

OCUWEAR 1.0

SPECTRAL LIGHT SENSOR & LIGHT-LOGGER

EASY USE OF OCUWEAR

The OcuWEAR tracks your light exposure throughout the day and night. Attach it to the provided lanyard or use the clip (see pictures below).

To get accurate results, wear it over your clothes to ensure it stays uncovered at all times.

CHARGING THE OCUWEAR DEVICE

- Remove the OcuWEAR device at bedtime, when you are ready to go to sleep (i.e., lights off).
- For Easy Use, charge the device every night with the White-diffuser facing upward, like shown in the picture.
- Place the charging device on a bedside table or similar spot to remind yourself to charge it.
- Connect the USB-C cable to the OcuWEAR device, like shown in the picture.
- Confirmation that the device has started charging can viewed in the App under device management.



MAKE SURE TO AVOID THE FOLLOWING!

- Take care to keep the device dry by removing it before engaging in activities involving water, such as showering, swimming, or heavy Rain.
- Protect the device from strong impacts by taking it off, and remember to put it back on.
- The white diffuser must be facing towards the light at all times when light is recorded.



If you have any questions or concerns, please contact your study research team.