

MPULSE OWNER'S MANUAL  
VERSION 04302024  
BLAUPUNKT





## Congratulations!

You are now the owner of an mPulse® Smart Sauna that makes managing your health, home, and lifestyle easier. Its technology manages the sauna and helps you incorporate it into your schedule and your self-care to achieve your wellness goals.

The enjoyable Sunlighten mPulse Smart Sauna experience is enhanced with red light and near infrared LEDs for better skin and cell health, less pain and inflammation, and improved muscle recovery, in addition to all the other benefits you'll experience with regular use. You are ready to begin your wellness journey with the very best in infrared therapy.

### **WARNING:**

*Do not use this sauna to treat any health problems without consulting your physician. Sunlighten, Inc. does not provide medical advice, education or treatment. Our information should not be relied on in making decisions about your health. Always consult your physician for medical advice.*



# MPULSE OWNER'S GUIDE

VERSION 01152024 BLAUPUNKT

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Additional guides, including the mPulse owner's manual, can be found at [sunlighten.com.au/customer-service/guides-and-specs](https://sunlighten.com.au/customer-service/guides-and-specs).

# mPulse SERIES SPECIFICATIONS

## mPulse Aspire

**DIMENSIONS** 110.7cm x 105.6cm x 199.4cm (W x L x H)  
**POWER REQUIREMENTS** 220-240V, 2195 watts. Maximum Amperage 10A.  
Sunlighten recommends all new installations adhere to AS3000 and a circuit that is RCD protected, along with a readily accessible switch. A 2.5m cord exists with a standard male plug, exiting from back left of base.

## mPulse Believe

**DIMENSIONS** 131.3cm x 120.9cm x 199.4cm (W x L x H)  
**POWER REQUIREMENTS** 220-240V, 2695 watts. Maximum Amperage 12A.  
Sunlighten recommends all new installations adhere to AS3000 and a dedicated circuit that is RCD protected, along with a readily accessible switch. A 2.5m cord exists with a 15amp male plug, exiting back left of base.

## mPulse Conquer

**DIMENSIONS** 179.3cm x 120.9cm x 199.4cm (W x L x H)  
**POWER REQUIREMENTS** 220-240V, 3475 watts. Maximum Amperage 15A.  
Sunlighten recommends all new installations adhere to AS3000 and a dedicated circuit that is RCD protected, along with a readily accessible switch. A 2.5m cord exists with a 15amp male plug, exiting back left of base.

## mPulse Discover

**DIMENSIONS** 179.3cm x 179.3cm x 199.4cm (W x L x H)  
**POWER REQUIREMENTS** 220-240V, 4775 watts. Maximum Amperage 20A.  
Sunlighten recommends all new installations adhere to AS3000 and a dedicated circuit that is RCD protected. Power Cable to be hardwired into an accessible isolation switch. Sauna cable 2.5m long and exists back left of base.

## mPulse Empower

**DIMENSIONS** 217.4cm x 179.3cm x 199.4cm (W x L x H)  
**POWER REQUIREMENTS** 220-240V, 5175 watts. Maximum Amperage 22A.  
Sunlighten recommends all new installations adhere to AS3000 and a dedicated circuit that is RCD protected. Power Cable to be hardwired into an accessible isolation switch. Sauna cable 2.5m long and exists back left of base.



## PRE-INSTALLATION

1. If your sauna requires a dedicated outlet according to the table on page 4, please have a certified electrician install a dedicated outlet for sauna. Failure to do so will void all warranty.
2. Remember your sauna should be assembled by two or more people.
3. Do not place plumbing or plumbing fixtures in the sauna.
4. Keep all liquids away from the heating panels and electronics.
5. Install sauna on a level surface.
6. Install sauna in an area that is dry and protected from the weather.
7. Keep flammable objects and corrosive chemical substances away from the sauna.
8. Installation of the sauna in an area below standard room temperature can increase warm-up time.

## WARNING

### READ BEFORE OPERATING

To reduce risk associated with hazardous voltage & fire:

- Unplug the sauna from electrical outlet before storage or when not in use for expanded periods of time.
- Do not operate the sauna if it's not on a dedicated electrical circuit, or has a damaged power cord/plug.
- If the sauna is not working properly or an odor persists, immediately unplug the sauna.
- Do not leave the sauna unattended while heating for longer than the sauna's pre-set time periods.
- Never cover holes or floor grate with towels, mats, garments, etc.



### WARNING


Please ensure all electrical connections are securely connected PRIOR to turning on the power to the Sauna.

**DO NOT** unplug or plug in any connections when power is on.


# ANDROID CONTROL PAD GUIDE

## ANDROID CONTROL PAD

### Power ON/OFF & Mute

To turn on: Press 

To mute: Quick tap  while ACP is on

To turn off: Press and hold  for 3 seconds



1. MICROPHONE
2. RESET BUTTON. RESTORE TO DEFAULT FACTORY SETTINGS OF THE DEVICE. CAUTION: ALL PERSONAL SETTINGS WILL BE LOST.
3. POWER/MUTE BUTTON. SHORT PRESS: TURN ON DEVICE; IN OPERATION: MUTE AUDIO SOURCE; LONG PRESS: TURN OFF DEVICE
4. HOME BUTTON. SHORT PRESS: GO TO SOURCE MENU
5. BACK BUTTON. PRESS TO RETURN TO PREVIOUS MENU
6. PRESS THIS BUTTON TO INCREASE AUDIO VOLUME
7. PRESS THIS BUTTON TO DECREASE AUDIO VOLUME
8. BACK BUTTON. PRESS TO RETURN TO PREVIOUS MENU
9. HOME BUTTON. SHORT PRESS: GO TO SOURCE MENU LONG PRESS: OPEN APPS IN BACKGROUND
10. OVERLAID SQUARES BUTTON. PRESS THIS BUTTON TO BRING UP A SELECTION OF ALL APPS THAT ARE CURRENTLY OPEN

# SETUP

## SCREEN 1

On activating your Control Pad, you'll be greeted by a screen with some starter Android app icons. To view additional apps installed on the tablet, swipe left. You can tap the lotus logo to return to the Sunlighten App at any time to see your App Tray.

## SCREEN 2

Swipe down from the top of the screen to:

- Adjust screen brightness and volume.
- Hold Wi-Fi button down to connect.  
NOTE: the Sunlighten app requires a 2.4GHz Wi-Fi line. 5GHz will also work with the tablet if you are in range (about 20-30 ft from your router).
- Screenshot will take a picture of your screen.
- "Clean" and "Reset" use are best advised by Customer Care.
- Volume will allow you to control Media (apps) vs Bluetooth Audio (secondary connected device).

## SCREEN 3

Click on **Settings** icon on home screen. Within Settings, you can access Network & Internet, Bluetooth, Apps & Notifications, Display, Sound, System (for time and date updates) and more. Connecting to **Wi-Fi**

- Within Settings, select [Network & Internet].
- Long click on [Wi-Fi], if not already enabled, turn on the Wi-Fi setting using the toggle.
- From the available list, select the desired Wi-Fi network.
- If required, enter the appropriate password.
- **Please note:** SSID is your Wi-Fi network name.

