

CONTENTS

A. Safety	2
B. Care	2
C. UNPACKING.....	3
1. Your package has three items:.....	3
2. Before you start assembling:	3
D. Your Coronet.....	4
E. Assembling your coronet	4
1. Curve the feet - gently	4
2. Curve the end of each leg - gently	5
3. Curve the middle of each leg - gently	6
4. Curve the each leg a little more - gently.....	7
5. Keep curving those legs - gently.	7
6. Connect the feet	8
F. Fitting the coronet	10
1. To make it comfortable for your head, sit the coronet on your head with:.....	10
2. Adjust wing-nuts to fit the Coronet to your head:	10
3. Aim for a fit that:.....	10
4. Be careful	10
G. Using your coronet.....	12
1. Coronets are pre-programmed.....	12
2. Mornings are the best.....	12
3. Always be comfortable	12
H. The <i>Well Red App</i>	13
1. Download the <i>Well Red App</i>	13
2. Connect Coronet and your Android device using Bluetooth	13
3. Connect the coronet to the App	13
4. Well Red Control.....	14
5. Pause and Resume	14
6. Settings.....	15
7. Tools – Tremor Tracker	15
I. Troubleshooting.....	15
J. About Well Red Pty Ltd.....	16

Well Red Coronet – Safety, Assembly and Use

Thank you for purchasing a Well Red Coronet.

The Coronet light hat design is based on medical research which has shown that:

1. red and near infrared lights are safe to use on a daily basis for the recommended duration, which has been programmed into this device, and
2. red and near infrared lights may improve symptoms of neurodegenerative diseases, sleep quality, mood and energy levels.

While the research thus far is very encouraging, no guarantees can be given that there will be improvements for any one individual.

It does seem that the longer a person has been living with a neurodegenerative disease, the more damage has happened inside the brain. In this situation, red and near infrared lights may be less effective, compared with someone who is at an early stage.

To complicate things further, the individual using the Coronet may not notice any changes at all, while at the same time family members and friends do notice improvements.

Neurodegenerative disorders are subtle and complex beasts – for more about this read Catherine's blog: redlightsonthebrain.blog

A. Safety

Your coronet is a 12volt electrical device.

Do **NOT** use in or near water.

Do **NOT** use with wet hair.

Do **NOT** press or push the LED lights

B. Care

Your coronet is made with aluminium.

You can carefully and slowly bend the aluminium arms into shape.

Do **NOT** repeatedly bend the aluminium arms.

Use the instructions to fix it into shape for your head, then leave it in this shape.

Do **NOT** continue to reshape the coronet.

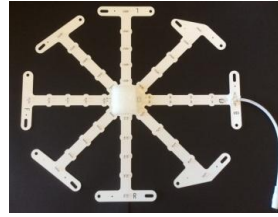
Do **NOT** press or push the LED lights

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C. UNPACKING

1. Four items:

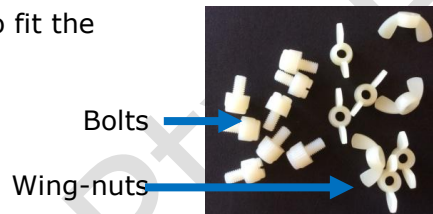
Your coronet – in its flat mode



A rectangular box – this contains your power supply



Nylon wing-nuts and bolts – to fit the coronet to your head.



Foam strip – for comfort



2. Before you start assembling:

Set yourself up

- Use a comfortable table or bench, preferably near a power point.
- Clear the area so that you have plenty of room to work.

Set up the Power Supply

- Open the smaller rectangle box with the power supply and plug it in.

Discipline the Wing-nuts and bolts

- Put all the wing-nuts and bolts into a container so that they don't try to run away.

Discipline yourself

- Work **slowly**.
- Don't force or twist the aluminium. Yanking the aluminium can harm it.

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D. Your Coronet

- Always keep the LEDS of your Coronet facing upwards.
- Look carefully at the cover page showing your Coronet's markings and features
- There are eight legs radiating from the centre
- Each leg has LED lights spaced along it.
- Each leg ends in a wide foot, with holes and slots.

E. Assembling your coronet

1. Curve the feet - gently

Place two fingers★ on either side of the foot near the hole and slot.



Press with two fingers of one hand.

With your other hand, hold one side of one foot, and gently bend it inwards. Bend slowly, aiming for a gentle curve. **No** right angles.

Repeat with the other side of the foot, then all the feet. Work slowly.



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2. Curve the end of each leg - gently

Put two fingers ★ of one hand on the clear parts between LEDs mid-way along the leg.



Ease the **whole** foot towards the centre, with two fingers placed **under** the foot.

With two fingers of the **other** hand placed under the foot, gently ease the **whole** foot towards the centre. **Gently**.

Be gentle. You will be adjusting your coronet throughout the assembly.

Repeat with each leg. Work slowly and gently.

