PROPEAQ

PREMIUM LIGHT GLASSES

Quick start guide

Quick start guide

Congratulations with your Propeaq light glasses
This guide will help you set up your glasses and app. You can control this device manually for winter blues, shiftwork or an energy boost. To prevent jetlag or to plan a sport performance you can use the Propeaq app.
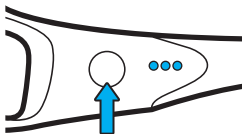
Before you start
Before you use the glasses charge the battery.
1. Plug the micro-usb in the device
2. Plug the other end in the adapter and in an electrical outlet or directly in a PC
3. Charge until the battery indicator shows the battery is fully charged ●●●

What is in the case
Propeaq comes in a complete package with international adapters, a microfiber pouch, different lenses and a stylish frame with integrated LEDs. On the frame you will find the multifunctional power button, the battery indication lights and the micro-usb slot.

Power button

Lenses

Using the lenses
Light blue lenses: should be used when blue light is prescribed.

Red lenses: are used if prescribed by the Propeaq app to simulate darkness or night. Wear them before you go to sleep or when you are not supposed to be awake (morning or evening). You can use the red lenses also to block blue light from digital screens during the evening or night.

Dark blue lenses: can be used on sunny days when sunlight is too bright. Just like a pair of regular sunglasses.

All lenses have an UV protection filter. The dark blue lenses are designed to use Propeaq as sunglasses.

To change the lenses gently push the lenses from the outside to the inside. Place a thumb on the outside of the lens and push carefully to make the lens pop out. To insert the lenses first place the center side of the lens from the inside of the glasses and then push the lens carefully to the outside till you hear a short click.
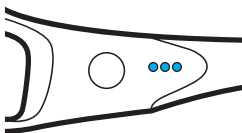
Before you start

Battery
The LEDs near the power button indicate the battery power level after turning on the glasses. To maximize battery life turn the glasses off when you are not using them. Extreme cold temperatures can decrease battery life. To maximize battery life in cold conditions, keep the glasses in a warm place prior to use. Charge your Propeaq at night so you can enjoy the benefits the next day.

Battery indication
⬤⬤⬤ Bat 100% - 70%
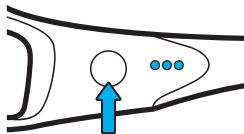⬤⬤◯ Bat 70% - 30%
⬤◯◯ Bat 30% - 5%
◐◯◯ Bat 5% - 0%

Using the Propeaq app
1. Download the Propeaq app from the App Store (iOS) or Google Play (Android)
2. Follow the steps in this quick guide or in the app, starting at Step ①

Available on the iPhone **App Store**

ANDROID APP ON **Google play**

Using Propeaq manually

In the table you can find how to use the Propeaq manually.

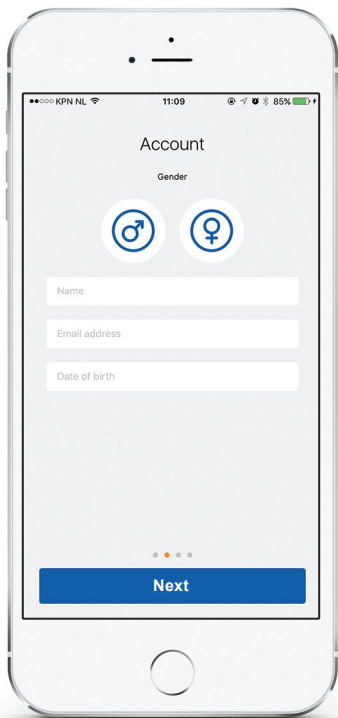| Function	Action	Result
Turn glasses on to stand-by mode	Hold on/off button for 2 seconds	Glasses show battery level for 3 seconds, followed by a single blinking LED. The glasses are now in stand-by mode
Turn lights ON	Push on/off button 2 times shortly in stand-by mode	Lights go on
Turn lights OFF	Push on/off button 2 times shortly	Lights go off, glasses are still in stand-by mode
Pair with smartphone	Hold on/off button for 8 seconds in stand-by mode	All LEDs flash 3 times, middle LED starts to blink. If failed: left LED blinks
Check battery level	Push on/off button 1 time in stand-by mode	3 seconds battery indication
Turn glasses off	Hold on/off button for 2 seconds	Glasses turn completely off

Propeaq.com

Propeaq is a multi purpose tool and a complete health solution for travel or at home. You can use Propeaq manually for an **energy boost**, to **beat winterblues**, for **sleep improvement** or to improve **shiftwork conditions**. With the app you can use Propeaq to **prevent jet lag** or to **plan your performance** moment.

Read more about it at www.propeaq.com.

Support
Visit propeaq.com/support for the complete user manual, instructional videos and other relevant documents.

App
Personal

Add your personal data using the next 3 screens.
Make sure the data is correct. The app will use
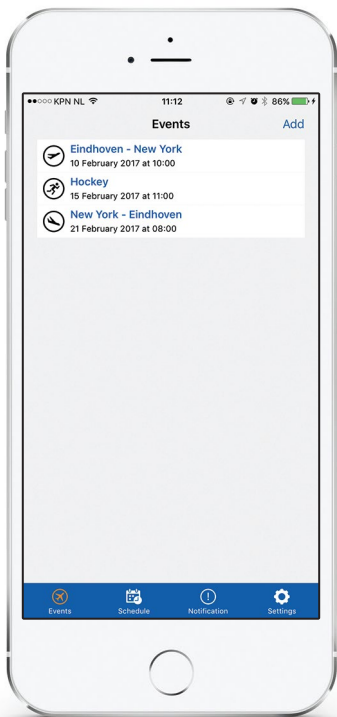the data for calculations.

