

fara

by TU0

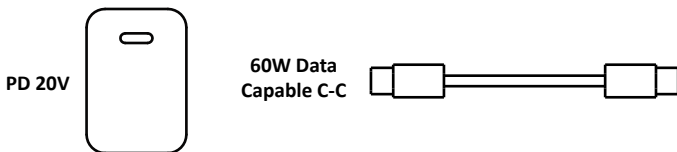
User Manual



TU0

Getting Started: Power Requirements

A USB Type-C power adapter and a USB Type-C to C cable is required for this product. It is recommended to use minimum 30W power adapters and 60W rated USB-C cables for the TUO lamp as these adapters are typically rated to the required 20V PD (Power Detection) to operate the lamp. The 60W rated cable is also designed for 20V load as required to power the lamp.



CAUTION: Not all USB-C power adapters and Type C-C cables will work with this product. Most phone and tablet power adapters are only rated to 9V/15V MAX, that is not enough to power this device. Most phone and tablet USB cables are also only rated to 12V or 15V. USB Type-A to C cables will not work with this device.

When using a USB typ C adapter, look for a “PD 20V” rating. Most laptop USB-C power supplies should be rated to 20V. For further information on adapters and cables, refer to TUO’s website: www.tuolife.com.

FCC WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

The light source contained in this luminaire shall only be replaced by the manufacturer or his service agent or a similar qualified person.

Getting Started: Manual & App Control

TUO's lamp has been designed to be App connected with iOS and Android, or can be operated offline manually.

Download the App

Scan the QR code on the right or proceed to the App Store or Google Play and download “**TUO LIFE**” App.
(App is optional and not required to operate this device.)



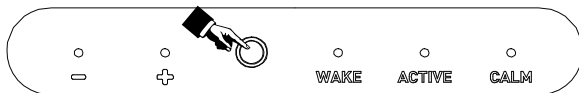
iOS



Android

Connecting to the App

Power ON by touching “O” button on the lamp; light should turn on.

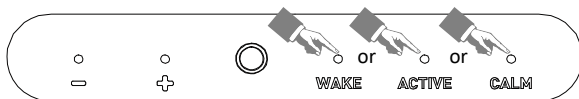


Touch and hold “-” and “+” buttons on the lamp for 3 seconds, lamp should turn purple. Once purple, the lamp is in provisioning mode. Follow the steps in the App to add device.



Changing Mode

Modes can be changed by touching the “wake”, “active”, or “calm” buttons on the device. See “Recommended Use” for modes. This function can also be performed within the “room” screen on the App. Custom Color mode is only available on the App.



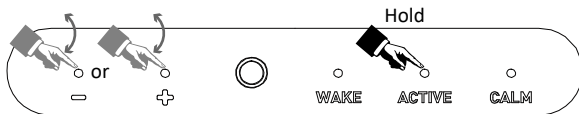
Changing Brightness

Brightness can be changed by tapping “-” or “+” buttons to decrease or increase light output on the device. This function can also be performed within the room screen on the App.



Changing CCT (Correlated Color Temperature)

CCT can be changed within any given mode (**wake/active/calm**) by touching and holding on the mode; then by tapping “-” or “+” to increase or decrease CCT. This function can also be performed within the room screen on the App. **See “Recommended Use”.**



CCT refers to the color temperature of the light. 2300K (min) is “warmer/softer” and will have a more reddish appearance; 5000K (max) is “cooler/brighter” and will have a bluish appearance.

Introduction to CIL (Circadian Influence Level)

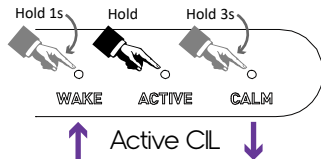
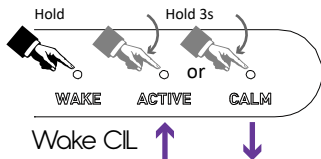
TUO's patented technology replicates the range of colors found in an early morning sunrise. TUO's Wake and Active modes modulate violet and orange wavelengths (short and long-wavelength visible light) to create what appears as a visually 'white' light. The patented modulation technology stimulates photoentrainment by sending robust signals to the circadian timekeeper, the suprachiasmatic nucleus (SCN). The degree of modulation is referred to as the Circadian Impact Level (CIL).

Unlike traditional lighting solutions, the circadian entrainment impact of TUO's Wake mode is **not dependent on color temperature or brightness**—CIL alone determines the effectiveness of circadian stimulation.

TUO allows the user to adjust the CIL to match the preferred comfort and stimulation levels in Wake & Active mode. A lower CIL will have a lower modulation factor and is recommended for users that are sensitive to the higher CIL settings. **Lower CIL values require a slightly longer duration of use to match the impact of higher CIL settings.**

Changing "CIL" in Wake & Active Modes

CIL can be changed by touching and holding "Wake" mode, then hold "Active" for 3s to increase CIL or hold "Calm" for 1s to decrease CIL. Similarly, CIL can be adjusted in Active mode by holding "Active" then "Wake" for 3s to increase, "Calm" for 3s to decrease. CIL can also be set in the room screen on the App (look for Circadian Impact Level below mode in Room screen).



Recommended Use

Wake

Wake mode is preset as the most stimulating mode in the TUO arsenal. Use wake mode after waking for 15-30 minutes, or more if required for delayed rhythms and sleep therapy. Wake mode can also be used for S.A.D. therapy sessions and where extreme focus is required such work, sports, and studying.

Active

Active mode is preset as less stimulating than wake mode, but is designed to keep the user entrained throughout the day without overdriving the circadian system for phase shifting. However, CIL can be adjusted to higher levels to maintain higher levels of stimulation throughout the day, though not recommended if exposure to Active mode is limited to the morning or afternoon only.

Calm

Calm mode is designed to be circadian neutral. This mode is non-stimulating to the circadian system under normal operating conditions which allows for the mind to relax and not be stimulated.

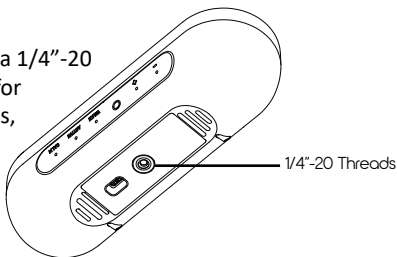
CCT and Modes

CCT refers to the “Color Correlated Temperature” of the light, which is a reference based on the color of Iron at a specific temperature in Kelvin units. The lower the Kelvin number, the more reddish the light will appear; the higher the Kelvin number, the more blueish the light will appear. 2300K will have a reddish hue and 5000K will have a blueish hue.

Each mode (Wake/Active/Calm) is setup so that the CIL is equal across all CCT's within each given mode.

Optional Mounting

Located on the back of the lamp, there is a 1/4"-20 female thread. This is a standard thread for camera mounts. Standard camera mounts, or 1/4"-20 screw or bolt hardware will be suitable for mounting. Mounting accessories will be sold on TUO's website: **www.tuolife.com**.



Questions? Issues? Comments?

Visit **www.thetuolife.com/pages/fara-support** or scan the QR code.

Visit the FAQ's, setup guidelines, and tips pages for assistance. For additional questions or assistance, email us: info@thetuolife.com



NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC's and IC's RF radiation exposure limits set forth for an uncontrolled environment. The antenna(s) used for this transmitter must be installed and operated to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter. Installers must ensure that 20cm separation distance will be maintained between the device and users.

Cet appareil est conforme aux limites d'exposition au rayonnement RF stipulées par la FCC et l'IC pour une utilisation dans un environnement non contrôlé. Les antennes utilisées pour cet émetteur doivent être installées et doivent fonctionner à au moins 20 cm de distance des utilisateurs et ne doivent pas être placées près d'autres antennes ou émetteurs ou fonctionner avec ceux-ci. Les installateurs doivent s'assurer qu'une distance de 20 cm sépare l'appareil des utilisateurs.



Conforms to UL STD 153
Certified to CSA STD C22.2 #250.4



FCC ID: 2AWG6TUOFARAG1

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRE OPERATION.



RoHS
COMPLIANT



Class 2/Classe 2 | 20V | 0.6A

LED, Non-User Replaceable Light Source

IC: 34653-TUOFARA

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

TUO® LIMITED WARRANTY:

TUO® warrants this device will be free from defects in material and workmanship and will operate for 1 years, based on up to 3 hours average working time per day, 7 days per week, when used as directed. If this device does not conform to the warranty, TUO® will send you, at its election, a replacement device or refund your original price upon receipt of the returned device, register receipt and proof of purchase. To file a warranty claim, please contact info@thetuoilife.com to notify TUO® of the returning of the product, and then return the device to: 230 James Street Bensenville, IL 60106. This limited warranty does not cover devices subject to accident, neglect, abuse, misuse or acts of nature. All TUO® products must be used in accordance with their instructions. Any improper or abnormal use voids all warranty. In case of defective material or workmanship, TUO® shall at its sole and absolute option, repair or replace the product. THE LIMITED WARRANTY AND REMEDY HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. REPLACEMENT OR REFUND IS YOUR SOLE REMEDY. THIS WARRANTY SHALL EXCLUDE ANY OTHER WARRANTY OR REMEDIES. TUO® NEITHER ASSUMES NOR AUTHORIZES ANY OTHER PERSON TO ASSUME FOR IT ANY OTHER OBLIGATIONS OR LIABILITY OR TO GRANT ANY ADDITIONAL WARRANTY. BUYER SHALL NOT BE ENTITLED TO RECOVER FROM TUO®, ITS DIRECTORS, OFFICERS, EMPLOYEES, AFFILIATES, AGENTS, CONTRACTORS, OR PRINCIPALS ANY DIRECT, INDIRECT, INCIDENTAL, PUNITIVE, SPECIAL, OR CONSEQUENTIAL DAMAGES, OR DAMAGES TO PROPERTY, DAMAGES FOR LOSS OF USE, LOSS OF TIME, LOSS OF PROFITS OR INCOME OR ANY OTHER INCIDENTAL DAMAGES ARISING FROM BUYER'S USE OF ANY PRODUCTS OR FOR ANY OTHER CLAIM RELATED IN ANY WAY TO BUYER'S USE OR RESALE OF THE SERVICES OR PRODUCTS INCLUDING, BUT NOT LIMITED TO BUYER'S RELIANCE UPON OR ANY ERRORS OR OMISSIONS IN ANY CONTENT OR COMMUNICATION. VENDOR'S MAXIMUM LIABILITY ON ANY CLAIM OF ANY KIND WHICH ARISES FOR ANY REASON FOR ANY LOSS OR DAMAGES ARISING AS A RESULT OF ANY PRODUCTS, INFORMATION, COMMUNICATION OR SERVICES FURNISHED HEREUNDER SHALL NOT EXCEED THE PRICE OF THE PRODUCT WHICH GIVE RISE TO THE CLAIM. BECAUSE SOME STATES OR JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR THE LIMITATION OF LIABILITY FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES, IN SUCH STATES OR JURISDICTIONS, TUO® LIABILITY SHALL BE LIMITED TO THE EXTENT PERMITTED BY LAW. Some states and provinces do not allow exclusion of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state and province to province.