## SCREEN 4

The **Equalizer** controls the pitch and tone of the sound.

- Clicking the arrows up increases the sound frequency and clicking the arrows down decreases the sound frequency. This optimizes the sound for the type of music being played.
- There are preset buttons that have the faders pre-adjusted for specific genres of music. Select a preset equalizer button or create your own custom setting using User1 or User2.
- Press "Flat" for a linear sound playback. Toggle on "Loudness" to increase bass and treble at low volume.
- Note: "Reset" will reset the customized user settings.

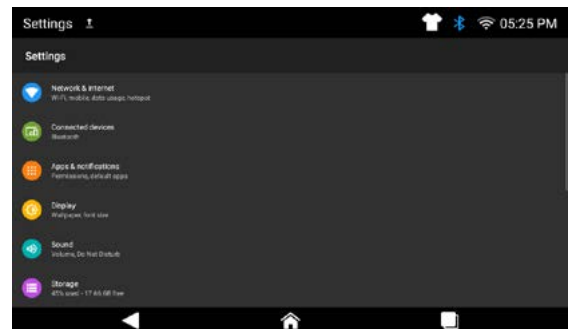
1.



2.



3.




4.



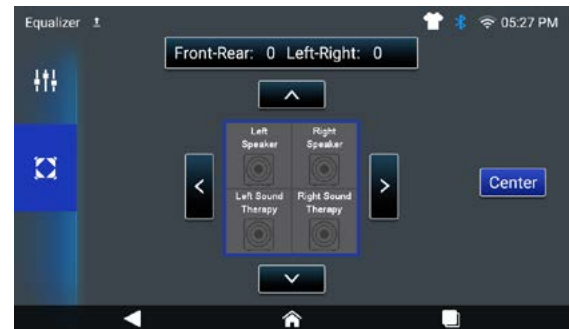
## SETUP

### SCREEN 5

To adjust volume distribution (fader/balance), click on the  icon on the left side of the screen.

- This screen allows you to control which speaker(s) sound will come out of. Touching the arrows will move the sound more left/right or front/rear.
- NOTE: By default, the Left Sound Therapy and Right Sound Therapy do not come with your sauna, this is an upgrade choice.

5.

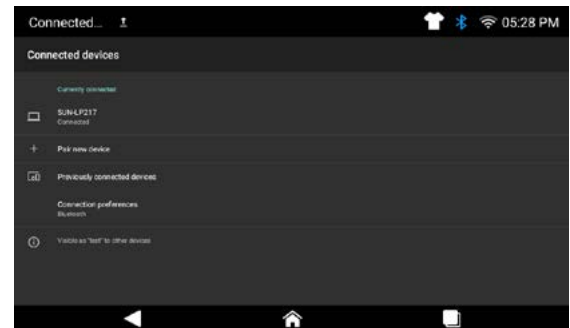


### SCREEN 6

The **Bluetooth**® function allows pairing cell phones and media playback devices with the sauna sound system.

- Select Bluetooth on the home screen
- Touching the "Add Device" icon will allow you to connect a new Bluetooth device. From the device you wish to connect (such as your phone), turn on the Bluetooth setting. You should then see something indicating "find new devices," then "pair" and select the SUNLIGHTEN device.
- Clicking the Gear icon will display the list of known Bluetooth® devices. To rename a device, select the device you wish to rename, and enter the new name.
- If you want to register a device with the sauna sound system for the first time, proceed as follows:
  - Ensure that Bluetooth® is activated on the control panel and your device.
  - Search for new devices/connections on your device.
  - The control panel appears as "SUNLIGHTEN" in the list of devices.
  - By touching "Device name," you can rename your Bluetooth device if desired.
  - Establish the connection; you may have to enter the pairing code that was previously entered on the sauna sound system.
  - The connection is being established and the menu for the registered device is displayed.
  - Note: If a mobile phone is connected with the sauna audio system, the Bluetooth® icon will change from gray to blue at the top of the display.

6.





# SETUP

## SCREEN 7

In Advanced Settings, you will have access to Wi-Fi, Language and more. "Factory" and "Android Settings" use are best advised by Customer Care.

## SCREEN 8

Select **Language** to display the options available for the device language. NOTE: Language selection is for the device itself and may not apply to individual apps on the device.

## SCREEN 9

Select **Key Light** to change the color of the icons on left of the Android Control Pad.

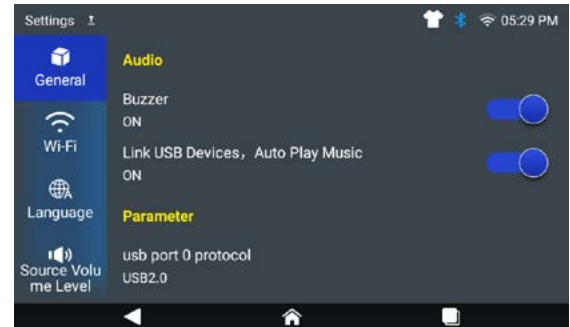
## SCREEN 10

**Upgrade & Reset** will allow you to upgrade the software and reset the default settings. The OTA (over the air) option should be used to check for any operating system updates. Tap on "Check for update" and if a new update is available it will show here. Select "upgrade" to download the most up-to-date version of your device.

## WARNING

NEVER SELECT Factory Reset unless advised by the Sunlighten Technical team!

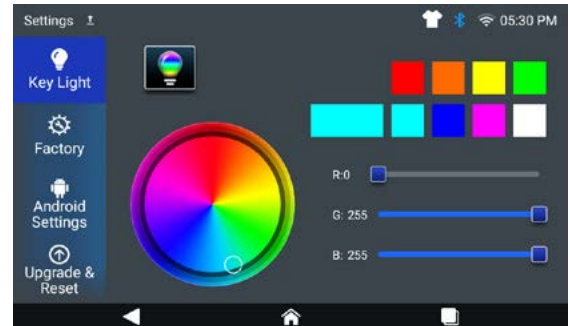
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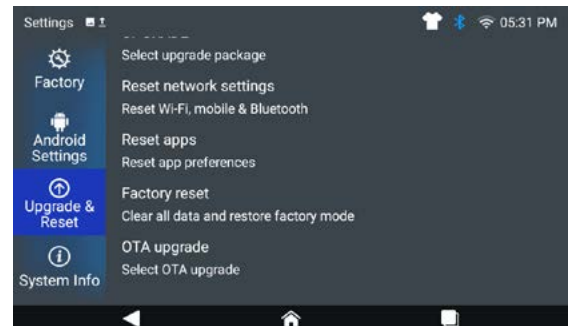
8.



9.



10.



# SETUP

## SCREEN 11 + 12

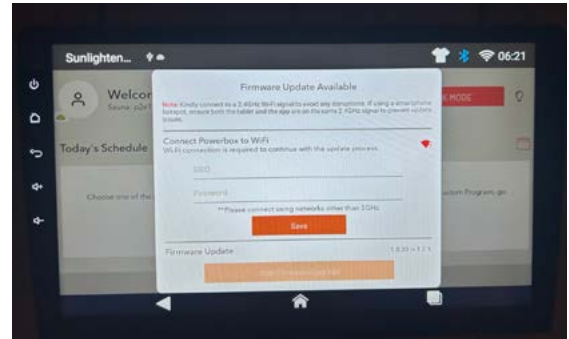
### WARNING

If requested by your tablet to complete a Firmware Update, please complete this by following the prompts. DO NOT TOUCH your tablet whilst a Firmware Update is being performed!