App
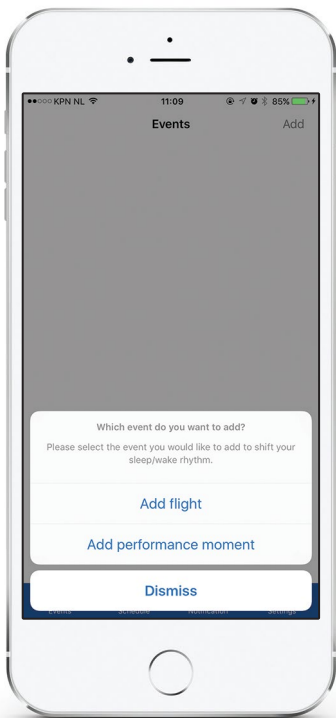## Connect device

Connect glasses to device.

App
Plan event

Impression of planned events.
Plan new event by using Add or ➕ for Android.
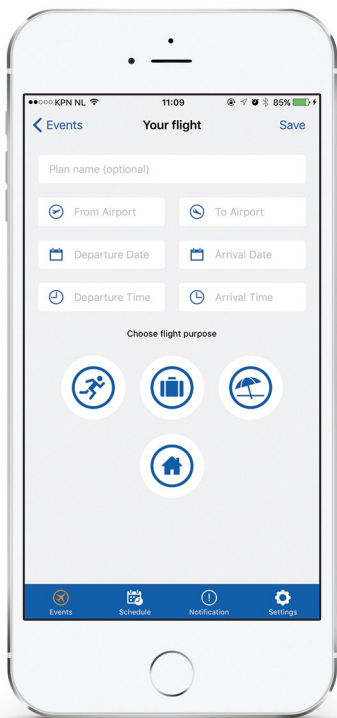
Add your flight or sports performance moment.

Add flight information and choose flight purpose.
If planned add your return or next flight too.

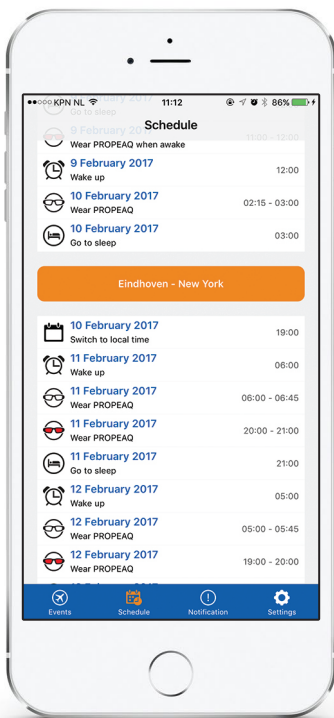Flight purpose: 🏃 Sport 💼 Business ⛱ Vacation 🏠 Home **10**

App
Add performance moment

Add performance moment.
For professional athletes, to perform
on irregular times.

App
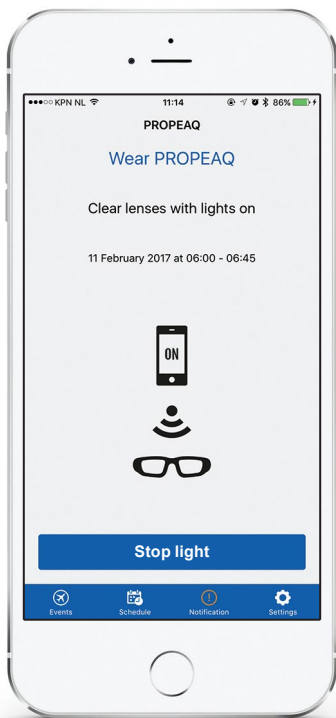## Activity schedule

Impression of an activity schedule.

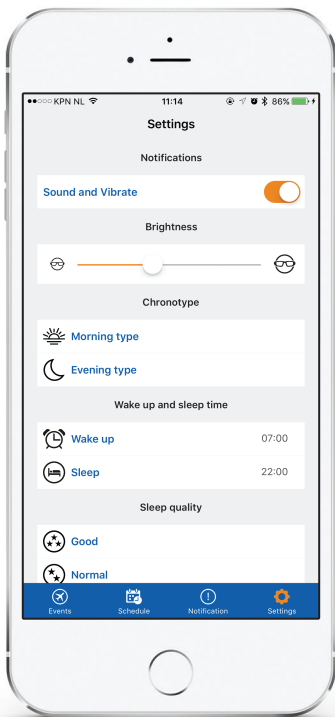Turn on Propeaq glasses – Wear glasses – Press 'Start light'.

Press stop light to turn off light.
To turn off Propeaq glasses press power button
on glasses for 2 seconds.

App
Settings

Select or adjust your settings.

Warning

Warning

Do not use the lights longer than prescribed in the app or indicated on www.propeaq.com**.**
Do not use in traffic or situations where good sight is needed. Do not use in damp or wet environments.

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PROPEAQ

PREMIUM LIGHT GLASSES

Performance · Anti jet lag · Energy · Sleep

Designed by Chrono Eyewear in the Netherlands.
Dutch Electronics inside. Assembled in China.

www.propeaq.com