DEMYK LIGHTMOD PRODUCTS INC.
STRESSLIGHTTHERAPY.COM

Seniors living flyer
Color Light Therapy patented technology

The ultimate clinically proven therapy for stress, anxiety, depression, and chronic pain. It also adds a beautiful room ambiance to make every day more pleasing

'*SensoSphere – Senior Living*' with free APP available direct from the manufacturer for all seniors

The healing power of light is now viewed as the new medicine *today* and the future for all ages. Patented '*Light Modulation*' therapy technology has shown significant benefits in clinical and case studies and continues to grow. Breakthrough worldwide discovery news articles on the healing power of light have increased dramatically.

Features a wireless Bluetooth link facilitating many additional functions.

This non-invasive color light therapy technology has shown to be very beneficial for individuals suffering from chronic pain, anxiety, depression, lack of energy, sleep, and memory issues.

All therapy modes of operation are described below with their potential benefits.

GET THE *FREE* SensoSphere APP! Available for both **iOS** and **Android** mobile devices: search for "**SensoSphere**" in your App Store.

SensoSphere – Senior Living model provides six-light therapy modes and functionality that includes three control options and multiple added features. For a complete description of all the therapy treatments provided and features of operation, go to our Website: www.stresslighttherapy.com and Home page under *SensoSphere – for all models*, download USER MANUAL

How you would use the '*SensoSphere-senior living' lamp*

There are **three control methods of operation**. The **smartphone APP** method has a full spectrum of applications and extended controls. The other control methods **not** requiring a smartphone include **sensor control with hand gestures** and **push-button** on the unit's base.

In general, following our suggested operation method, you should notice some changes and progression addressing your targeted area of affliction in 1-3 weeks. A Continued all-day therapy pattern suggested, if possible. There are no upper time limits for this therapy, and it will blend into your life. The Relaxation mode should be mixed with Balance mode, if necessary. Your choice depends on your state or mood at this time of day. However, Relaxation mode should be used for stress relief in the evenings before sleep time. The therapy lamp's location should be in an area where you are present for most daily activities, including entertainment.

The lamp should be in a location at eye level and forward 180-degree view for proper therapeutic exposure. Refer to SensoSphere – User Manual for complete details.

Track your progress by using our Method of Evaluation provided in this flyer.

SensoSphere – includes these therapy treatment modes

Colour Mode #1: BALANCING

The Balancing mode is beneficial at any time of the day and is compatible with almost any mood from high anxiety to depression. It can be used for general toning and harmonization, or to enjoy a beautiful feast of colors.

This mode displays the full spectrum of rainbow colors in equal proportion. Subtle light vibrations focusing on the Earth's Schumann Resonance frequency of 7.83 Hz in the Theta brainwaves range intrigue and inspire creativity and learning energy.

The Balancing mode starts with the color magenta.

Colour Mode #2: RELAXING

The Relaxing mode is ideal when you feel stressed or tense, or when you want to calm restless thoughts or emotions, this setting glows in slow, flowing rhythms that invite peace and serenity. This mode of operation can be left operational in a common area all day. It provides stress and chronic pain relief for all ages while contributing to a creative and learning energy. For Seniors, consider using in combination with Gamma mode for an added cognitive boost. Many individuals prefer to have Gamma mode in operation all day, adjusted to their preference setting.

This mode centers on the "cool" colors, spanning the range of blue, turquoise, and green. These colors are known to soothe and calm down. They tend to reduce the pulse rate, blood pressure, and respiration rate. Delicate light pulsations in the Alpha brainwaves range (8-12 Hz) enhance the peaceful and relaxing effect.

The Relaxing mode starts with the color turquoise.
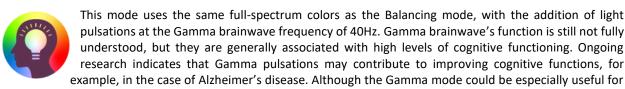
Colour Mode #3: ENERGIZING

Select the Energizing mode whenever you feel you need an energy boost, either physical or cerebral. This setting uses slightly faster rhythms, which stimulate the nervous system and gently help to uplift and wake you up. Try using it to boost your creativity and facilitate your mind's activity.

This mode centers on the "warm" colors ranging from red to orange to yellow, which are invigorating and mood cheering. They tend to increase the pulse and respiration rate, energizing you when you feel down or drained. It features modulations in the Beta brainwaves range (12-20 Hz).