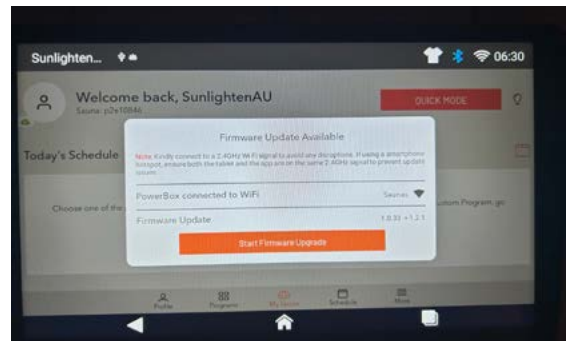
## SCREEN 13

Speed of firmware updates will vary depending on available wifi speed.

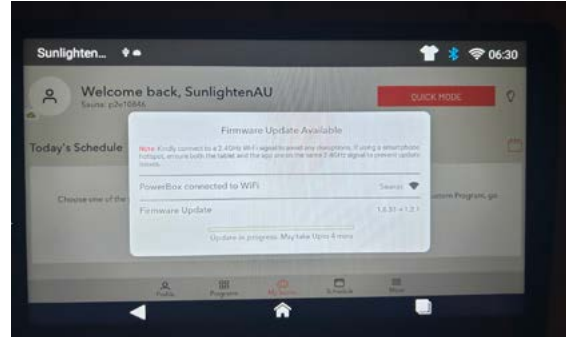
11.



12.



13.



# ACCOUNT REGISTRATION

## SCREEN 11

The app will start with an intro screen. If you select 'Already a Member? Log In,' This will take you to a 'Log In' screen where you can either log in or choose 'Create Account' at the bottom of the screen (see screen 6). Or if you haven't created an account yet, tap the 'Get Started' button to create a new account. You can create an account from any e-mail address or you can continue as guest if no account has been created.

## SCREEN 12

To create a new account, you'll be asked to enter your First Name, Last Name, Email, and Password of your choice. Your password must be at least 8 characters and is case sensitive.

## SCREEN 13

A verification code will be sent to the e-mail address you used for registration. Enter your code and click 'Confirm.'

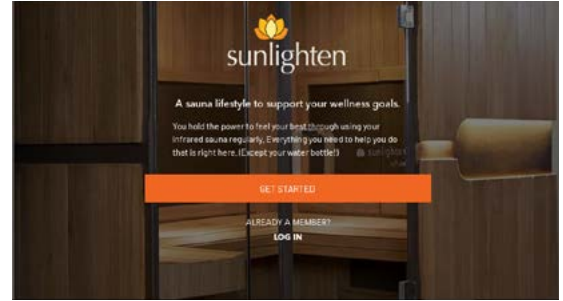
NOTE: Check your spam or junk folders if you do not see this email.

## SCREEN 14

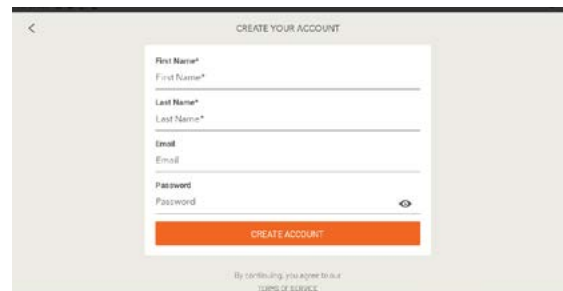
You'll be returned to the Log In screen where you'll enter the information you've just used for registration.

Once successfully logged in, you'll need to setup Your Profile.

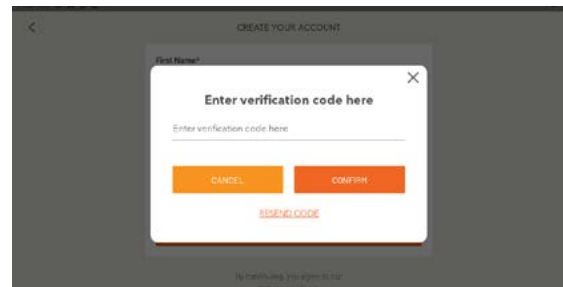
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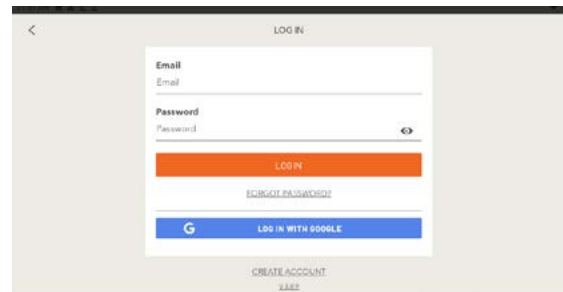
12.



13.



14.



# PROFILE SETUP

## SCREEN 15

Choose your country.

## SCREEN 16

In the 'Sauna Setup' screen, enter your sauna serial number (found on your quality control card that was hanging from the hinges of your glass door or on the back of your unit by the power cable). If you can't find your serial number, select 'Forgot Serial Number?' You will then be asked a series of questions.

Select your 'Temperature Units' and 'Measurement Units.'

After you update those details, you will be prompted to select your intended use from the next screen; either Residential or Commercial.

## SCREENS 17-18

If you selected '**Residential**,' you'll be asked to provide some personalizing profile information for future customization use. If you selected '**Commercial**,' you'll be taken to the 'About My Business' screen where you are asked a few questions.

Once you've entered this information, you'll be asked if you'd like to update the time zone settings.

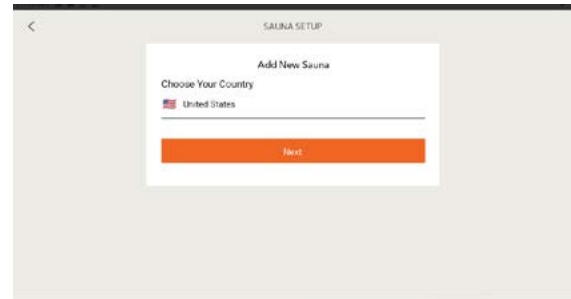
## SCREEN 19

To update the date and time on your device, tap on the time displayed on the home screen. This will bring up the Date & time settings window. From here, use the toggle beside each option to select your desired time settings:

- Automatic date & time will use the network-provided time.
- Automatic 24-hour format will use the local default.

Once done, you can click the Sunlighten lotus logo to get back to the Sunlighten app home screen.

