

AYO

**MANUAL**

## QUICK INTRODUCTION

This concise quick start guide delivers you step-by-step instructions to set-up and start using your AYO seamlessly!

We have further provided you with an instructions' video which you can find at:

 **GOAYO.COM/SETUP**

Lastly, feel free to read all the additional guidance on how to make the most of your AYO at:

**SUPPORT.GOAYO.COM**

Before you start, take a moment to also make sure you have the following supplied items:



**1 AYO case**

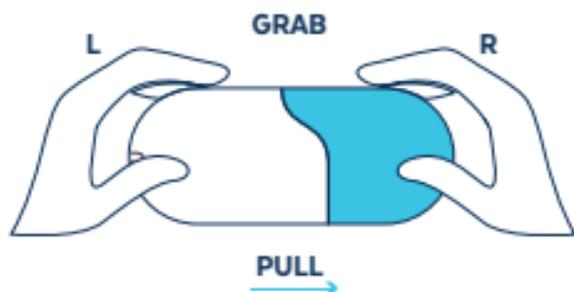


**1 USB charging cable**

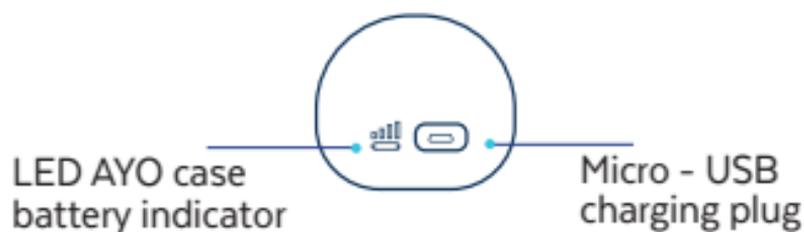


**1 AYO wearable**

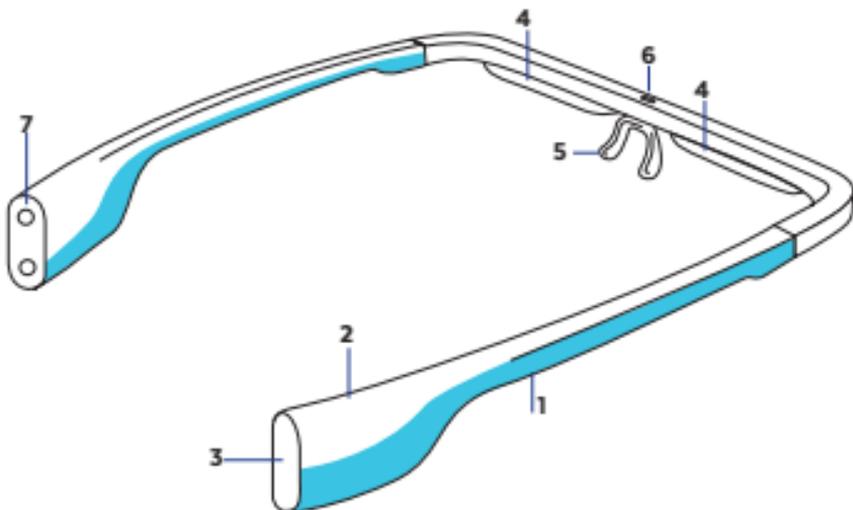
## AYO HARD-SHELL CASE



Opening the AYO case



Pairing QR code sticker

**AYO WEARABLE**

- 1** High quality compact and foldable frame
- 2** Capacitive sensor
- 3** BLE (Bluetooth Low Energy)
- 4** Light treatment solution
- 5** Adjustable nosepiece
- 6** Ambient light sensor
- 7** Rechargeable long-life battery

## INSTALL THE AYO APP



iOS users, go to App Store  
and install the goAYO app



Android users, go to Google Play  
and install the goAYO app

## REGISTER YOUR AYO ACCOUNT

**Follow the on-screen instructions**

**! Ensure that you have a stable Internet/WiFi connection on your mobile device.**



## FINALIZE THE SET-UP

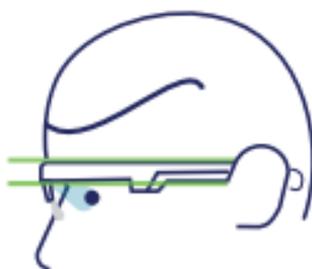
- 1** Open the AYO wearable (open its arms) and put it on your head.
- 2** Start the AYO demo session and follow the on-screen instructions.

