SKYVIEW™

Better light, better life

SKYVIEW 2

USER GUIDE

Be your absolute best with SKYVIEW™

Humans are light seekers — we crave natural light because it's essential to our health.

The master clock in our brain — also known as our "circadian cycle" — relies on the rhythm of outdoor light to reset each day. This clock coordinates millions of precisely timed tasks that our bodies need to thrive.

SKYVIEW™ brings the brilliance of natural light indoors so you can improve your focus and enhance your performance while creating happier days and sleepier nights.

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What to Expect

You can set up your SKYVIEW 2 in a matter of minutes.

SKYVIEW™ emits a combination of sun and sky spectrum that brings the brilliance of natural light indoors, designed to aid you on your wellness journey.

How it Works:

After setting up your sleep and wake schedule in the app, your SKYVIEW 2 light will use your schedule to balance your circadian rhythm and help optimize your mind and body.

Your SKYVIEW 2 will cycle through four modes:

Gentle Sunrise

Your twilight light gently brings you into your day, to start fresh and renewed

Productive Daytime

Your radiant sky blue light encourages a positive mood, improved focus and alertness

Brilliant Sunset

Your sunset light transitions your mind and body to evening in a brilliant sunset glow

Comforting Nighttime

Your warm amber light prepares you for your next day with a comforting ambiance

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Health & Well-Being

There's so much more to outdoor light than color. SKYVIEW was developed by former NASA engineers and researchers to create happier, healthier days and sleepier nights.

Note: Humans have a subset of retinal ganglion cells that project to different regions of the brain, including the suprachiasmatic nucleus (SCN) and the perihabenular necleus (pHb). These cells help drive proper daytime function such as improved alertness, cognition and mental wellbeing, as well as strengthen circadian rhythms. Light in the sky blue spectrum has been shown to:

Improve Focus

Enhance Alertness

Elevate Mood

Optimize Sleep

Recommendations for Placement and Use

Get started with SKYVIEW — light as we're meant to experience it.

SKYVIEW 2 is designed to provide benefits in the room where you spend most of your time. For the best effects, SKYVIEW 2 should be positioned at a standard distance from your face, similar to most table lamps. A distance of 3 feet or 0.9 meters from your face on a workstation or nearby table is recommended.

This placement will provide light levels to meet common recommendations for daytime, evening, and nighttime light exposure to best support physiology, sleep, and wakefulness.

Additional benefits can be had from placing SKYVIEW on a nightstand in your bedroom. The Sunrise provided by SKYVIEW will aid in boosting your morning awakening response.

SKYVIEW should be used as much as possible on a daily, 24-hour basis to realize the maximum benefits.

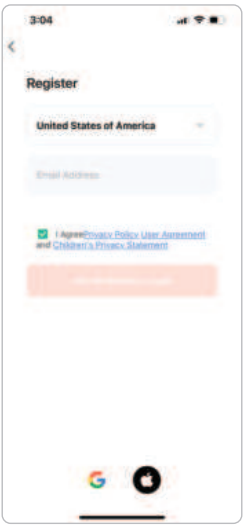
STEP 1 Download App

Download the SKYVIEW app from the App Store (Apple devices) or Google Play Store (Android devices).

DOWNLOAD APP

STEP 2 Open App and Register Your Account

Register an account with an email address or mobile phone number.



IMPORTANT: *The* ***State/Region*** *field value is automatically specified based on your location and can also be manually changed. However, after the account is registered, this field value cannot be changed.*

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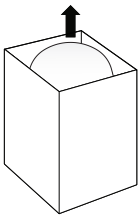
STEP 3 Assemble SKYVIEW and Plug-In

Before you get started, make sure that you have downloaded and installed the SKYVIEW app on your mobile phone.

1



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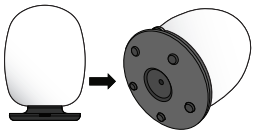

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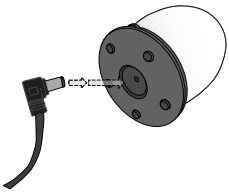

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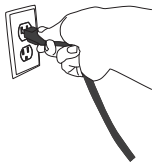

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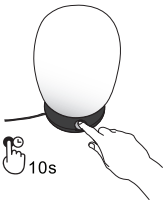

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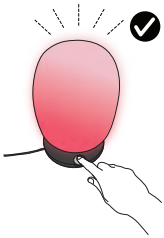


Insert AC plug of power supply unit into a wall outlet with a voltage between 100V and 240V. (Standard US residential voltage is 120V).