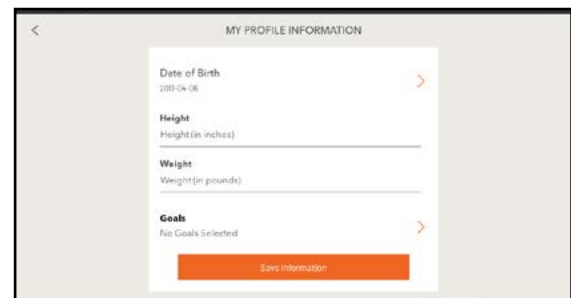
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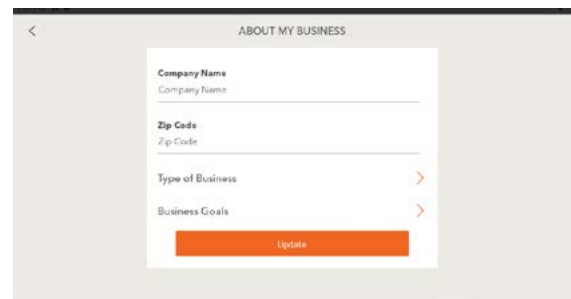
16.



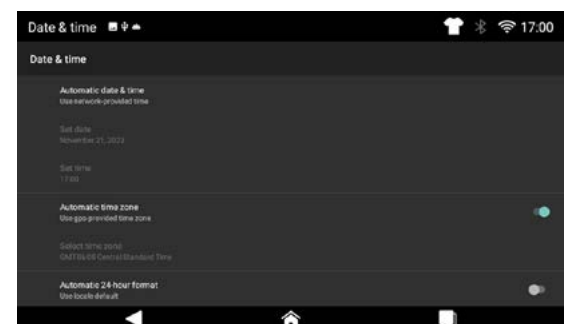
17.



18.



19.



# WELCOME SCREEN

## SCREEN 20

The **Welcome Screen** is where to begin using the Sunlighten App. At the bottom of the screen is a row of primary functions to which you can always return anywhere in the app: Profile, Programs, My Sauna, Schedule and More. If you want to change profiles, click on 'More,' then 'Change Profile.' To get back to the Welcome Screen, click on 'My Sauna.'

## SCREEN 21

### Quick Mode

The most commonly used, easily accessible, and quick starting mode of operation, Quick Mode is ideal for a basic high-temperature experience that utilizes the full spectrum wavelengths at maximum intensity to increase the temperature of the cabin. You can either touch and drag the orange circle or the plus/minus buttons on the temperature and timer dial to adjust. Once it's where you want it, click on 'Begin Heating.'

*The maximum duration for Quick Mode if you chose 'Residential' as your intended use is one hour. If you chose 'Commercial' as your intended use, the maximum duration will be eight hours.*

## SCREEN 22

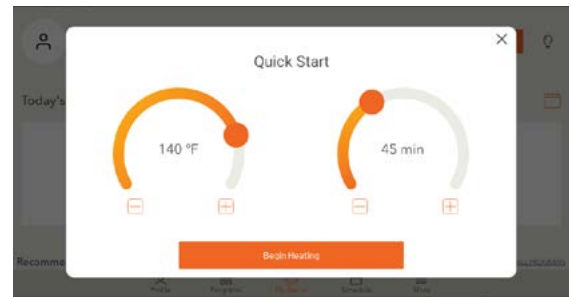
### Quick Mode Running

This screen will show you the wavelengths in use, current temperature, and time remaining. You can end quick mode by selecting the orange 'End Program' button on the top right of your screen.

20.



21.



22.



# WELLNESS PROGRAMS

## SCREEN 23

If you select 'Browse Programs' on the Welcome screen, you can view a snapshot of all six pre-programmed health benefit programs as well as the option to create a program - the orange button on the top right of the screen.

## SCREEN 24

Your mPulse comes with **Wellness Programs** pre-programmed in your Android Control Pad, each one focused on different benefits of use in their configuration:

**Detoxification** - Starts at high intensity to increase the body's core temperature, then reduces to lower intensity. Mid and far infrared combo improves vascular access flow to reach toxicants at the cellular level.

**Weight Loss** - Starts at high intensity to stimulate the cardiovascular system, then reduces to medium level. As the body works to cool itself, heart rate increases cardiac output and metabolic rate, like aerobic exercise.

**Relaxation** - Far, mid, and red/near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

**Pain Relief** - A far and mid blend provides natural pain relief by reducing inflammation and swelling. Red/near infrared penetrates the tissue promoting cellular repair at a medium, constant intensity.

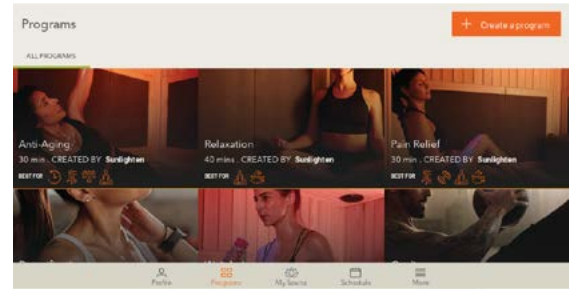
**Anti-Aging** - A low, constant intensity level penetrates the body, and cells absorb the light energy to help skin health. Red/near infrared improves overall skin tone, elasticity and firmness, promoting anti-aging benefits.

**Cardio** - Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

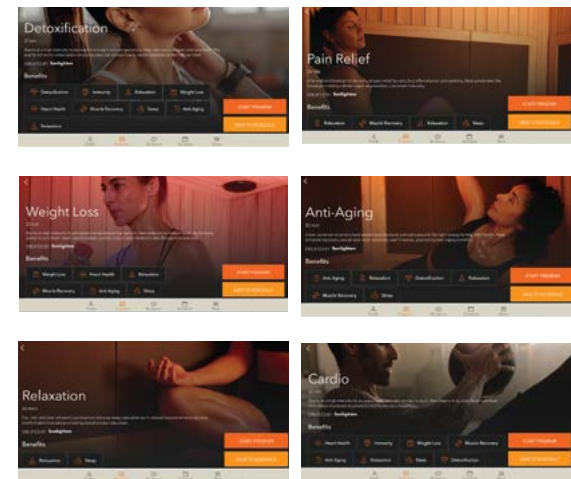
## SCREEN 25

If you select 'Start Program,' you will be asked if you want to preheat your sauna. If you select yes, it will ask you for how long and then click 'Begin.' Remember, it takes about a minute per degree to preheat. Or you can select 'Save to Schedule.' See screen 21, below.

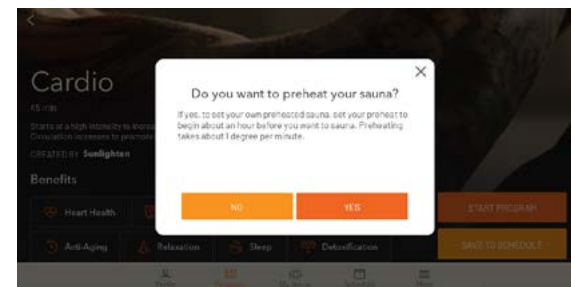
23.



24.



25.



# SCHEDULE

## SCREEN 26

To schedule a sauna session in advance, click on 'Schedule' in the primary functions row. Select a date or 'Add a Program' and you will be asked later the day(s) you would like to schedule for.