## AYO CORRECT POSITION

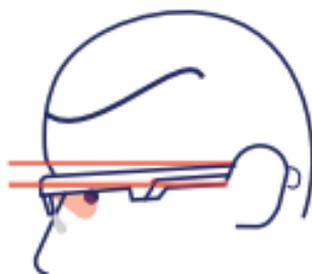


**NO**  
**TOO HIGH**

The light will  
not be able  
to enter your eyes



**YES**  
**PERFECT**



**NO**  
**TOO LOW**

The AYO wearable will  
block your vision

## AYO AND PRESCRIPTION GLASSES

**1** AYO is designed to allow usage with the most common prescription glasses' frames.



**2** To do this, the best is to bend the flexible nosepiece horizontally. Do not worry, the flexible nosepiece can be bended back to its normal position.

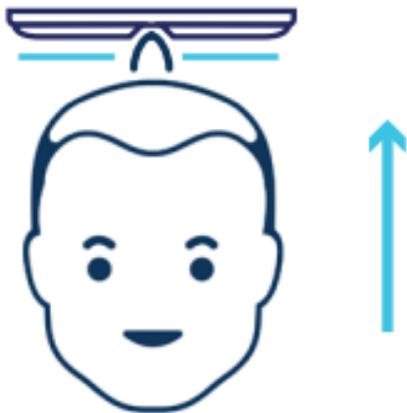


**AYO can be also used with prescription and tinted eye lenses.**

- ! Using glasses can interfere with the light diffusion of AYO, making AYO less effective.
- ! For best results, use AYO without prescription glasses.

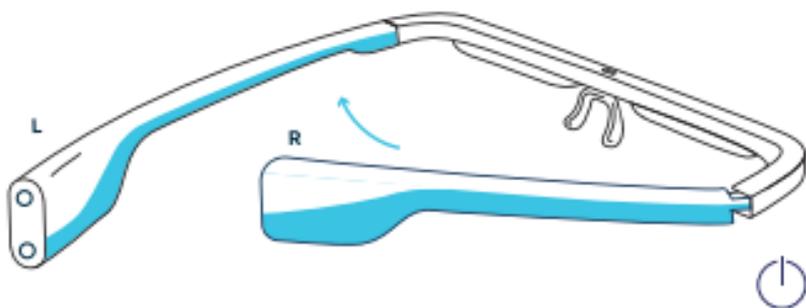
## TURNING OFF AYO

**1** When you remove the AYO wearable from your head, the AYO light will turn off. However, now AYO is in standby mode and still active.



**2** To turn AYO off, close its arms and AYO will turn off automatically.

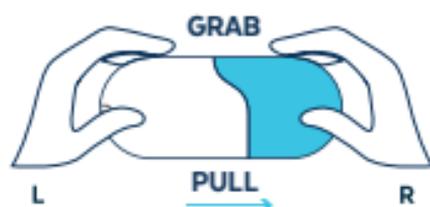
**3** Always make sure to close the RIGHT arm first, then the LEFT arm.



**!** When not using AYO, keep it in the case.

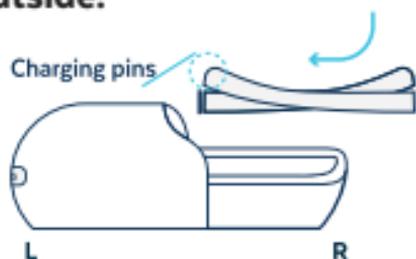
## PUTTING AYO IN/ OUT OF THE CASE

**1** Open the case by holding its blue part and sliding it out of the case.

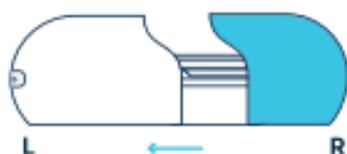


**2** Insert the wearable into its case, laying it flat on its frame inside the case and the prism pointing upwards. To ensure a proper charging position, make sure the wearable fits snugly inside and stays flat.

**!Make sure the AYO arms are folded with the left arm on the outside.**



**3** Close the case by sliding in the blue part of the case back in place. Make sure it clicks securely.



## CHARGING AYO

**Your AYO device has two batteries- one in the wearable and another one in the case.**

**1** To charge the AYO wearable, put it in the case and make sure it is snugly fit and lays flat inside the case.



**2** To charge the AYO case, plug in the provided USB cable into the case and connect the other side of the cable to a power plug, laptop or another electronic device.



**!A power plug adaptor is not provided.**

**3** When you are not using AYO, keep it in the case to protect it and it will automatically stop charging once the battery is full.



**!** Before the first usage, it is advisable to charge AYO for 6 hours.

## AYO ON THE GO

**1** By unplugging the case from the USB cable or power adaptor, you can conveniently bring the case with you.

**2** The case has an integrated power bank, meaning you can still charge your AYO wearable on the go!



**3** To check the status of the AYO case battery, tap the light indicator on the outside of the case and the battery level indicators will light up.



