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## WELCOME TO SOTA

Thank you for allowing us to be a part of your Wellness Team.

The YumaLite is a consumer product designed to be used as part of a Wellness Lifestyle. A commitment to healthy lifestyle choices is an important factor in the journey to Wellness.

The SOTA YumaLite uses White and Red LED light to balance the effects of both decreased exposure to natural sunlight as well as the overexposure to blue light from modern technologies. The LED light works with your body's rhythms, for greater energy, general health and well-being.

The YumaLite is designed to be used independently, but can also be used together with any of the SOTA Products.

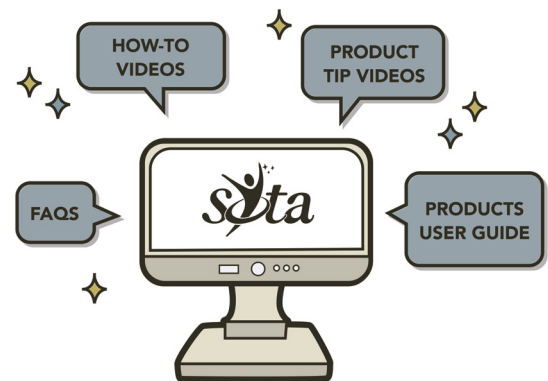
With proper care, your YumaLite should provide you many years of trouble-free use. Please understand that results will vary.

## BEFORE USING

Please read this manual thoroughly before using your YumaLite. This is the most up-to-date manual.

Please note information in this manual is subject to change.

For the most up-to-date manual, please visit our website [www.sota.com/manuals](http://www.sota.com/manuals).



## LEARN MORE

To learn more about the YumaLite we invite you to visit the SOTA website:

**[www.sota.com](http://www.sota.com)**

The website offers How-to Videos, Frequently Asked Questions, *The SOTA Products User Guide*, SOTA News ... and more.

## COMPLETE UNIT INCLUDES

- One (1) YumaLite Unit
- Three (3) AAA Alkaline Batteries
- One (1) Carrying Bag
- One (1) Product Manual

## DO NOT USE

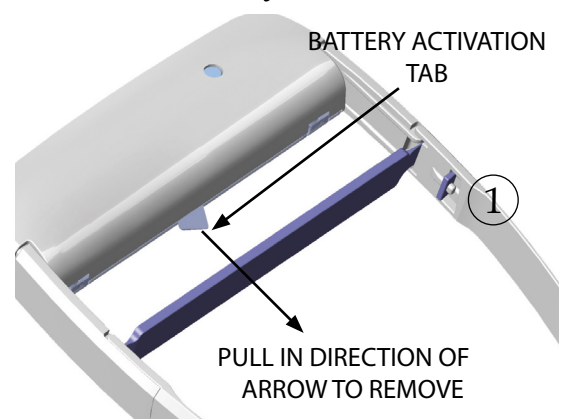
1. Do not use while performing high-impact activities.
2. As with all electrical products do not use near water, when driving a car or when operating heavy equipment.

## CAUTIONS

1. If you experience any headaches, irritability or discomfort in your eyes while using the unit, decrease your treatment time and frequency. If this doesn't help, try the Red light. If the headaches, irritability or discomfort in your eyes continues, discontinue use.
2. Consult your health care provider prior to using if you:
  - a. Are pregnant.
  - b. Are taking any prescription medication.
  - c. Suffer from headaches.
  - d. Have been diagnosed with any psychiatric, psychological or other medical condition, including depression, bipolar disorder or epilepsy.
  - e. Have ever had a seizure.
  - f. Have any eye condition or eye strain.
  - g. Are on light-sensitive medications.
3. When using heat-producing or heat-sensitive ointments, lotions or medications near the eyes.
4. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology. SOTA assumes no responsibility for any direct or indirect loss or damage believed to arise from using the SOTA Products.

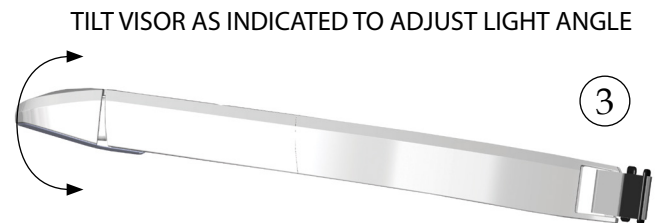
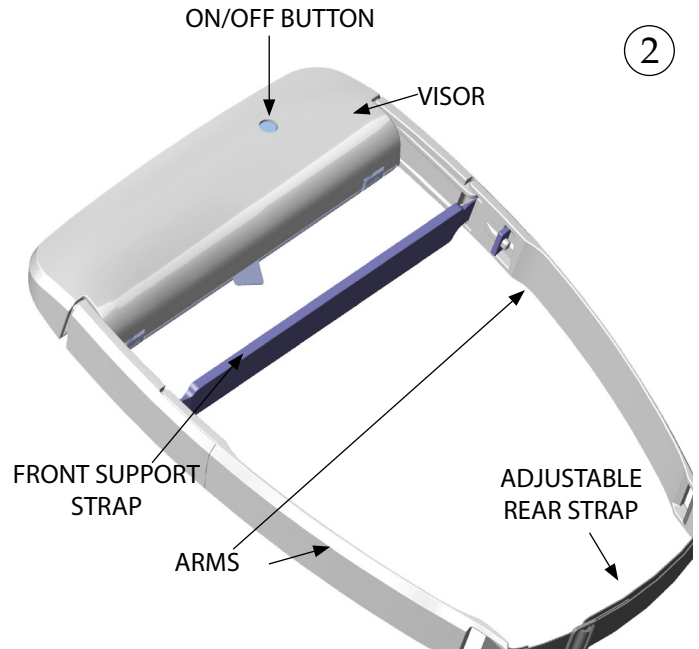
## HOW TO ACTIVATE THE BATTERIES