## SCREEN 27

First it will ask you to name your session. Then you will 'Browse Programs' to select the Wellness Program you would like to schedule. Once selected, you will be asked to select your preheat time and then click 'Continue.'

Remember, it takes about a minute per degree to preheat.

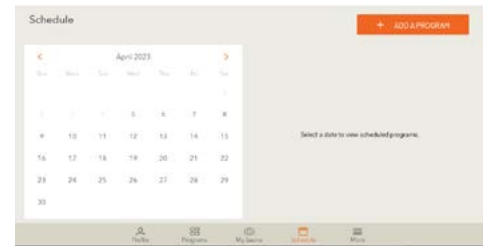
## SCREEN 28

Next, you will be asked what day(s) you would like to run this program, the starting time and frequency. Once scheduled, you will be taken back to the Schedule screen and it will say, 'Successfully Created.'

## SCREEN 29

Another way to schedule a program is by clicking on 'Programs' in the row of primary functions at the bottom of your screen (as mentioned in the previous page). From here, you can select 'Save to Schedule' where you can name your session and select your preheat time. Next, you can cancel altogether, reselect a new program, or continue scrolling down and select your preheat time. Once ready, you can click 'Continue' to add the session to your schedule. Then you will be asked same questions as in screen 20.

26.



27.



28.



29.



# CUSTOM PROGRAMS

## SCREEN 30

### Creating a Custom Program

In addition to the pre-configured Wellness Programs already in your Android Control Pad, you can also create your own Programs. The 'Create a program' button will be at the top right of the Programs screen. This mode enables you to craft your own program by specifying wavelength intensity by sauna wall.

## SCREENS 31-32

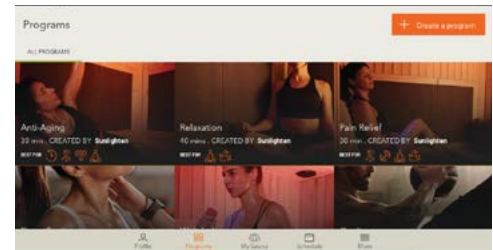
You'll be able to give your program a name and add a description about your program. Next, you can either touch the orange circle or the plus/minus buttons on the temperature and duration dial to adjust. Once it's where you want it, click on 'Continue.'

## SCREEN 33-34

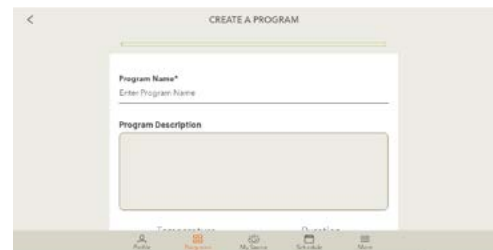
The heater screens allow you to determine the intensity of each infrared wavelength on individually selected wall during the duration of a program segment; or you can select 'Skip (Use Default)' to run all heaters at max heat. If you click on the green question mark, you will see an image of where the heater is in your sauna (screen 26).

Once you hit 'Continue' on the final heater screen (Floor Heater), it will take you to the programs screen and a pop-up will say, 'Successfully Created.' If you scroll past the Sunlighten programs, you will now see your custom program(s) listed as well.

30.



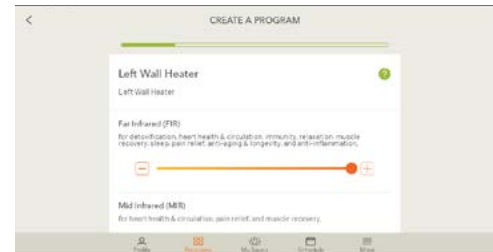
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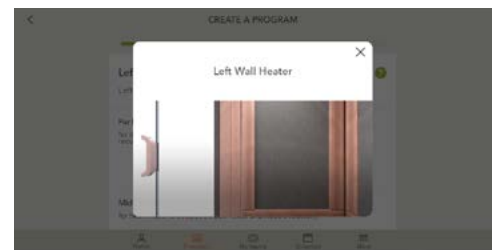
32.



33.



34.





## MORE

### SCREEN 35

#### My Sunlighten Sauna

Takes you to the Sauna Setup screen where you can update your sauna name.

#### Tablet Settings

Here you can clear app data, which will completely erase and reset the Sunlighten app (including your sauna registration/serial number); and to add a lock PIN. This is to lock out anyone without the pin. If you choose to add a lock PIN, you will be asked which settings you want locked after you choose your 4-digit PIN. Once you complete these settings, you will be asked for this 4-digit PIN when enabling features you chose to lock. If you forget your PIN, please submit a support ticket on [sunlighten.com](http://sunlighten.com). After you choose to lock certain features, when you go back to your 'Tablet Settings,' you will now have an additional option to 'Lock Tablet.'

#### Preferences

Here you can choose to allow (or not) push notifications and update your measurement/temperature selection.

#### Diagnostic

You should go here to 'Run Diagnostics' if advised by Sunlighten's Customer Care team.

#### Change Profile and Logout

Change Profile will allow you to toggle between profiles without logging in. If you choose to logout, you will have to enter your email and password to log back in.

#### About My Business (Commercial Intended Use Only)

This will take you back to the 'About My Business' screen where you can update your Company Name, Post Code, Type of Business, and Business Goals.

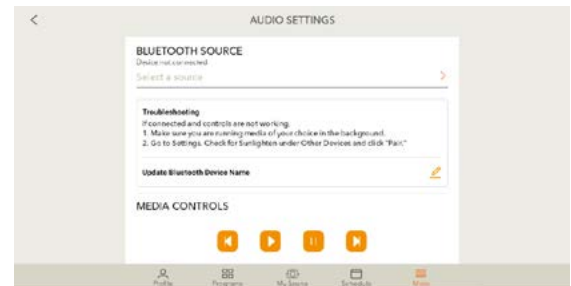
#### Manage Account Information

This will take you back to the 'My Account' screen where you can update your First and Last Name, and Intended Use.

35.



36.



#### Audio Settings (Screen 36)

From here you can control audio from your Android Control Pad by connecting it via Bluetooth. If you purchased the sound therapy accessory, this is where you go to connect it via Bluetooth and control intensity.

#### Customer Support

Click here for FAQ's.

#### Update App

This will take you to the Google Play Store. You will have to Log In via your Google account. It will take you directly to the Sunlighten app to update. Check this periodically to check for updates.

If you have any additional questions or concerns not addressed therein, please submit a support ticket at [sunlighten.com.au/customer-service](http://sunlighten.com.au/customer-service).

# MEDIA AND APPLICATIONS

## SCREEN 37

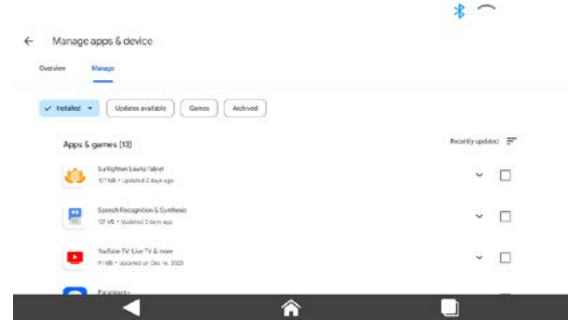
### App Removal

To remove an application from your Android Control Pad, go to the Google Play Store to uninstall. Click on the one you want to remove and select 'Uninstall.' If that option isn't visible, then you can not remove the app.

