

# retimer

Congratulations on buying your retimer 3. This is the third version of our product.

Please read this manual carefully before using the product. This manual explains how to set up and use your retimer 3. For further information please visit [www.re-timer.com](http://www.re-timer.com). Please read all warnings and cautions before you use your device.

2938.7002

Definition of symbols

ce

aS O@ bt Pee E

European Declaration of Conformity

Manufacturer:

SMR Automotive Australia Pty Ltd. 18

Sherriffs Road, Lonsdale, South Australia

516

Date of Manufacture

Serial Number

General WarningSign

Recycling symbol. Symbol in compliance with EU Directive 2002/96/EC on waste electrical and electronic equipment (WEEE) indicating the use of separate collection and recycling methods when disposing of this product.

Refer to Instruction Manual

Temperature Limit

Humidity Limit

## **How light affects our body clock and energy levels**

Our body clock influences the timing of all our bodily rhythms: our sleeping and waking patterns, alertness, performance levels and metabolism. These rhythms vary regularly (up and down) over a 24-hour cycle, and are influenced by light. To time these rhythms, photoreceptors in our eyes detect bright light. This is why the retimer focuses light on your eyes.

Often, however, we do not receive the daily bright light we need to maintain a well-timed body clock and natural energy levels. This can be due to our lifestyle, flying across time zones, working odd hours, working indoors, seeing too little sun during the long winter months, or deliberately avoiding the sun because of concern over UV rays. Indoor lighting is usually not sufficient to time our body clocks. The retimer was created to provide a portable and 100% UV-free light source.

## **Setting up your device**

### **Charging the battery:**

Please charge the battery before first use and follow these steps to charge your device:

1) Plug the charging cable into the USB-C port of your retimer 3 (Diagram 1, a).

2) Plug the opposite end of the charging cable into either your computer's USB port or a USB wall adapter (notsupplied).

As the battery charges, the LED Charge Indication Light will light up on the display (Diagram 1, b).  
When the battery is full, the LED will stop glowing.

If the battery is completely empty, it will take up to 2 hours to charge.

When the battery is fully charged, it contains enough power to provide up to 4 hours of battery life. When your retimer 3 is low on battery power, the Status Light will illuminate red (Diagram 2, c).

Note: The device will not operate whilst it is charging.

Should you misplace the USB cable supplied with the retimer 3 please obtain a USB2 AM-CM type cable.

Diagram |: Port for charging cable and indicator light

### **Turning the retimer 3 on:**

Before you place the retimer 3 on your head, turn it on by pressing the control button (Diagram 2, d) once.

You only need to press the button for a moment.

### **Adjusting the retimer 3:**

The fit of the retimer 3 can be adjusted by replacing the nose-piece (Diagram 4, e), three sizes are provided with the device. To remove the nose-piece, pull down and then back on one half to guide the nose-piece over the hook on the device (Diagram 4, f), and then repeat on the other half, to completely remove the nose-piece.

To re-fit the nose-piece, guide one hole of the nose-piece under the hook on the device, and then pull up.

Once you have turned your retimer 3 on, place it on your head. If you wish to wear your reading glasses while you use your device, put your reading glasses on first, then the retimer 3.

If you intend to use reading glasses whilst wearing your retimer 3, ensure the frames of the reading glasses do not obstruct the light.

Diagram 3: Replaceable nose-piece

Note: The light can reduce visibility  
and may therefore represent a hazard.

### **The retimer mobile app:**

The retimer 3 now comes with a mobile app which will help you schedule the usage of the device. You can download and install the retimer app from Apple App Store or Google Play.

Follow the directions on the app to set it up and create the appropriate schedule.

The app can also be used for maintaining your sleep diary, either by manually logging the Diary, or if you use some other sleep tracker, by integrating with Apple or Google Health on your retimer app.

### **Activating the Bluetooth:**

Activate the Bluetooth, by pressing the control button (Diagram 2, d) and holding the button down for two seconds. The Status Light will flash blue (Diagram 2, c), until the Bluetooth is connected.