1. Position with the visor away from you with the LED lights facing down.
2. Pull battery activation tab as indicated in image 1 and remove to activate batteries.



## HOW TO USE THE YUMALITE

1. Position the visor away from you, with the LEDs facing down.
2. Carefully grasp the sides of the unit and gently slide the unit onto your head until the front support strap contacts your forehead and the arms rest above your ears.
  - a. Ensure that the arms are not resting on your ears or glasses. The unit should comfortably rest on your head above the ears.
3. Test for stability by gently moving your head up and down and from side to side. If necessary, adjust the rear strap until the unit sits comfortably, yet securely.
  - a. Tighten or loosen the rear strap as required by sliding the buckle to the right or left as necessary. See image 2.
4. Turn the unit ON by pressing the ON/OFF button.
5. The unit will automatically start with the White light ON. To use the Red Light, press the ON/OFF button a second time.
6. Adjustment of the light can be made in 2 ways:
  - a. By moving the front support strap up or down on the forehead or
  - b. By tilting the angle of the visor as shown in image 3.
7. To turn the unit OFF, press the ON/OFF button.
  - a. If you are using the White light, you will need to press the ON/OFF button twice in order to turn the unit OFF. When the unit is OFF, you should see no visible light coming from the device.





## Notes:

**Color:** Choosing to use White or Red light is a personal preference - both are just as effective at balancing the low energy and low spirits associated with decreased exposure to natural light.

When used to balance overexposure to blue light, Red light is used.

**Arms:** Do not bend the arms of your unit beyond reasonable extension.

**Storage:** Always store your unit in the carrying bag provided and box, if possible. Do not allow your unit to come in contact with water, extreme heat or moisture.

**Cleaning:** To clean your unit, use a slightly damp cotton cloth to wipe the unit and if necessary wipe with a diluted, water based cleaner. Do not use harsh solvents, cleaners or abrasive material of any kind. Do not submerge the unit in water.

## HOW IT SHOULD FEEL

Most individuals will not feel any sensation while using the YumaLite.

## TYPICAL USE

**Length of Session:** Build up time gradually. It is best to start slowly. Start with 10 minutes a day. Increase gradually to a minimum of 30 minutes each day.

Limit your use to a maximum of 90 minutes per day.

**Length of Use:** The unit should be used daily for a minimum of 7 days or longer. After the benefits have been achieved, simply use the unit as needed.