### App Addition

Adding new third party applications to the Android Control Pad is done by accessing the Google Play Store, the Android operating system's app store. Access it by tapping the Play Store icon in the App Tray. The Play Store will require you to login using your Google account information. Sunlighten is not responsible for third party Android app functionality. Compatibility is not guaranteed with every application.

37.



# USING THE SUNLIGHTEN MOBILE APP

Available on the App Store for iPhone 12 (or later) and Google Play store for Android 8 (or later) is the Sunlighten app. Currently, this is a foundational version.

- Schedule sessions with our upgraded scheduling tool
- View calendar of upcoming sessions to easily integrate into your routine
- Choose pre-set wellness programs that help you pursue your health goals
- Create custom programs for a personalized option
- Set specific health goals so you stay focused
- Access your sauna from 500 meters
- View wavelength animation during selected programs to understand what wavelengths are emitting to create specific health benefits

All these amazing features are just the beginning. Features around the corner include notifications, exclusive sauna content, milestone tracking, gamification, and so much more! Stay connected with us so you don't miss an update. As the most advanced sauna on the market, our vision for you to have access to your sauna from your phone is to make it a more seamless and pleasurable part of your daily life. It easily supports your health goals and wellness routine to feel better so you can do more and live your fullest life.

## How to Get the Sunlighten Mobile App

**Step 1. Make sure your in-sauna tablet has the latest version (3.6.0 or higher)** In order to use the mobile app, you'll need to update your in-sauna tablet to 3.6.0 or higher. This update is only available for Android 10 tablets. If you're interested in upgrade options, please contact our Customer Care team at 1800 786 544 or Submit a Ticket here: [sunlighten.com.au/customer-service](https://sunlighten.com.au/customer-service).

**HOW:** To make sure you have the latest version, click the "More" icon at the bottom of the screen and look at the version number that is very small in the bottom center of the next screen. If you did not get a pop-up message to update to the latest version, you will need to manually update to the latest version from the Google Play store. You can access that from the Google Play store icon on your tablet home screen.

**Step 2. Download the Sunlighten mobile app to your phone.**

## WARM-UP TIME & USAGE GUIDELINES

Our saunas are based on the infrared wavelength and not cabin temperature. The following steps and hints are provided for your optimum usage:

- Step 1:** Make sure your sauna is plugged into a dedicated circuit installed by your electrician.
- Step 2:** If not using a pre-set wellness program, set the desired temperature and set time to 60 minutes.
- Step 3:** When turning sauna on for the first time, ensure each heater is active after a couple of minutes. If they are not, make sure connections are securely paired from their initial wire feed coming from the power box under the bench. We recommend you enter the sauna at a lower temperature (eg: 40°C) than your desired highest temperature (eg: 58°C). This will ensure a constant emission of infrared from the heaters
- Step 4:** Never fully cover the floor grate and heater with any obstruction that will not allow the heater to dissipate its heat.

### TIPS FOR OPTIMAL USE

- Sauna requires a dedicated circuit and outlet for optimal performance. This should be installed by a certified electrician before assembling.
- Use our Tri-Nature Cleaning products for periodic cleaning. Available at <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>.
- Ensure you clean your floor heater every 6 months for residential use, and every month for commercial use. To clean, remove floor grate and vacuum out heater area.

# SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

## PRE-SAUNA SESSION

- Hydrate with at least one glass of water to prepare your body for an increase in core temperature.
- Pre-heat for a maximum of 30 minutes. Depending on room temperature, your sauna will heat up a degree every 2 minutes.
- Use CELLANT® Towels to absorb sweat during sessions.

## SAUNA SESSIONS

- Begin your session when your sauna reaches 38°C.
- The optimal sauna experience occurs between 38°C and 58°C.
- High heat is not required to provide the benefits of Infrared. The sauna is not designed to run at high heat 65°C+ for long periods.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 38°C every other day.
- If comfortable with current settings, gradually increase towards 40 minute daily sessions in the optimal temperature range.\*
- Don't be surprised if you don't sweat during the first few sessions.

## POST SAUNA SESSION

- Drink at least 750ml of water or electrolyte to rehydrate.
- Dry off with CELLANT® Towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Tri-Nature Cleaning products. Available at <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>.

*\*Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.*

## HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a wellness facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

### IMPORTANT SAFEGUARDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not use during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty
- Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty

### PRECAUTIONS

If any of the below apply to you, consult your physician prior to sauna use:

- Medications
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals who are prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol / alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

For more information on saunas and contraindications, visit [sunlighten.com.au](http://sunlighten.com.au).

# mPULSE CHROMOTHERAPY

Your mPulse comes equipped with chromotherapy lighting. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help your body re-establish its natural balance.

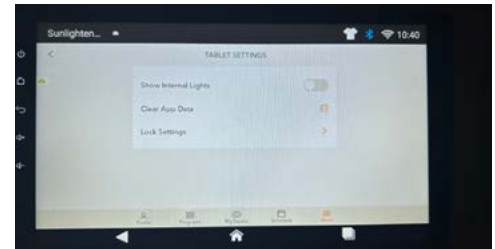
## LIGHTING CONTROLS

### SCREENS 38-40

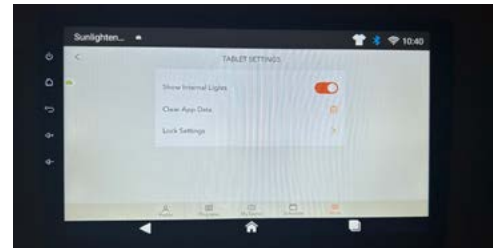
- 1 Tap on More at bottom right of screen
2. Select Tablet Settings option
3. Select 'My Sauna' option.
4. Select the light globe icon on top right of screen
5. Select Exterior lighting to ON if applicable.
6. Select Interior lighting to ON

**Note:** You can now use your Chromotherapy remote to control your internal lighting.

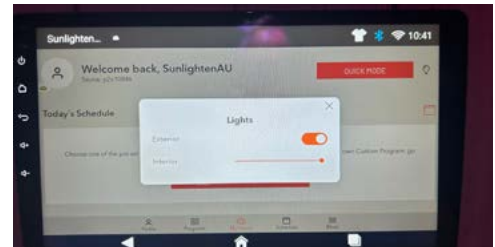
38.



39.



40.