**!** Always carry the wearable in the case to avoid damage to it.

## SAFETY INSTRUCTION

### PLEASE READ ALL INSTRUCTIONS, WARNINGS AND CAUTIONS BEFORE YOU USE YOUR AYO DEVICE

AYO is an advanced wearable technology comprising the AYO device and AYO App that provide personalized light experience. **AYO is not a medical device** and is not intended to cure, treat or diagnose any disease or medical condition. Effects of the AYO technology may vary depending on the individual application and duration of the use. The warnings and cautions set out in the product information do not constitute medical advice and cannot substitute consulting a doctor. We recommend that you seek medical advice before using the AYO technology, if you are not certain of the effects of its interaction with medicines or medical conditions and diseases.

The AYO technology should be used strictly in accordance with the instructions, warnings and cautions provided in the product box and in the AYO app.

Failure to do so may result in injury or damage.

## **WARNINGS**

Children under 4 years of age must be kept away from the AYO device at all times.

The AYO technology is not suitable for and is not recommendable to use by:

- Children below 18 years old;
- Individuals who have or have had an eye disease such as cataracts, glaucoma, macular degenerations or other retinal disorder or previous eye surgery;
- Individuals who have sensitivity to light, epilepsy or a history of seizures;
- Individuals with reduced physical, sensory or mental ability, or by individuals with insufficient experience and / or knowledge to operate such a device.

Consult with a physician before using the AYO technology:

- If you suffer from bipolar disorder (manic depression), SAD (seasonal affective disorder) or if you have a history of eye disease in the family.
- If you use photosensitizing medications all light might change the effectiveness of some medications (*e.g. antibiotics, antihistamines, chemotherapy drugs, cardiac, diabetic and skin medications, etc.*).

 **STOP USING THE AYO** device, if you experience any discomfort such as headache, dry mouth, eye-strain, nausea or hyperactivity. Try using AYO again in a few days with lower intensity settings.

As with any intense light source, **DO NOT** stare directly into the source of light itself.

**DO NOT USE** beyond the recommended time per day or Outside the recommended timeframe advised by your physician or the AYO App, as applicable; this could result in headache, nausea, eye-strain, hyperactivity or difficulties in falling asleep.

**DO NOT** charge AYO device with anything other than the charging cable provided in the AYO case. Never use damaged or worn cords or plugs; this could result in electric shock, burns and/or fire.

**DO NOT USE**, if the AYO device or its housing is damaged in any way or not working properly and contact your retailer for assistance.

**DO NOT** expose the AYO device to high temperatures, to direct sunlight and **DO NOT** use it near heat sources and devices. Never use the device near open fire. The AYO device has an internal rechargeable battery and batteries can overheat and cause fire or bursting.

 Keep the AYO device dry. Storage areas must be dry. DO NOT immerse or expose to water and moisture (*e.g. do not use in the bath, pool, etc.*).

**DO NOT USE** in situations where the light or electrical stimulation might compromise your ability to perform essential tasks or put you or other persons at risk of injury such as driving a vehicle or operating machinery.

**DO NOT** open or modify the AYO device.

A change in any characteristic of the original design (*mechanics, electronics, software, etc.*) can cause malfunction, loss of functionality and can affect the safety of the product. Any modification of the AYO device will lead to complete loss of any warranty and responsibility by the manufacturer.

## CAUTIONS

Allow the AYO device to rest for at least 1 hour after it has been moved from cold to warm surroundings. Risk of condensation water inside the device.

Avoid applying mechanical stress to the AYO device, like straining or bending the devices' arms or any static force.

DO NOT USE the AYO device across the chest, neck, or around the mouth.

DO NOT USE the AYO device while wearing glasses with photochromatic or tinted glasses.

Avoid contact of the AYO device with chemicals (*such as hairspray*). Clean by wiping with dry cloth avoiding the lights.

The AYO device is intended to be used by only one person. If, nevertheless, you share the device with someone, please pay attention to ensure the hygiene of the legs of the AYO device.

