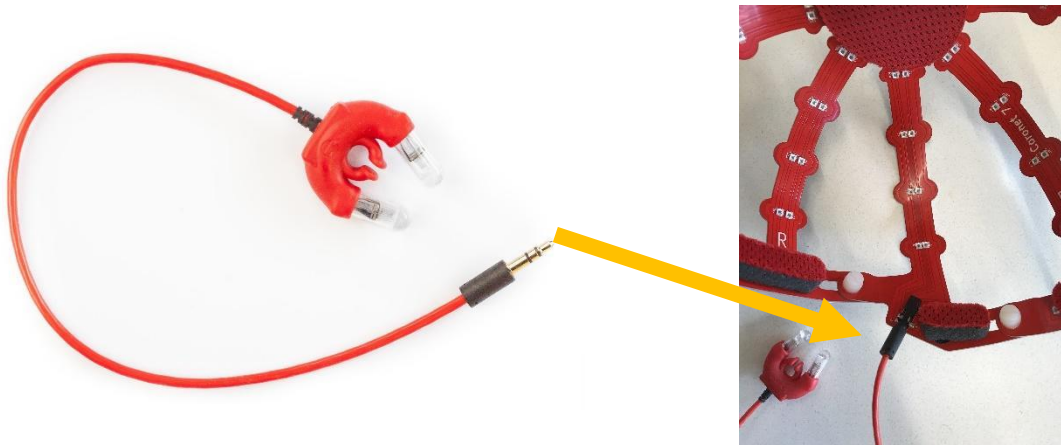


Thank you for purchasing the Well Red CoroNase. The two-wavelength CoroNase in combination with the Duo Coronet gives your brain the best light coverage with the most effective wavelengths, 670 & 810nm.

## Connect your CoroNase into your Duo Coronet



The CoroNase plug inserts into the black port on the outer rim of the Duo Coronet between **Right** and **Back** legs. Push it in gently.

## Use your CoroNase with your Duo Coronet

1. Settle yourself comfortably in your favourite chair with your Duo Coronet, intranasal CoroNase and power supply within easy reach.
2. Now that the CoroNase and Coronet are connected, hold both items together.
3. While holding the CoroNase, put on your Coronet, and have the black cable draping forward over your shoulder so you can easily connect it to power. Make sure that your Coronet feels comfortable.
4. With two hands, hold the CoroNase on the red part at the base of each prong.
5. With thumb and finger, gently pull apart the central tabs, lift and ease into your nose.



6. The CoroNase prongs don't need to go far into the nostrils. It might initially feel a bit weird, though.
7. If you can, orient the prongs to about 45°. Remember though, that the internal design of everyone's nose is different, so don't worry too much about positioning. Aim for comfort.

## Turn on your Duo Coronet.

1. There is an initial flash of red light on your head and in your nose, then after a few seconds, bright red light pulses on your head and into one of your nostrils. Your nose will look red on that side. The lights on your head and up your nose pulse in exact synchrony, ensuring the best coverage on and under your brain.
2. Adjust your CoroNase for comfort. It should perch comfortably and stay in your nose.
3. After 12 minutes the visible red LED lights power down and the near infrared lights come on, shining into the other nostril. Your nose will now not look red – that's because the near infrared lights are just at the edge of our ability to see. You are still getting a good light dose.
4. At the end of the 24-minute session, there is a celebratory flash of red light and the Duo Coronet and CoroNase both turn themselves off.

## Take off your CoroNase and Coronet

1. Remove the CoroNase first by pulling it out by the red silicone body, not the cable, and hold on to it as you then take off your Coronet.
2. If you unplug the CoroNase from the Duo Coronet, pull it out of the socket by the plug body, not the cable, and ensure that it is stored safely.
3. If you leave the CoroNase connected to the Coronet, always hold both together.
4. Never let the Coronet dangle from the CoroNase.

## Hygiene:

If you are sharing your CoroNase with someone else, use alcohol wipes to clean the CoroNase thoroughly first.

## Safety:

Remember that any electrical device should **never** be used in or with water.

Make sure that you stay seated for the full session. Do not walk around wearing the devices.

If you need to interrupt the session, then press the pause button on the Coronet or just unplug the power and restart the session from the beginning later in the day.

For any questions, please contact us. Website: [www.wellred.com.au](http://www.wellred.com.au)

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