# MPULSE CHROMOTHERAPY

## Chromotherapy Remote

Make sure your chromotherapy remote has a battery in it. **You will need to point the remote directly at the lights to operate your lights.**

| Chromo Remote |                             |
|---------------|-----------------------------|
| 1             | Adjusts intensity of lights |
| 2             | Turns off lights            |
| 3             | Turns on lights             |
| 4             | Green light                 |
| 5             | Red light                   |
| 6             | Blue light                  |
| 7             | White light                 |
| 8             | Lights transition slowly    |
| 9             | Lights transition smoothly  |
| 10            | Lights flash                |
| 11            | Lights strobe               |
| 12            | Color selection             |





# CHROMOTHERAPY



Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes of the wheels of life or Chakras as originating from subtle energy known as Prana. This type of subtle energy can be modulated by electromagnetic field/visible light to stimulate the brain/nervous system, cellular tissues, and bodily organs. Visible light is emitted in the form of photons that are absorbed through the skin and the active receptors in the eyes. Once absorbed, proteins or photopigments are activated at specific wavelengths to produce chemical reactions in the body. These reactions can produce various therapeutic biochemical benefits depending on their wavelength.

**Match the color dot from your remote to the chart below.**



## VIOLET (380-420 nm)



### CROWN CHAKRA/TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.



## INDIGO (420-450 nm)



### THIRD-EYE CHAKRA/FOREHEAD

Balances 6th / third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.



## BLUE (450-495 nm)



### THROAT CHAKRA/NECK

Balances 5th / throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.



## GREEN (495-570 nm)



### HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.



## YELLOW (570-585 nm)



### SOLAR PLEXUS CHAKRA/STOMACH

Balances 3rd chakra located at the solar plexus mid-torso in and around the kidneys and liver. Center of personal power, will and self-esteem. Produces a cleansing effect to purify the blood and skin, increase neuromuscular tone, and improve nervous system function.



## ORANGE (585-620 nm)



### SACRAL CHAKRA/BELOW BELLY BUTTON

Balances 2nd chakra located in the low abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.



## RED (620-750 nm)



### ROOT CHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy and happiness.

Reviewed by Christina Ross, Ph.D., BCPP, Biophysicist Research Fellow, Wake Forest School of Medicine's Institute for Regenerative Medicine

# FREQUENTLY ASKED QUESTIONS

## ASSEMBLY

### ***Can I assemble my sauna outdoors?***

Yes, if you protect it with a Sunlighten canvas, sauna cover. **If you place your sauna outdoors without a Sunlighten cover, your warranty will be void.** The sauna covers are custom made and may not arrive until after you receive your sauna. Do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty! Check the sauna cover annually for normal wear and replace as needed.

Sauna cover manufacturer warranty is one year.

### ***How much room is required around my sauna for setup & maintenance?***

We recommend 15cm of clearance around the back and sides and 30cm above the top of the sauna to access plugs and for general maintenance. Leave at least 15cm behind the unit to allow the electronics to cool.

### ***What surfaces can I set my sauna on?***

You can set your sauna on tile, concrete, carpet, laminate or wood. **Always have your sauna feet installed.** Remember to make sure that your sauna is level regardless of its location for optimal use. If your sauna is placed outdoors, make sure there is adequate drainage so that water cannot pool around the base of the sauna. If placed near or on cool surfaces (like concrete and basement floors), warm-up can be impacted.

### ***How do I disassemble if I need to move the sauna?***

Refer to assembly sheet and follow the steps in reverse.

## USAGE

### ***How long does it take for my sauna to warm up?***

The controls are preset to 60 minutes at 158°F (70°C). However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for a maximum of 30 minutes. The sauna heats up at an average of 1 degree per minute. If located outside or in unheated garage, additional warm-up time may be required. If you prefer the sauna hotter, let it warm-up longer.

### ***Can I use my sauna every day?***

For most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

### ***How long can I use it each day?***

40 minutes is the recommended session length. See the sauna protocol on pg. 20.

### ***What is the best temperature to use my sauna?***

First, it is important to understand that health benefits are a result of efficient infrared emissivity, not air temperature. Sunlighten saunas are 95-99% emissive to deliver the highest concentration of infrared. With that, the optimal sauna experience occurs between 100.4-136°F (38-58°C). During your first few sessions, start at a lower temperature of 100.4°F (38°C) and gradually increase in later sessions. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body. Keep in mind, if you're sweating at 115°F (46°C) you're getting the same benefits as if sweating at 151°F (66°C).

### ***What is the micron range of the heaters?***

The design of a SoloCarbon® heater allows for most of the far infrared wavelength to be near 9.4 microns, which is the level at which the human body absorbs infrared energy.

### ***Can I touch the heaters?***

No. The heaters will be hot, especially the mid-infrared section in the middle, so it is not safe to touch heaters while on or an hour after use. Touching the frames that cover the heaters is safe.

### ***How much will the sauna cost to run a month?***

The sauna runs on the same wattage as a blow dryer and will cost little to run monthly: typically \$.20-.50 per hour. This varies with the model and local utility cost. Your utility company can help you understand a more exact per hour cost if needed.

### ***Are the EMF levels safe?***

Yes. Patented SoloCarbon panels are 100% quality controlled by Sunlighten to ensure the safety and effectiveness of each individual heater.

### ***What is the wattage, voltage, and amps of my sauna?***

See electrical specifications on page 4.

### ***Can I take my mobile phone into the sauna?***

Just as you would not leave your mobile phone in your car on a hot day, we do not recommend taking your mobile phone, Apple Watch or other electronics in the sauna for a lengthy time. Once any entertainment has been activated, please place your mobile phone outside the sauna. Please note, the electronics that are built into the sauna are designed for a heated environment.

# FREQUENTLY ASKED QUESTIONS

## USAGE

### ***What do I do if it won't let me set up my Sunlighten Account?***

You will need your serial number. If you don't remember your serial number, tap 'Forgot Serial Number' and one will be generated for you. If you encounter difficulties, please contact our customer care team at [sunlighten.com.au/customer-service](http://sunlighten.com.au/customer-service).

### ***Why is the Sunlighten app not communicating (or controlling) with my sauna?***

To use the mobile app with your sauna, first ensure these items are set up before use:

- Ensure the sauna tablet's date and time are correct for your location.
- Check that the Wi-Fi connection on the sauna tablet is securely setup. The tablet *does* need to be on to communicate with the app.
- Verify the sauna tablet app is on version 3.6.0 or later to work with the app.
- The mobile app and tablet both need to be logged into the same user profile.
- Check that you have selected the sauna you're trying to use.

Once the sauna tablet and mobile app are connected, you will see a green dot next to the sauna name. This connection for both devices will need to stay within the range of 500 meters (about 1,640 ft) or on the same Wi-Fi signal.

### ***Where do I control the exterior lights from the mobile app?***

From the mobile app, starting on the 'My Sauna' tab, scroll down to the bottom of the page and select 'Lights' to open the exterior lights toggle.

### ***For more FAQ's please visit***

[sunlighten.com.au/customer-service/frequently-asked-questions](http://sunlighten.com.au/customer-service/frequently-asked-questions).

