your goLITE passes ICNRIP/ACGIH threshold value limits at only 15% (light energy exceeding 100% is considered potentially hazardous). The effectiveness of the type of light in BLUEWAVE has been researched and advocated by leading medical universities. For more information, visit [www.ApolloHealth.com](http://www.ApolloHealth.com).

## Understanding Light, Health, and Circadian Rhythms

The human body uses light cues, such as those provided by the sun, to time certain internal functions. Properly timed rhythms regulate mood, sleep, energy, appetite, and digestion. These daily internal cycles, called circadian rhythms, sometimes fall out of sync, resulting in an unregulated body clock.

### Modern Living Has Altered Our Circadian Rhythms

Unfortunately, modern living has dramatically altered nature's cues. A modern day no longer starts at the crack of dawn and ends at 8:00 p.m. Workdays are getting longer and many people face shift work schedules. Additionally, most everyone's social gatherings and personal activities extend well into the night. These factors have diminished the body's natural ability to regulate the body clock.

### Circadian Rhythm Imbalance

When our circadian rhythm becomes imbalanced, the body produces the wrong hormones, chemicals, and neurotransmitters at the wrong time of the day. The results range from feelings of sadness to sleeplessness to loss of appetite.

### Effects of an Imbalance in Circadian Rhythm

Many people suffer from a loss of energy and mood that can last for a short period of time to more than a couple of weeks. For many, these feelings come on stronger in the winter and in darker climates.

## An Imbalance in Circadian Rhythm Contributes to the Following:

- Winter blues
- Feelings of sadness
- Jet lag
- Lack of concentration
- Loss of appetite
- Lack of energy (especially in the winter)
- Sleeplessness
- Mood swings
- Irritability

## Restored Balance with BLUEWAVE Technology

Researchers have discovered that our circadian rhythms respond best to a specific bandwidth of blue light found in natural sunlight. Apollo Health has isolated this bandwidth in a new technology called BLUEWAVE. BLUEWAVE Technology helps shift circadian rhythms back to their normal pattern by delivering this specifically-engineered light that stimulates the production of key substances triggered by the brain. BLUEWAVE naturally affects the body by shifting the body clock to its correct timing, causing the proper signals to be produced at the right time of day.

For nearly 20 years, Apollo Health's Body Clock System™ has helped hundreds of thousands of people take control of their body clocks. The goLITE is an important part of this system. For more information about how the complete Body Clock System can help you, visit [www.ApolloHealth.com](http://www.ApolloHealth.com).

## goLITE P1 Features



Safe – No harmful UV

## Interactive Demo at [www.ApolloHealth.com](http://www.ApolloHealth.com)

### Plugging In Your goLITE

Your goLITE comes with a 9V AC/DC adapter with US-style prongs. Your adapter can operate on AC power ranging from 100–240 volts for usage worldwide. A prong adaptor may be required to connect your adapter in countries that use different prong styles. These are readily available at electronics and travel goods retailers.

Use the enclosed adapter only, or a replacement adaptor specified by Apollo Health for use with the goLITE. For safety and proper operation of your goLITE, never use an unapproved adapter.

### Battery power

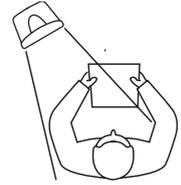
Your goLITE P1 can be powered by an optional external battery pack. The battery pack will allow 2–3 treatment sessions per charge and fits conveniently in your goLITE carrying case. Log on to [www.ApolloHealth.com](http://www.ApolloHealth.com) for more information or to place an order.

### Positioning Your goLITE

Because your body's response is through peripheral stimulation, use the goLITE at a slight angle to your face (see diagram 1) and do not look directly into the light.

- For best results, place the goLITE approximately 20–30 inches from your eyes. Allow the light to bathe your face.
- You can read, eat, work at the computer, watch TV, put on makeup, or exercise while using your goLITE.

- Use your goLITE in a well-lit room to minimize eyestrain.
- For best results, place the goLITE near you at eye level so it shines directly into your eyes.
- The proper response to light therapy occurs through the retina of the eyes, not through the skin. However, you do not need to stare at the light. If you are in front of the goLITE and position it close enough, only an occasional glance is needed achieve the maximum benefits.



(Diagram 1)

### Your Eyes Should Be Open for Optimal Results

The hormonal response works through the eyes, not the skin. This is not a tanning light. In fact, Apollo's BLUEWAVE Technology creates specific wavelengths that produce a circadian response while eliminating UV hazards and minimizing eyestrain.