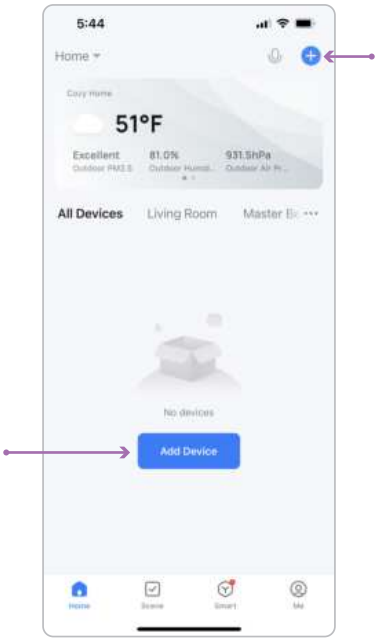
Your SKYVIEW lamp should automatically turn on with a flashing red light, signaling that it is in pairing mode.

If not, press and hold the dial button down for 10 seconds, until the SKYVIEW lamp is flashing red.

STEP 4 Pairing SKYVIEW with Your Mobile Device

When the lamp is in pairing mode you will be able to add and connect your mobile device.

Tap **Add Device** or the plus icon **(+)** in the top right corner on the **Home** page to go to the device adding page.



To ***automatically*** **add devices**, the app must be granted Wi-Fi *and* Bluetooth permissions.

When SKYVIEW is in pairing mode, the app should automatically detect the lamp and you should see a device image appear in the app.

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STEP 5 Connecting SKYVIEW to Your Local Network

Once you add the SKYVIEW app, it will ask you to connect SKYVIEW to your local network. If your smartphone device is connected to a Wi-Fi network, it will automatically select that network to use.

IMPORTANT: *You must be connected to a 2.4GHz network otherwise, it will not connect. DO NOT USE 5GHz or "5G" NETWORK.*

a. Select SSID and enter Password and push **Next**

b. When SKYVIEW has been added you can **edit the name** of the SKYVIEW by selecting the edit icon.

c. From the edit screen, you can modify **Name** and assign to a room within your home. When you're done select **Finish** and **Done** to complete the app set-up.

Now your SKYVIEW is connected to the Wi-Fi and will continue to operate on schedule independent of your phone!

Bluetooth Only Setup

You also have the option to not connect to Wi-Fi, and control SKYVIEW via Bluetooth-only. You do this by scrolling down and tapping on the bottom where it says skip and connect over Bluetooth.

Please note, setting up Bluetooth-only operation is not the recommended setting. Using Bluetooth only means that SKYVIEW will not adjust automatically for daylight savings and will not automatically make any software updates. You can only change this setting by 'forgetting' the SKYVIEW device and initiating setup from the beginning.

a. Select SSID and enter Password and push **Next**

b. When SKYVIEW has been added you can **edit the name** of the SKYVIEW by selecting the edit icon.

c. From the edit screen, you can modify **Name** and assign to a room within your home. When you're done select **Finish** and **Done** to complete the app set-up.

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Setting Up Your SKYVIEW Schedule

Schedule Wizard

The first time you use the app it will unlock the schedule wizard.

There are three (3) options for setting up your initial SKYVIEW schedule.

Option 1
Synchronize your SKYVIEW to the local outdoor light schedule.

- *Best for matching indoor sunrise/sunset times with nature*

Option 2:
Synchronize your SKYVIEW to your personal schedule via **quick setup**.

- *Best for quick setup when matching with your sleep/wakening schedule*

Option 3
Synchronize your SKYVIEW to your personal schedule via a **detailed setup**.

- *Recommended for shiftwork, weekend sleep-ins and flexible schedules that change during the week*

Home Screen Overview

The home screen tells you the current time and date, the current light mode of your SKYVIEW, as well as what's coming next in your schedule.

On/Off
This allows you to turn the lamp on or off from the app.

Home
This brings you to the main screen.

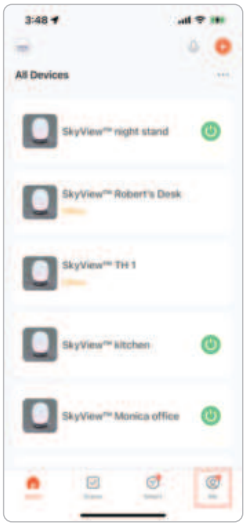
Adjust
This allows you to override the current schedule for a set amount of time.