*The manufacturer makes no and disclaims all warranties of any kind, either express or implied, oral or written, or statutory with respect to the AYO technology and device including warranties of merchantability or fitness for a particular purpose or related to product effectiveness, efficiency, performance and improvement. To the maximum extent permitted by the applicable law the manufacturer shall not be liable for any direct, indirect, incidental, punitive or consequential damage or loss (including any loss of profit or business) arising out of or in connection with the sale, use, misuse or any defects of the AYO technology and device under any legal theory, whether under breach of contract, tort (including liability in negligence), strict liability or otherwise, regardless whether such loss or damage was reasonably foreseeable, and in no event shall liability exceed the original purchase price of the device. If any term under this clause is held to be illegal or unenforceable, a substitute term shall be deemed to have been inserted which is not illegal and best reflects the meaning of the voided term and the legality or enforceability of the remaining terms shall not be affected or impaired.*

*Some jurisdictions do not allow exclusion or limitation of implied warranties or limitation of liability for incidental or consequential damages, so the above limitations or exclusions may not apply in those jurisdictions.*

## SERVICING AND WARRANTY

Refer all servicing of the AYO device to qualified service personnel. Servicing is required when the AYO device has been damaged in any way, such as:

- If the device has been exposed to rain or moisture;
- If the device does not operate normally when the operating instructions are followed;
- If the device has been dropped or the housing has been damaged.

The manufacturer only guarantees the safety, reliability and performance of this device under the following conditions:

- Installation, extension, re-adjustment, modifications or repairs are carried out by the manufacturer or by authorized personnel;
- The device is used strictly in accordance with the operating instructions.

For your warranty to be valid, the AYO device must always be stored when not used in the AYO case to protect against heat, humidity and accidental breakage.

# **SAFETY AND COMPLIANCE**

We herewith confirm that the products described above comply with the following directives:

## **EUROPE**

CE EMC EN 55014, EN 61000-4-3

**AYO™ is classified as a device that is safe for the eyes in accordance with the international standard IEC 62471.**

### **Directive 2014/30/EU (EMC)**

EN 55014-1:2006 +A2:2011

EN 55014-2:2015

### **Directive 2011/65/EU (RoHS)**

IEC 62321:2008

IEC 62321-3-1:2013

IEC 62321-4:2013

IEC 62321-5:2013

## **Radio-Equipment Directive 2014/53/EU**

EN 62479:2010

EN 300328:2015

EN 301489-1:2011

EN 301489-17:2012

The products described above comply with the RoHS Directive 2011/65/EU of the European Parliament and the Council from 08/06/2011 on restriction of the use of certain hazardous substances in electrical and electronic appliances.

## **US**

FCC Title 47, Chapter 1, Part15, Class B

FCC VOC:

47 CFR PART 15 OCT, 2016, Class B

ANSI C 63.4:2014

## **CANADA**

Industry Canada (IC):

ICES-003 Issue 6, January 2016, Class B ANSI

C63.4:2014

As the product is evolving as well as expanding into new markets, the current list of certifications AYO has passed is expanding continuously. For a complete list of certifications, please refer to our website **[www.goayo.com](http://www.goayo.com)**.



## RECYCLING

This device complies with **Directive 2012/19/EU WEEE**. The AYO device must not be disposed of with household waste, but must be recycled at the appropriate collection points for electrical and electronic equipment/waste.

This product may not be available in all countries worldwide. It may not have received approval or market clearance by relevant governmental regulatory bodies in every country in which it is used.

# TECHNICAL SPECIFICATIONS

Size	<b>AYO wearable:</b> 155 x 65 x 23 mm (6.1 x 2.6 x 0.9 in), one size fits all <b>AYO case:</b> 173 x 80 x 65 mm (6.8 x 3.1 x 2.6 in)
Weight	<b>AYO wearable:</b> 35 grams (1.2 ounces) <b>AYO case:</b> 180 grams (6.3 ounces)
Lighting Solution Technology	4 Light-emitting diodes (LEDs), light diffuser technology
Light properties	<b>Dominant wavelength</b> Approx. 470nm $\pm$ 2nm <b>UV and IR Free light</b> <b>Half-peak bandwidth</b> 22nm <b>Typical Irradiance (100% intensity)</b> Approx. 250 $\mu$ W/cm <sup>2</sup>
Light pulse	1,000Hz (Duty Cycle, D=25-100%)
Useful life	>10,000 hours

Battery	<p><b>AYO wearable:</b> Integrated Rechargeable Li-ion polymer battery, 3.7V, 100mAh</p> <p><b>AYO case:</b> Rechargeable Li-ion polymer battery, 3.7V, 500 mAh</p>
Battery life	<p><b>AYO wearable:</b> Up to 3 hours/ 6 AYO sessions</p> <p><b>AYO case:</b>Up to 10 hours / 20 AYO sessions</p> <p><b>Recharging time (0% to 100% capacity):</b> Approx. 3 hours</p>
Ambient (working) temperature	<p><b>Temperature: 0-40°C</b></p>

## LEGAL NOTE

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AYO is a trademark of Novalogy Ltd.  
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**Novalogy Inc.**  
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In case of any discrepancies between the meanings of any translated versions of this Manual, the meaning of the English language version shall prevail.

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