### Instructions for Use

To begin using the goLITE, swing lid open to rest on surface (see diagram 2).

### Turning On the goLITE

Push POWER to turn the goLITE display on or off.

### Setting the Clock

While holding down BOTH the TIMER and LIGHT buttons, push the + or - button to adjust the clock. Hold down the + or - button to cycle through the clock time quickly.

## Quick On

To turn the light source on or off, push LIGHT.

## Timing a Session

To start a timed session, press TIMER. The timer display will flash. Select the desired usage time by pressing the + or - button. After a three-second delay, the light source will automatically turn on and begin counting down.

## Changing the Session Time

To change the timer while the goLITE is on, press TIMER, then push the + or - button to set the new desired time.

## Changing the Intensity

While the light source is on, you can change light intensity by pushing the + or - button. You can choose intensity settings in increments of 10%.

## Cancel a Treatment

Press the “LIGHT” button at anytime to cancel a treatment.

## Check Clock Time

To check the clock while unit is turned off, push the + button.



(Diagram 2)

## Creating & Saving Personalized Settings

The goLITE P1 will allow you to store up to three different personalized settings (A, B, or C). Each program can be set to run for a specific time, and intensity. Note: before you can run a personalized setting, you must first program your personal settings into the device.

## To Create or Change a Personalized Treatment

Note: Power must be turned on before programming.

1. Press and hold “PROGRAM” until the word (Program) on the display begins to blink.
2. Press “+ -” to choose either A, B, or C for your program.
3. Press “PROGRAM” button again, the word “TIMER” and minutes will begin to blink.
4. Press “+ -” buttons to select the desired time of use.
5. Press “PROGRAM” button again, and the intensity bars will begin to blink.
6. Press “+ -” buttons to select your desired intensity.
7. Press “PROGRAM” button again to store the personalized treatment.

Note: Up to 3 different treatments can be stored or changed by repeating the steps above.

## Running a Personalized Treatment

Press “PROGRAM” button and the letter (A, B, or C) will begin to blink. Press the “+ -” buttons to select the program you wish to run. The program will start by pressing “PROGRAM” again, or after a three-second delay.

## When to Use Your goLITE

Because an imbalance in circadian rhythm affects everybody differently, understanding how it affects you is critical to feeling better. Knowing what time to use the goLITE can mean the difference between responding in just a few days instead of weeks, and perhaps not responding at all. Follow these guidelines to understand how light affects your body clock and when to use the goLITE for the best results.

### Usage Duration and Intensity

Most people get beneficial results from fifteen to thirty minutes of usage each day. You can start using your goLITE at 50% intensity and increase the level of light if you feel like your body is not responding within a week of beginning treatment.

### Time of Day

If you find it difficult getting up each day without an alarm clock or you are sleeping in, you need morning light. Use the goLITE within the first hour or two after waking.

If you find it difficult staying awake in the late evening and wake up too early in the morning, you need evening light. Use the goLITE before the onset of drowsiness.

If you don't notice a shifted circadian rhythm, use the goLITE when you wake up in the morning for fifteen to thirty minutes and then again in the evening for approximately the same amount of time. Place the goLITE further away from you during the evening treatment. This will help your body clock from confusing the stronger morning signal with evening time. Don't use the goLITE within two hours of bedtime. The goLITE suppresses the nighttime hormones for at least two hours, and you may not be able to fall asleep.

## Shift Work

Use the following techniques to adjust your circadian rhythm to your work shift.

### Beginning a Night-Shift Schedule

Many people benefit from receiving a 30-minute burst of light before work and then 15 minutes of light every three hours during work. This not only increases alertness and performance, but shifts the body clocks as well. Within three days, your body clock will have changed to a night-shift schedule. Taking time-release melatonin upon arriving home after work may help accelerate the shifting of your body clock. After the second day, melatonin should not be necessary, and your body clock will have adapted to the new schedule.

Note: When coming off of night-shift work, it is important to wear sunglasses and avoid any bright light while going home. You should go to sleep as soon as possible after leaving work.

### Returning to a Day-Shift Schedule

On the day your night shift ends, continue to wear sunglasses and avoid bright light in the morning hours. Do not take melatonin in the morning. Use your goLITE for 30 minutes at about midday. On the first day, you may take an afternoon nap if you are having trouble staying awake. Go to bed at your normal evening bedtime.

You may wish to use time-release melatonin in the early evening (about 7:00 p.m.) to accelerate your body clock to a normal schedule. You may want to wait a few hours after waking in the afternoon or evening before taking melatonin, as it may cause drowsiness. This routine should need to be repeated once only or twice before you achieve a normal sleep/wake schedule.

