



INSTRUCTIONS FOR SOTA LIGHTWORKS MODEL LW1

CONTENTS

INTRODUCTION 1

COMPLETE UNIT INCLUDES..... 2

OPERATIONAL CAUTIONS 2

GETTING STARTED 2

HAND PADDLE LIGHTS 3

HOW TO USE THE LIGHTWORKS 3

 How it Should Feel 3

 Typical Use..... 4

SUMMARY OF LIGHTS 4

TIMING AND CYCLE OPTIONS..... 4

OUTPUT OF MODES..... 4

CAUTIONS 4

ELECTRICAL SPECIFICATIONS 5

 Power Requirements 5

 Output Power Specifications 5

TROUBLE SHOOTING 5

WARRANTY..... 6

REPAIRS..... 6

INTRODUCTION

Thank you for allowing us to be part of your wellness team. The LightWorks is a consumer product designed to complement a healthy lifestyle.

The unit combines the use of color, frequency and Light Emitting Diode (LED) technology. The unit offers eight settings – a constant output plus seven frequencies. Each side of the Hand Paddle offers a different LED color – Red on one side and Near-Infrared (NIR) on the other.

Please understand that results will vary. Healthy lifestyle choices are also important to promote health.

Please read this manual carefully. We encourage you to become well-informed about the use of LED light and frequencies.

To learn more about the LightWorks we invite you to visit www.sotainstruments.com

The SOTA LightWorks is built to give you many years of trouble-free use.

COMPLETE UNIT INCLUDES

- One (1) LightWorks Base
- One (1) Hand Paddle with LED Lights
- One (1) Hand Paddle Connection Cord
- One (1) Wall Adaptor
- One (1) Carrying Case
- One (1) Product Manual

To replace accessories, please contact your supplier.

OPERATIONAL CAUTIONS

As with all electrical products do not use:

- a. Near water
- b. When driving a car

To clean the clear plastic covers over the LED lights on the Hand Paddle, use a damp cloth. Do not spray water directly on the Hand Paddle as this risks moisture entering the casing.

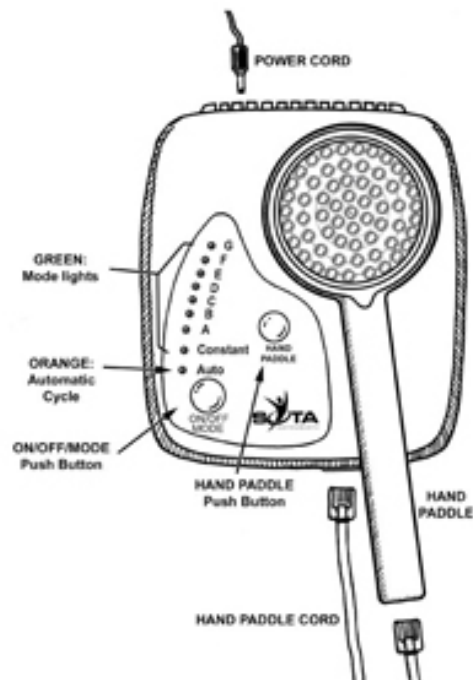
Do not use abrasive chemicals on the plastic.

The Hand Paddle casing for the LED lights may become very warm with extended use. If it feels uncomfortable, turn it off and allow it to cool before continuing.

Turn the unit off and *unplug the wall adaptor* when not in use.

GETTING STARTED

1. Remove the protective cover from the lens on both sides of the Hand Paddle.
2. Insert the power plug from the AC-DC wall adaptor into the unit and plug the adaptor into an electrical outlet.
3. Plug one end of the connection cord into the Hand Paddle and the other end into the Base. When properly inserted, the plugs will click securely into the jacks.
4. Push the ON/OFF/MODE button. All the lights on the base will flash in sequence to indicate the unit is ready for use.
5. The unit starts in the Automatic (AUTO) Cycle and begins with the Constant Mode. The ORANGE AUTO light will flash continuously and the GREEN light will come on.
6. Only one side of the Hand Paddle is operational at a time. Push the Hand Paddle button to check the operation of each side of the Hand Paddle.



7. Turn the unit off by holding the ON/OFF/MODE button down for a full two seconds.

Note: With the unit off, when unplugging the wall adaptor or Hand Paddle connection cord, the lights on the Hand Paddle will flash briefly – this is normal.

HAND PADDLE LIGHTS

Red LED lights: This side of the Hand Paddle contains 60 high-intensity red LED lights at 660 nanometers (nm) wavelength.

Near-Infrared (NIR) LED lights: This side of the Hand Paddle contains 55 high-intensity Near-infrared invisible LED lights at 880 nm wavelength plus 5 visible Red LED lights. When this side of the Hand Paddle is selected, only the 5 Red LED lights will be visible to the eye.