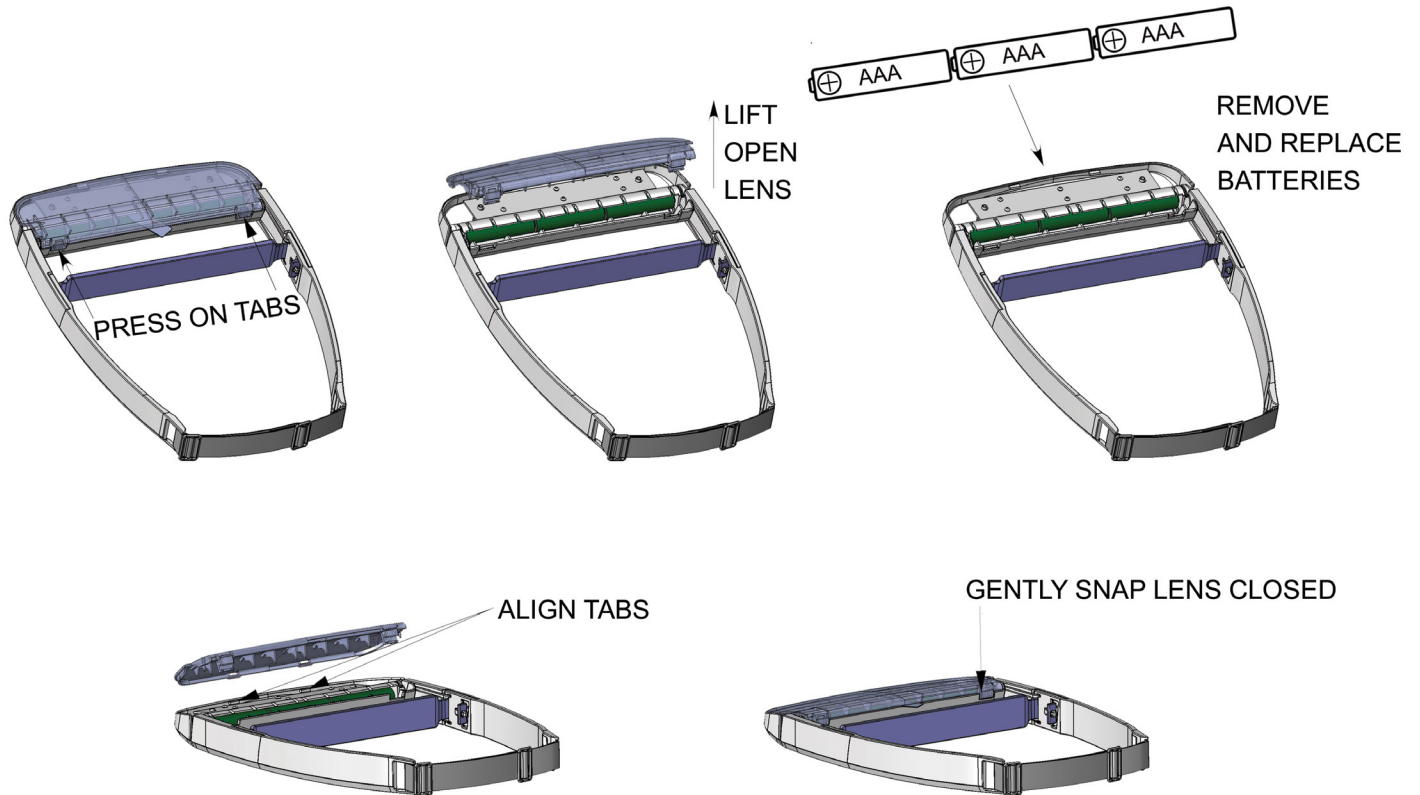
**When to Use:** When used to help balance limited exposure to natural sunlight, use in the morning to help the body wake up and function normally. If required, add a second session in the afternoon.

When used to balance exposure to blue light, use in the morning, afternoon or early evening. If the Red light is too stimulating, limit usage to morning and afternoon.

## REPLACING THE BATTERIES

1. To change the batteries in your YumaLite, refer to the directions and image on page 6:
  - a. Position with the visor away from you with the LED lights facing up.
  - b. Apply an even, inward pressure on the 2 tabs located on the lens.
  - c. Lift the lens off and set aside.
  - d. Remove the 3 AAA batteries.

- e. Insert the new batteries, one at a time, from left to right, ensuring the positive and negative ends are facing in the correct direction, as indicated in the battery compartment. Be cautious when positioning batteries not to pull on battery compartment.



- f. Align the front of the lens with the tabs at the front of the visor.  
 g. Press the lens down until it “snaps” into place.  
 h. Press the ON/OFF button to ensure the lights illuminate.

## ELECTRICAL SPECIFICATIONS

### POWER REQUIREMENTS

Use three (3) AAA batteries.

Note: Alkaline batteries are recommended for best operation.

### OPTIONAL POWER INPUT

The YumaLite can also be operated using rechargeable batteries.

### OUTPUT SPECIFICATIONS

**White LEDs:** The White LEDs emit a light intensity of 800 lux\* per LED. In addition,



each White LED has a light output of 10 mW\*\*, for a total output of 30 mW.

**Red LEDs:** The Red LEDs emit a light intensity of 194 lux\* per LED. In addition, each Red LED has a light output of 3 mW\*\*, for a total output of 9 mW.

\*Lux measured using an EXTECH 40127.

\*\*Light output measured using a Newport Optical 1830-C Light Meter.

## TROUBLESHOOTING

A Troubleshooting Guide for the YumaLite is available at [www.sota.com/manuals](http://www.sota.com/manuals). This Guide is a great tool to check if you are experiencing any issues with your unit.

## COUNTRIES THAT PARTICIPATE IN MANUFACTURING

The manufacturing of the YumaLite is a global collaboration. We do not know all the countries that participated in the making of the YumaLite, as SOTA purchased the assets of the original YumaLite Company including their remaining inventory. We do know the following countries participated in the making of the YumaLite (listed in alphabetical order): **Canada and China.**

## WARRANTY

The YumaLite Model YL1 is covered by a six (6) month limited warranty. Please keep proof of purchase. Warranty is void if the failure is due to abuse or negligence. SOTA reserves the right to make changes to the YumaLite without obligation.

## REPAIRS

Please contact your supplier for return instructions. For information about your closest repair depot, contact [repairs@sota.com](mailto:repairs@sota.com) or call Toll-Free: 1.800.224.0242 (Canada & USA) or 1.250.770.2023.

Made in China. Designed and Engineered in Canada.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •