

# *The YumaLite User Guide*



The *YumaLite* applies LED light to the eyes when natural light is lacking. We include suggestions on how to use the *YumaLite* in this guide.

### *Recommendations Before You Begin*

- Those who are most successful in achieving their wellness goals have also made other healthy lifestyle choices. Changes to consider are: improving diet, reducing stress, improving elimination, emotional healing, getting moderate exercise, and avoiding environmental toxins such as heavy metals, molds, chemicals and GMO products.

### *Additional Tips*

- Please refer to the product manuals for complete instructions, including cautions for each unit. The most up-to-date manuals for your SOTA Units are always available for viewing or download at our website.
- The following guide on the use of the YumaLite has been developed based on our personal experience and feedback from others.
- The following are suggestions only—you may decide to use more or less than is suggested.

### *LED Light to the Eyes Using the YumaLite®*

When **exposure to sunlight** is limited, wear the YumaLite visor while you go about your morning routine. Light in the morning helps our body wake up and function normally. Be sure to adjust the visor for proper fit and position the visor so the light angles toward your eyes in the same way as sunlight. Feel free to use your YumaLite again during the afternoon. Some people find a second exposure of light helps them get through the day. We do not recommend using YumaLite in the evening as this is when you want your body to prepare for sleep.

To **balance your exposure to blue light**, wear the YumaLite visor using the Red light morning, afternoon or early evening. If you are more sensitive and find the Red light wakes you up – then use it in the morning or early afternoon.

The YumaLite offers two options:

1. **Timer Option:** This setting provides automatic timing for a 20-minute session of White or Red LED light. The unit shuts off at the end of the session.
2. **Manual Option:** Choose either White or Red LED light.

Basic Wellness Program:

- When first using the YumaLite, it is best to gradually build up the amount of time used daily. Start slowly with 10 minutes in the morning and gradually increase the time each morning until you are using the YumaLite for 30 minutes, for a minimum of 7 days. Feel free to do another session in the afternoon. You can use the YumaLite for up to 90 minutes a day.
- When used as part of a wellness program, consistent daily use is more important for results than using occasionally.
- When exposure to sunshine is limited:
  - Use either the White or Red LED light. We suggest starting with the White light. You can use the Red light if you find you prefer it, or if the White light is not helping.

