

## THERALIGHT 360 ORIENTATION

1. Light cannot penetrate clothing so it is optimal for no clothing to be worn. As such prior to using the TheraLight 360 you will be asked to disrobe to your level of comfort.
2. The therapy time will be set by the staff. The only button you will need to press is the play button. Once you disrobe to your comfort level and position yourself comfortably in the bed, press the play button to initiate the therapy.
3. For optimal outcomes, it is suggested you are adequately hydrated. Recommended water intake is 80-100 oz per day.
4. The pulse rate will be set by the staff.  
  
NOTE: Any pulse rate under 50 Hz will have intermittent flashing. If you have a seizure disorder that is affected by strobe lights you will want to cover your eyes completely PRIOR to the unit turning on. Please cover your eyes with a dark cloth, eye pillow or goggles provided.
5. There is a neck lift that you may use. A pillow is not recommended as light is unable to pass through material.
6. If you are uncomfortable with lying flat on your back you may lift your knees and place your feet on the glass, or you may also lie on your side or on your stomach.
7. You may hear a crackling during your session, this is normal as the acrylic often expands as it warms slightly.
8. When the Session is complete, the unit will turn off automatically.
  1. Please use the handle on the outer rail, not the upper acrylic panel when opening and closing the door as pressing on the upper acrylic panel can dislodge it.
  2. Please exit the bed, get dressed and notify the staff that you are finished.
9. The bed and goggles will be cleaned thoroughly with an approved cleaning solution by our staff after each session.