# TROUBLESHOOTING GUIDE

Here are some quick tips for troubleshooting your tablet. If you find that these suggestions do not address your issue, please connect with our Customer Care team for further assistance by phone at 1800 786 544 or submit a request on our website: [sunlighten.com.au/customer-service](http://sunlighten.com.au/customer-service).

| ISSUE                                                                       | SOLUTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tablet cannot power on                                                      | Try resetting the unit by sticking a pin in the RST hold in the upper left hand corner. If this doesn't fix the problem, contact Customer Care as the unit fuse may have blown.                                                                                                                                                                                                                                                                                                           |
| No/low audio output                                                         | First, try increasing the volume level by swiping down from the top of the screen. Next, try adjusting the channel balance to center by selecting equalizer on the home screen and then selecting the fader/balance icon on the left of the screen. If neither of those fix the issue, it may be an improper audio output connection and you will need to contact Customer Care on how to check the wiring. For poor sound quality or distortion, you will also need to check the wiring. |
| Flashing image or interference appears on screen                            | The video cable may be damaged and will need to contact Customer Care to replace them. Another potential cause is improper video signal connections and will need to call Customer Care to check the wiring.                                                                                                                                                                                                                                                                              |
| Feedback from speakers (high-pitched buzz) when using sound from media apps | If a high-pitched interference is heard through the speakers, check for loose connection of black rectangular plug on back of tablet. Check EQ widget to confirm that sound is balanced using pre-set "flat" or "reset" setting.<br><br>Max volume is 0-30                                                                                                                                                                                                                                |

# ERROR CODES & DIAGNOSTICS

| DIAGNOSTIC RESULT CODES |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Error No.               | Cause/Solution                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| E1                      | This is an error popup, it appears when RS-232 cable is not connected. The tablet is having trouble communicating with your power control box. Please reconnect the RS-232 cable at the bottom of your front wall and power box. If the issue persists, you can check the connection at the back of the control panel.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| E1_01                   | This error popup appears when there has been an interruption in the information traveling between your power box and the tablet. To reset, please turn off your tablet, carefully unplug the sauna, wait 3-5 minutes, and then plug it back in and turn on the tablet. If the error persists, please connect with our Customer Care team for further troubleshooting.                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| E2                      | This error popup appears when a user selects wrong model. The serial number you entered during sauna setup does not match the power control box that is installed. Please return to sauna setup and enter the correct serial number for your sauna.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| E3                      | This error popup appears when the required amount of voltage is not provided. The sauna you purchased is designed to use 240 volts of electricity. The voltage you have supplied does not provide adequate voltage to allow proper function. Please have your circuit checked. You may also consult customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for more information.                                                                                                                                                                                                                                                                                                                                  |
| E4                      | This error popup appears when the required amount of voltage provided is high, which can damage the sauna. The sauna you purchased is designed to use 240 volts of electricity. The voltage you have supplied is too high and may damage the system. Please have your circuit checked. You may also consult customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for more information.                                                                                                                                                                                                                                                                                                                          |
| E4_01                   | This error popup appears when FIR or MIR heating panel fails (H1 to H13 heater module). The sensor on your heating panel is not detecting the appropriate warm up of the heater over a set period of time. If your sauna is in a cold environment, a false positive can show. Also, if you have voltage that is slightly lower than normal, the power to each heater can be a little lower than expected and can also cause a false positive. Please check the connections of your heater wires at the bottom of each wall. If the issue persists, you may consult customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for more information. You will still be able to enjoy your sauna if this error appears. |

# ERROR CODES & DIAGNOSTICS

| DIAGNOSTIC RESULT CODES |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Error No.               | Cause/Solution                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| E5                      | This error popup appears when E5 detects which heater is damaged. Each wall of your sauna houses temperature sensors that monitor and regulate heater power to optimize your sauna session. The response time on your sensor is slower than expected. If the issue persists, you may consult customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for more information. This error will only close off a very small portion of one of your heaters. You will still be able to enjoy your sauna if this issue appears. |
| E6                      | This error popup appears when one of the heater control circuits does not respond. Your sauna has a large number of heater control circuits. One of these circuits does not appear to be responding as expected. Your sauna is still functional and you are free to continue using it. If you would like assistance for a more permanent solution, please call customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> .                                                                                                 |
| E7                      | This error popup appears when the lighting control board does not appear to be responding. Please contact customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for additional support.                                                                                                                                                                                                                                                                                                                                |
| E8                      | Smoke detected. Please turn off the heaters/sauna and contact customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> .                                                                                                                                                                                                                                                                                                                                                                                                  |
| E9                      | This error popup appears when a heater is disabled due to high current amperage. Some of the heaters in your sauna are disabled due to high current values. Please contact customer service at 1800 786 544.                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Heater Error            | This error popup appears when the heater does not respond, and therefore is not working. Please check the heater connections or contact customer service at 1800 786 544 for additional support.                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Temp Error              | This error popup appears when the temperature sensor is not working. Please contact customer service at 1800 786 544 for more information.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Voltage Error           | This error popup appears when voltage mismatches occur. To prevent damage to heaters, your tablet will shut down soon. Please have your circuit checked as you are providing either too much or too little voltage to your sauna. You will need to provide 240 volts. Contact customer service at 1800 786 544 or submit a request on our website: <a href="http://sunlighten.com.au/customer-service">sunlighten.com.au/customer-service</a> for more information.                                                                                                                                                              |

# WARRANTY

Sunlighten Corp. and its affiliates (including Sunlighten Pty Ltd) warrant Sunlighten to be free of defects in material and workmanship. This warranty extends only to the original retail or wholesale purchaser of the sauna and terminates upon transfer of ownership. The sauna must be purchased and used within one year of manufactured date. This warranty is void if the sauna has been altered, misused, abused or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. (and affiliates Sunlighten Pty Ltd), shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. (and affiliates Sunlighten Pty Ltd), or any of its representatives be held liable for injury to any persons or damages to any properties.

The sauna is for indoor use. If placed outside, protection from the weather is required by way of a covering roof and side protection against rain, sun and storm damage. If the sauna is exposed a covering roof and a Sunlighten outdoor cover is required in order for the warranty to be maintained. The cover is designed to protect the sauna sides from light rain and sun only; further protection will be required against possible storm damage.

The warranty does not apply if the sauna is placed in a moist environment or the above precautions not taken.

It is the responsibility of the owner to ensure protection from termites, white ants and any infestation at all times.

Specifications are subject to change without notice:

## **mPulse sauna cabins Residential:**

5 year warranty.

1 year fully comprehensive, plus 4 years replacement parts and telephone service support.

## **mPulse sauna cabins Commercial:**

3 years warranty.

1 year fully comprehensive, plus 2 years replacement parts and telephone service support.

## **Android Display**

1 year warranty.

## **Sauna Accessories**

SO Sound and Chromotherapy Lighting 1 year manufacturer's warranty.

# ATTENTION

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify Sunlighten within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.



**These products have been tested,  
and fulfil the requirements of:**

IEC 60335-1:2010 + A1:2013 + A2:2016 with AS/NZS deviation  
AS/NZS 60335.1:2011 + A1:2012 + A2:2014 + A3:2015 + A4:2017  
with IEC 60335-2-53:2011 + A1:2017  
with AS/NZS deviation AS/NZS 60335.2.53.2011  
and found to comply with the standards' requirements.





MPULSE OWNER'S MANUAL

VERSION 01152024

BLAUPUNKT

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359 Clarendon Street , South Melbourne VIC 3205

PHONE 1800 786 544

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[sunlighten.com.au](http://sunlighten.com.au)