The Energizing mode starts with the color orange

Colour Mode #4: GAMMA

This mode uses the same full-spectrum colors as the Balancing mode, with the addition of light pulsations at the Gamma brainwave frequency of 40Hz. Gamma brainwave's function is still not fully understood, but they are generally associated with high levels of cognitive functioning. Ongoing research indicates that Gamma pulsations may contribute to improving cognitive functions, for example, in the case of Alzheimer's disease. Although the Gamma mode could be especially useful for seniors experiencing a decline in mental ability, it also can benefit everyone looking for a cognitive boost. Because the Gamma high frequency is less perceptible to our eye, the light pulsation level is higher is this mode. Some individuals prefer to have Gamma mode in operation all day, adjusted to their preference setting.

*The Gamma mode starts with the color indigo-blue. Special Note: For research and general information on Gamma brainwaves, visit our Website under **Mysteries of Gamma Brainwaves.** Article published in **The Book of Light** by the International Light Association by Anadi Martel.*

Colour Mode #5: EVENING

This mode delicately lulls you towards a night of deep and restful sleep. Creating a soft and soothing mood, it can also be beneficial in case of insomnia.

It features slow color transitions ranging from amber to turquoise, with some purple moments. It reduces the deep blue color to levels low enough to avoid any potential melatonin suppression effect, known to be capable of disrupting our circadian rhythm. The Evening Mode integrates Delta brainwaves of deep sleep (1-4Hz).

The Evening mode starts with the color green.

Colour Mode #6: NIGHTLITE

This mode focuses on a soft amber color, with prolonged, nearly imperceptible variations. Designed to transform the SensoSphere into a night light, it eliminates any trace of the blue color known to disrupt the circadian rhythm through its suppression of melatonin, our "sleep hormone." The NightLite mode has its brightness adjustment, separate from that of the other modes, which you will generally want to set much lower levels for night use. The NightLite mode is also ideal as a comforting lullaby of light for toddlers.

The NightLite mode starts with low-brightness color amber.

Colour Mode #7: MONOCHROME

Apart from its light modulation Color Modes, the SensoSphere also features a Monochrome mode allowing you to focus on a single color of your choice.

To select the Monochrome color, use the **Monochrome Colour Selection** gesture described below or the SensoSphere App.

The Monochrome mode starts with the last selected Monochrome color.

> ### SPECIAL MONOCHROME FEATURES of the SENSOSPHERE APP
>
> The Monochrome mode normally displays a single static colour. However by activating the **Advanced Mode** feature of the SensoSphere App you gain access to additional Monochrome capabilities, including selecting pastel colors, setting a range of color variations around the Monochrome color, and embedding the brainwave of your choice in the light.

FEATURES ONLY AVAILABLE WITH OUR APP CONTROL

WAKE SCREEN

The Wake screen lets you activate a wake-up timer on the SensoSphere. Access it by clicking the WAKE icon at the bottom of the main screen. You can choose a wake-up time at which the SensoSphere will transition to the wake-up color mode of your choice.

DAY-WHITE

The **Day-White** color mode is a special mode based on bluish-white light, ***similar*** (but **not** 10k lux) to the type used in bright-light therapy lamps to counter seasonal affective disorder (SAD) or just the "winter blues."

SLEEP SCREEN

The Sleep screen lets you activate a sleep timer on the SensoSphere. Access it by clicking the SLEEP icon at the bottom of the main screen. You can choose a sleep time at which the SensoSphere will transition to the sleep color mode of your choice – including the option of turning Off for the night.

Method of Evaluation for seniors using Color Light Therapy Common four evaluation areas of afflictions and assessment measurements.

Seniors Name _____

Note: **The assessment period should be over 6-8 weeks with daily use, using the proper method and therapy mode selection as described.**

1) Assessment of anxiety and/or depression

Measurement Rating States: How a Senior rates each relative behavior state over time

Date/Rate: 1st_____ **2nd** _____ **3rd** _____

# 0	1	2	3	4	5	6	7	8	9	10
	High	Sad			Good		Very good			Happy

_____

2) Assessment of Pain

Measurement Rating States: How a senior rates each relative behavior state over time

Date/Rate: 1st_____ **2nd** _____ **3rd** _____

# 0	1	2	3	4	5	6	7	8	9	10
	Very Intense			Still High	Better	Better	Good		Very Good	

_____

3) Assessment in general physical and morale state

Measurement Rating States: How a senior rates each relative behavior state over time

Date/Rate: 1st_____ **2nd** _____ **3rd** _____

# 0	1	2	3	4	5	6	7	8	9	10
	Not good			Good		Better	Very Good	Happy		

_____

4) Assessment of the state of relaxation

Measurement Rating States: How a senior rates each relative behavior state over time

Date/Rate: 1st_____ **2nd** _____ **3rd** _____

# 0	1	2	3	4	5	6	7	8	9	10
	Not relaxed		Fair	More relaxed	Better	Better	Good		Very Relaxed	