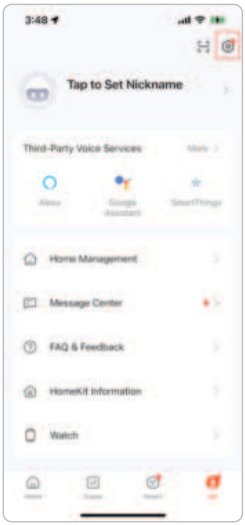
Settings
This allows you to change the schedule or any of the light scenes.

Setting Up Your SKYVIEW Schedule

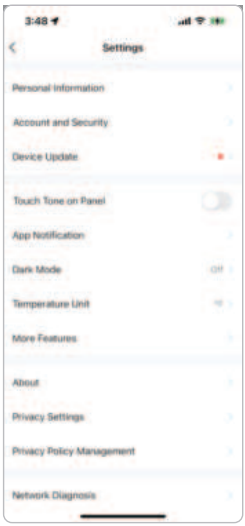
Account Changes

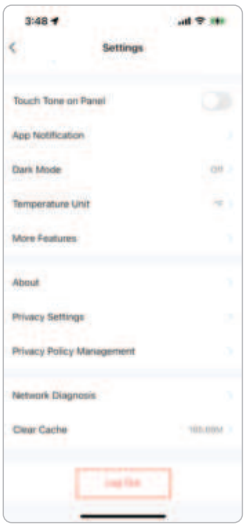
You can change accounts by going to the home screen. From here, select "**Me**", then select the settings icon in the upper right corner.





From the settings menu, scroll down to the bottom, where you'll find **Log out**. After you log out, you'll be redirected to log-in screen.





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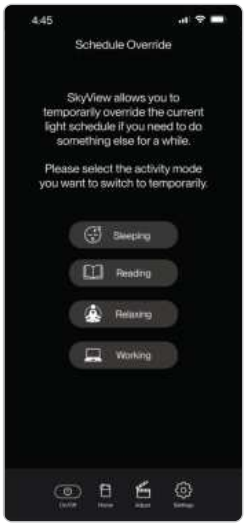
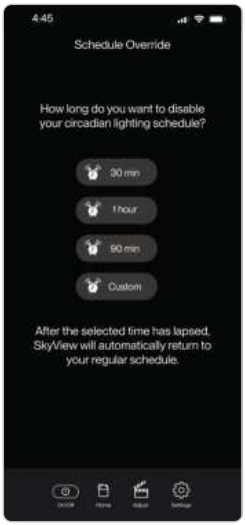
Override Your Schedule with Quick Modes

Within the app, you can override the established wellness lighting schedule. Simply tap the Adjust icon on the navigation bar, located at the bottom of the app screen.

- **Sleeping mode:** This mode will provide a red night light suitable for moving through your space without disrupting your circadian rhythm.
- **Reading mode:** Reading mode is a crisp white light designed to give you a little more comfort when reading.
- **Relaxing mode:** This mode will provide a calm warm colored light for decompressing and setting a calming ambiance.
- **Working mode:** This mode brings the daytime working mode back to give you that boost to need at the end of the day.





Once the selected time has elapsed, it will return to the established lighting schedule.

Change Your Weekly Schedule and Adjust Settings

In the app, you can change the settings you've made to the schedule and add or delete the auto-on and auto-off functions of the lamp. You can navigate to the settings window by tapping on the settings button from the bottom ribbon.

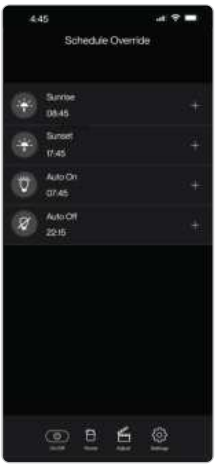
Once in the settings window, you have three basic functions you do:

1. Re-do the schedule wizard

2. Edit the schedule

3. Edit light

In order to edit the schedule, tap the "Edit Schedule" button. Here you'll be able to adjust the timing of the sunrise, sunset, night, auto-on and auto-off.



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Updating Your Sunrise/Sunset Settings

You can edit the start time and duration of both the sunrise and sunset by scrolling the start time clock and duration slider. Duration can be as short as 5 minutes and as long as 60 minutes. 30 minutes is the default.