To connect the retimer 3 device to the mobile app, either pair during the app setup, or click on retimer 3 icon on the top left of the app main screen and pair. The light will go off once the pairing is done in the retimer app.

**Turning the retimer 3 off:**

Once you have finished using your retimer 3,  
remove it from your head. Turn it off by pressing  
the control button once (Diagram 2, d).

Note: The retimer 3 will automatically switch off  
after 60 minutes of use.

**When to Use:**

Purpose	How to use		
	Start time	Finish time	Duration ( )
Advance your body clock (Wake up earlier) *	Within 30 from usual wake time	After using 60 mins	6-7 continuous days.
Delay your body clock	Within 120 mins of bedtime	After using 60 mins.	6-7 continuous days.
Manage your shift work	Follow the Advance instructions above to adjust to an early morning shift or Delay instructions to adjust to a late afternoon or night shift.		
Cope with jetlag or frequent flying	'Visit <a href="http://www.re-timer.com">www.re-timer.com</a> to use our travel or frequent flying calculator.		

Use the retimer mobile app to choose your specific  
requirement, sleepy too early / sleep to late / jet lag / shift  
work/ poor sleep / retime your sleep, and provide the

inputs to create your own personalised schedule.

\*Generally, using the retimer 3 for up to 60 minutes in the morning for 6-7 mornings in a row may help you manage your sleep trends. Ensure you use your retimer 3 earlier each morning until you reach your desired wake up time.

\*\*Conversely, using the retimer 3 before bedtime will help move your body clock so that you naturally begin to go to bed later.

Note: Using this product shortly before bed may prevent you falling asleep immediately.

**Storage:**

When you are not using your retimer 3, store it in its case. Avoid leaving the device in a high temperature environment. For your warranty to be valid, the device must be stored in its case to protect against heat, humidity and accidental breakage. The warranty is only valid if the

device is stored in its case when not in use.

**Cleaning:**

Clean your retimer 3 with a dry cloth if necessary but avoid the LEDs.

**Disposal:**

Dispose of this product in accordance with local regulations. Do not put the device or its battery in



unsorted municipal waste (i.e. in your general home or office rubbish bin). Dispose of the device by placing it in the appropriate electronic waste collection systems managed by your local authorities. Your local or national recycling organizations may also have disposal information. Contact us at [www.retimer.com](http://www.retimer.com) if you require further information on recycling.

EU Directive 2002/96/EC on waste electrical

and electronic equipment (WEEE) indicating the use of separate collection and recycling methods when disposing of this product.

4 Recycling symbol. Symbol in compliance with

**Specification:**

Battery: Internal Rechargeable Li-Ion Polymer, 3.7V, 160mAh.

Power consumption: 90mW.

Light source: 4 x 500nm 66mW LEDs.

**Warranty:**

The device is made according to the highest quality standards. The warranty does not cover improper use or negligence. If the label on the inside of the device is removed, the warranty is void. If the device is altered or it is serviced by anyone other than the manufacturer, the warranty will be void.

## Conditions of Use — Cautions:

The retimer 3 contains a rechargeable lithium-ion polymer battery. Do not attempt to remove the battery or expose the battery to high temperatures. Recharge the battery using the USB cable provided.

Do not attempt to service any part of the unit. This could result in electric shock, burns or fire. Stop using this device immediately if the lenses above the light source are cracked or missing. Mains to USB Power Adaptor must be compliant to relevant local standards for Electrical Safety Isolation. Use of a non-compliant power source could result in electric shock, burns or fire.

Keep out of reach of children.

Do not operate this device in temperatures below +5°C / 41°F or above +40°C / 104°F with a relative humidity range of 15% to 93% non-condensing. Batteries can overheat, causing fire or bursting. Dispose of internal battery in accordance with local regulations. Do not use the device whilst battery is charging.

Do not operate this device near any heat sources such as radiators or other heating devices. Keep the unit away from water and damp and use indoors only.

Never use damaged or worn cords; this could result in electric shock, burns, and/or fire. Use of power adapters other than those specified or provided with the device may result in increased electromagnetic emissions.