HOW TO USE THE LIGHTWORKS

1. The LED lights on the Hand Paddle should be placed on or very near the skin. *Clothing will block the light.*
2. Turn the unit on by pushing the ON/OFF/MODE button.
3. Select one side of the Hand Paddle by pushing the Hand Paddle button. The side selected will light as indicated in 'Hand Paddle Lights' section above.
4. The unit can be left in AUTO Cycle or a specific Mode can be selected.
 - a. In AUTO Cycle, the unit will operate on the selected side of the Hand Paddle for 32 minutes – four minutes on each of the 8 Modes. The unit sounds a 'beep' after each 4 minute mode has completed.
 - b. Choose a specific Mode by pushing the ON/OFF/MODE button briefly. A GREEN light indicates which mode is selected. The Constant Mode operates for 30 minutes and Modes A to G run for 15 minutes each.
 - c. To return to the AUTO Cycle continue pressing the ON/OFF/MODE button until the ORANGE light comes on.
See 'Output of Eight Modes' on pages 8 and 9 for details.
5. When any of the timed cycles finish, the unit will go into sleep mode for 20 seconds before turning off. For another timed session, push the ON/OFF/MODE button within 20 seconds. When the unit turns itself off, the unit gives a series of three beeps.

Notes

AUTO Cycle: The setting can be changed from AUTO Cycle to a specific Mode or back again at any time. Simply push the ON/OFF/MODE button briefly.

Hand Paddle: The Hand Paddle can be changed from Red to NIR at any time during a timed sequence.

Timing: When either the Mode or Hand Paddle setting is changed the timing is reset.

How It Should Feel

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

Typical Use

Length of Session: The LightWorks is timed for use from 15 minutes to approximately 30 minutes per session. Several Modes can be used per session or repeat any one setting for longer use per session.

Length of Use: Light seems to be most effective when applied on a regular basis. Use daily for approximately 3 weeks before taking a break.

Placement: The Hand Paddle may be kept on one location during any timed setting or it may be moved at any time to a different location.

Drink plenty of water: It's important to drink enough water when using the unit. Drinking ozonated water is especially helpful.

Maintenance Schedule: As needed.

SUMMARY OF LIGHTS

GREEN lights: Indicate which mode is selected

ORANGE light: Indicates that the Automatic Cycle is in operation

TIMING AND CYCLE OPTIONS

AUTO Cycle

When using the AUTO cycle the LightWorks is timed for 4 minutes on each of the 8 Modes for a total of 32 minutes.

MANUAL Cycles

The Constant Mode is timed for 30 minutes.

Modes A to G operate for 15 minutes each. See the table for the frequency output of each Mode.

OUTPUT OF MODES

The table indicates the frequency output of each Mode.

For more information about the Modes, please visit our website at www.sotainstruments.com

CAUTIONS

Do not use in the following situations as safety has not been explored:

- In the case of pregnancy, nursing or trying to get pregnant.

MODE	Frequency Hertz (Hz)
Constant	0
A	292
B	584
C	1,168
D	2,336
E	4,672
F	73
G	146

- With a pacemaker or other active implanted device.
- With metal implants.
- On the eyes unless the eyelids are closed. As with any bright light it is best to avoid shining directly into the eyes.
- With heat-producing ointments as a skin burn may occur.
- With light-sensitive medications.

ELECTRICAL SPECIFICATIONS

Power Requirements

12 Volts DC @ 1.5 Amps, Tip or Centre Positive

With an additional attachment, the LightWorks can also be operated from a 12 Volt DC automobile battery or an appropriate Solar Panel. Purchase a Universal Power Cord with tip positive from an electronic store for this purpose.

Output Power Specifications

Red LEDs have a wavelength of 660 nm (+/- 10 nm)

NIR LEDs have a wavelength of 880 nm (+/- 10 nm)

Frequency tolerance +/- 1 Hz

The LightWorks is designed and engineered in Canada and made in China.

TROUBLE SHOOTING

1. If there is no power to the base unit, please check the following:
 - Ensure the wall adaptor is fully plugged into the wall socket.
 - Ensure the power plug from the wall adaptor is inserted fully into the unit.
 - Try another wall adaptor if available.

Note: An alternate wall adaptor must meet the Power Requirements specifications as described on page 5.
2. If there is no power to the Hand Paddle, please check the following:
 - Ensure each end of the Hand Paddle connecting cord is properly inserted into the jacks and securely clicked into place.
 - Check the cord for damage. The cord can easily be replaced. Purchase a standard telephone cord with jack at any electronics store.
3. LEDs on Near-Infrared side of Hand Paddle:
 - If any one of the 5 Red LED lights on the Near-Infrared (NIR) side of the Hand Paddle is not lit, this means a bank of NIR lights is not working and it will be necessary to repair the Hand Paddle. See Repairs on page 6.

The LED lights are designed to give many years of use.

WARRANTY

The LightWorks, model LW1 is covered by a 3 (three) year 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 LightWorks without notification.

REPAIRS

Please contact your supplier for return instructions. Or, for information about your closest repair depot, contact:

repairs@sotainstruments.com

Tel: 1.250.770.2023 Fax: 1.250.770.1999