After the first day, you should use the goLITE each morning as needed for approximately 15–30 minutes.

For more detailed information about using your goLITE to help adapt to shift work schedules, visit [www.ApolloHealth.com](http://www.ApolloHealth.com).

## Jet Lag

Rapidly traveling across several time zones creates disharmony between your internal body clock and the new external time. This not only causes problems with sleeping, but influences mood and energy as well. Because specialized light is effective for shifting circadian rhythms, your goLITE can quickly adjust your rhythm to the new time zone. The best strategy for combating jet lag is to shift your body clock a day or two before leaving.

## Traveling East

Use morning light two to three days before leaving. The number of time zones traveled corresponds to the hours needed to shift. On the first day, wake up an hour early and use the goLITE for 30–45 minutes. This will shift your body clock up to three time zones. The next day(s) you need to awaken a couple of hours earlier and repeat this process. Taking time-released melatonin in the early evening or late afternoon can also help accelerate this shift. You should adjust your sleep schedules each day. Upon arrival, wear sunglasses to avoid any sunlight before 10:00 a.m. When returning, use bright evening light for a few nights and avoid any morning light.

## Traveling West

Use evening bright light for 30–40 minutes a few days before leaving, and use the goLITE a couple of hours later each successive day. Each day you use the goLITE, you shift your internal time up to three hours, and you can increase this shift up to six hours per day by taking melatonin in the morning. When returning home, avoid any bright afternoon and evening light while receiving bright morning light for a few days.

## Frequently Asked Questions

### Do I have to take off my glasses when I use the goLITE?

No. This specialized type of light is designed to work with or without glasses.

### Are there any major side effects?

The goLITE Pro is safe when used according to recommendations. There have been some reports of temporary headaches or nausea. This is usually resolved by sitting further away from the unit.

### Can I get sunburn from using the goLITE?

No. While typical fluorescent bulbs produce small amounts of UV light, BLUEWAVE Technology eliminates all UV light that is responsible for sunburns.

### I've heard that light can be dangerous. Can the goLITE damage my eyes?

The goLITE emits safe levels of blue light, according to current standards. In fact, your goLITE emits less blue light than other traditional forms of bright light therapy like full-spectrum, 10,000 lux white fluorescent light. However, if you suffer from an eye disease or have a history of eye disease in your family, you should consult your ophthalmologist before using your goLITE. Also, if you are experiencing any temporary eye problems, wait until the problems are resolved before using the goLITE.

When used as directed, all Apollo light products are free from ultraviolet light risk to the eye and produce a safe, diffused field of light. Apollo's lights have been tested for ocular safety and have been used in dozens of government and clinical studies.

As with any bright light source, you should not stare directly into the light. The beneficial reaction

happens when the melanopsin photoreceptors in the eye are stimulated. Since these photoreceptors lie in the periphery of the eye, you will get a much better outcome if you position the goLITE P1 at a slight angle to your face.

### Should I use the goLITE every day?

You should use the goLITE daily, especially during the winter months. Many people find that they don't need the light during the summer. Others use it year-round because they spend most of their time indoors and don't typically get the right kind of light signals to regulate circadian rhythms properly.

### Can the light cause harm to children or pets?

No. The lights are safe around children and pets. The lights will actually draw many pets to sit by it.

### Can I use the goLITE more than once a day?

For most people, it is sufficient to use the goLITE once a day. Keep in mind that using the goLITE too late in the evening may adversely affect your sleep.

### How long do the LEDs last?

Under normal usage, the LEDs are rated for 10,000 hours of use, which at 30 minutes per day all year round equals over 50 years of life.

### What if one or more LEDs stop working prematurely?

In the unlikely event that one or two LEDs fail prematurely, the effectiveness of your goLITE will not be diminished. You can continue to use your goLITE normally. However, if several LEDs stop functioning, you should probably have your goLITE repaired to ensure that you are receiving the correct treatment dosage. For more information, refer to your goLITE warranty card.

## Service and Repair

We don't expect you to have any problems with your goLITE, but occasionally issues may arise.

- Repair Information and Troubleshooting

For technical questions and troubleshooting, please visit [www.ApolloHealth.com](http://www.ApolloHealth.com).

- Returning Your Light

Before returning your goLITE for servicing, you must first obtain a return authorization number. You can obtain this number at [www.ApolloHealth.com](http://www.ApolloHealth.com), or contact our Service Department by calling the telephone number located on the back of this manual.

# APOLLO<sup>®</sup>

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PORTABLE LIGHT THERAPY