Caution - Use of controls or adjustments or performance of procedures other than those specified herein may result in hazardous radiation exposure.

Avoid contact between the device and chemicals (such as hairspray).

If heat has deformed the product and/or caused noticeable misalignment of the device, stop using it and contact your retailer for assistance.

If this device is damaged in any way or is not working, it should not be operated and you should contact your retailer for assistance.

## **Conditions of Use — Safety**

### **Instructions:**

Observe these safety instructions to avoid potential hazards that could result in personal injury or damage to your product:

Do not use this product if you have been diagnosed with Manic-depressive psychosis or Bipolar Disorder.

Do not use this product on children younger than 13 years of age.

This device should not be used while

wearing reading or other glasses made of either photochromatic or tinted glass.

Light emitted by this product may interact with photosensitizing medications. These can include antibiotics, antihistamines, chemotherapy drugs, cardiac, diabetic and skin medications, certain diuretics, painkillers, psychiatric drugs and supplements.

This device may also change the effectiveness of some medications. Be sure to review with your doctor all medications you are currently taking before using this product.

Do not use this product in situations where the light might compromise your ability or the ability of others to perform essential tasks such as driving a vehicle or operating machinery.

This product should not be modified. If your product requires fixing, please stop using it and contact your retailer.

The retimer 3 is not a medical device.

We recommended you do not use the retimer 3 if you have or have had any of the following:

» Any eye disease such as, but not limited to, cataracts, glaucoma, retinal disorders (e.g. macular degeneration), or previous eye surgery. Consult an ophthalmologist before using retimer 3 if you have any concerns.

» People with epilepsy or similar photosensitive conditions. The light source of this technology ranges from 115 to 314 hertz.

+ Manic-depressive psychosis or Bipolar Disorder.

Research shows that a small percentage of the population experience side effects when using light therapy. These side effects may include headache, dry mouth, eyestrain, nausea and hyperactivity. These side effects can usually be resolved by simply stopping use of the device.

The information contained in this document is not intended to be used as medical information or as a substitute for your own health professional's advice. As each person is different, the effects of light may vary from individual to individual. As a matter of good practice, we recommend you seek the advice of your health professional before using this device.

## **Disclaimer**

This product should be used strictly in accordance with the instructions in this document. Failure

to do so may result in injury or damage, and will result in your being unable to make a warranty claim should a manufacturing defect arise.

This product may not have received approval or market clearance by relevant governmental regulatory bodies in each country it is available.

You should consider whether this product is suitable for your specific personal needs.

Subject to any rights imposed by applicable law that cannot be limited or excluded:

1) All liability of any kind arising from use of this product is excluded.

2) All guarantees, warranties, terms or conditions implied by applicable law are excluded to the fullest extent legally permitted, without affecting any express warranty against defects that

may be provided in respect of this product.

3) If any implied guarantees, warranties, terms or conditions cannot lawfully be excluded, but limitation of liability is permitted, our liability is limited to, at our option:

a. in relation to goods (including retimer) - the repair or replacement of the damaged product, the supply of an equivalent product or paying the cost of any of those remedies to you; and

b. in relation to services - the supply of the services again or the payment of the cost of having the service supplied again.

4) To the full extent permitted by law, in no circumstances is Re-Time Pty Ltd liable for special, indirect or consequential loss or damage of any kind including any loss of profit or of contract,

even if you advise us of any special circumstances or such loss was reasonably foreseeable.



A copy of this instruction manual can be downloaded  
from our website at: [www.re-timer.com](http://www.re-timer.com)

Instruction Manual Revision Level: A

retimer

© Copyright 2023 Re-Time Pty Ltd

retimer is a trademark of Re-Time Pty Ltd

[www.re-timer.com](http://www.re-timer.com) is property of Re-Time Pty Ltd

Re-Time Pty Ltd

c/- SMR Automotive Australia Pty Limited

18 Sheriffs Rd

Lonsdale SA 5160

AUSTRALIA

[support@re-timer.com](mailto:support@re-timer.com)

2938. 7002