Sunsets have an additional option to choose from: half sunset or full sunset.

Full Sunset - This is the most similar to natural sunset. Full sunset showcases a setting sun, followed by skyglow, then after 1 second of complete darkness, it transitions to evening mode.

Half Sunset - Provides a setting sun, followed by skyglow, and directly transitions to evening mode. Half sunset foregoes the complete darkness portion of the sunset and fades directly into evening mode as soon as the sun sets.

Add or Remove Auto-on and Auto-off Events

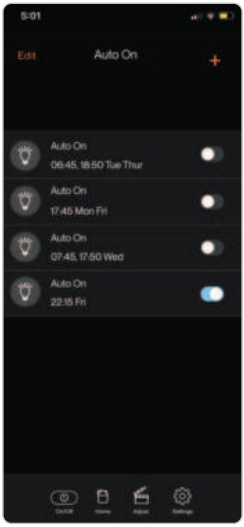
You can add and remove auto-on and auto-off events to automatically turn your SKYVIEW on or off. Key examples of this feature:

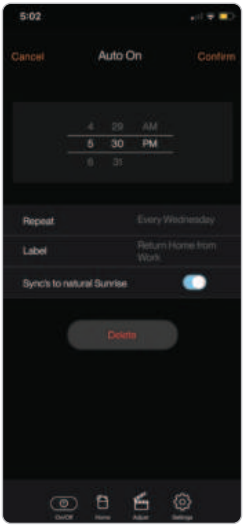
Sleeping in on weekends? you can remove the auto-on feature on these days.

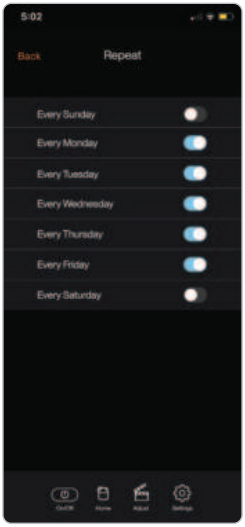
Leave the house at 7am? You can program your lamp to always turn off at 7am.

Come back at 6pm? You can program your lamp to come back on when you arrive.

You can add and remove auto-on and auto-off events to automatically turn your SKYVIEW on or off. Key examples of this feature:







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How to Change Brightness and Color

You can edit the light's brightness by selecting the **Edit Light** button. Here you can edit daytime mode, evening mode and night mode.

Daytime Edit: Default daytime mode is full brightness and blue skies. However, you can configure your day mode to have less blue sky and/or less brightness, if you like.

Evening Edit: Evening mode default is a calming amber. However, you can configure to be brighter white or an even more circadian friendly red light. You can also adjust the brightness.

Night Edit: Night mode is a circadian friendly red light. However, you can configure it to be more amber color.

How to Manually Adjust Your SKYVIEW

SKYVIEW can be operated without being connected to any schedule. The SKYVIEW Dial can be used to turn the lamp on, off or dim it. You can also switch scenes between daytime and nighttime modes.

On / Off (Manual)
Pushing down on the dial and releasing it will toggle between on and off.

Dim Operation (Manual)
Turning the dial will dim or brighten your SKYVIEW.

Daytime / Nighttime Operation (Manual)
Pushing down on the dial and holding it for 4 seconds will switch the lamp from day mode to night mode.

Pairing Mode (Manual)
Pushing down on the dial and holding it for 10 seconds will put SKYVIEW into pairing mode. When SKYVIEW is in pairing mode it will flash with red light until the app on your mobile phone or a new device is detected.

Customer Support

Visit us online at www.skyviewlight.com, or you can reach our technical support team Monday through Friday, 7:00 am to 5:00 pm Pacific time, at skyview-tech-support@bioslighting.com

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Statement

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.
(2)This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCCRules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipmentgenerates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmfulinterference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If thisequipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, theuser 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 should be installed and operated with a minimum distance of 20 cm between the radiator and your body

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.

This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body

Le présent appareil est conforme aux CNR d'Industrie Canada applicables auxappareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter toutbrouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre lefonctionnement.

Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps

Better light, better life

SKYVIEW™

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Patents: https://bioslighting.com/patents/

ICES-005(A)

bios

Designed by: BIOS Lighting, 2355 Camino Vida Roble, Carlsbad, CA, 92011 United States

Country of Origin: China

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