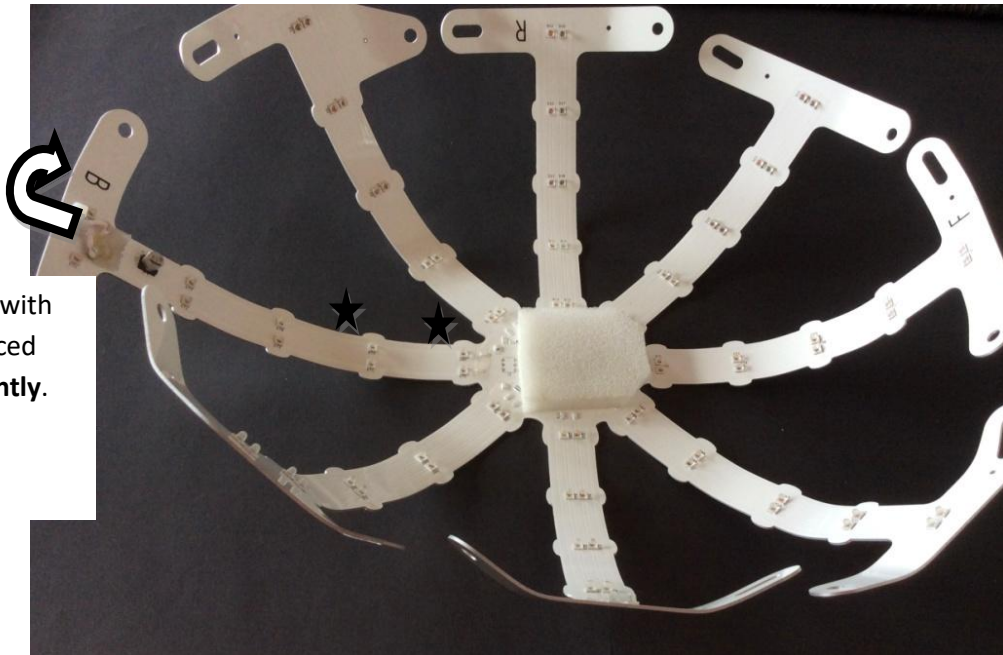
It should look something like this, once you have eased every leg.



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3. Curve the middle of each leg – gently

Put two fingers ★ on the clear part between LEDs near the coronet centre.



Lift the whole foot with the other hand placed under the foot. **Gently.** Not too much.

Press down gently.

Put the other hand under the foot and the end of the leg

Gently lift the leg towards the centre, just a little.

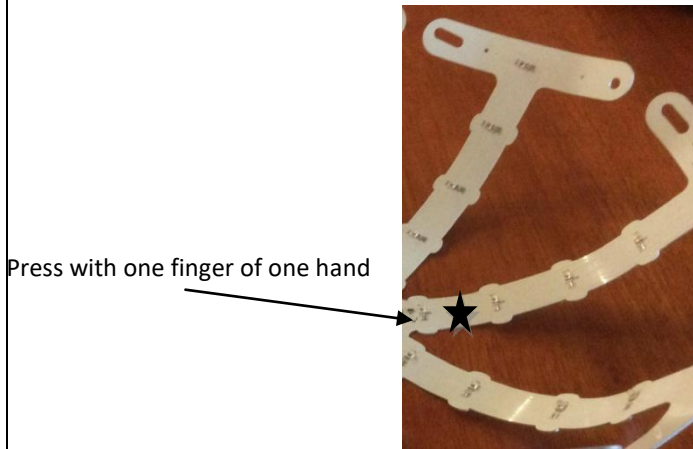
Not too much.

You will be adjusting your coronet throughout the assembly.

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4. Curve the each leg a little more - gently

Put one finger ★ on the clear part between LEDs near the coronet centre.



Curve each leg section slowly inwards, aiming for a gentle curve.

Make sure that you don't press on a LED light.

Repeat with each leg and foot section slowly. Work slowly and gently.

5. Keep curving those legs - gently.



You'll see the holes in each side of the feet moving closer together.

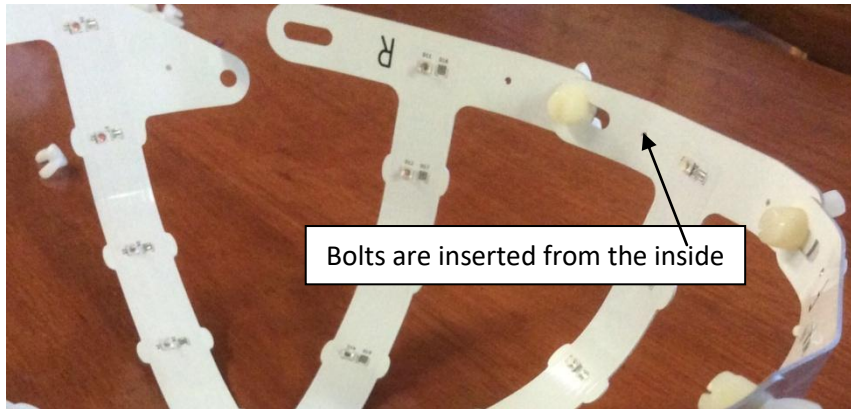
Well Red Coronet – Safety, Assembly and Use

6. Connect the feet

Put the wing-nuts and bolts close to you.

Gently pull two legs next to each other until the holes/slots just start to overlap.

From the inside (LED-side) of the coronet, insert the bolt shaft so that it connects the two feet.

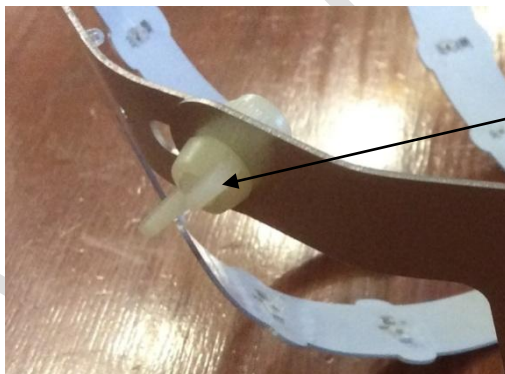


Using a wing-nut, screw the shaft into place.

Bolts are inserted from the inside.

Wing-nuts are attached on the outside.

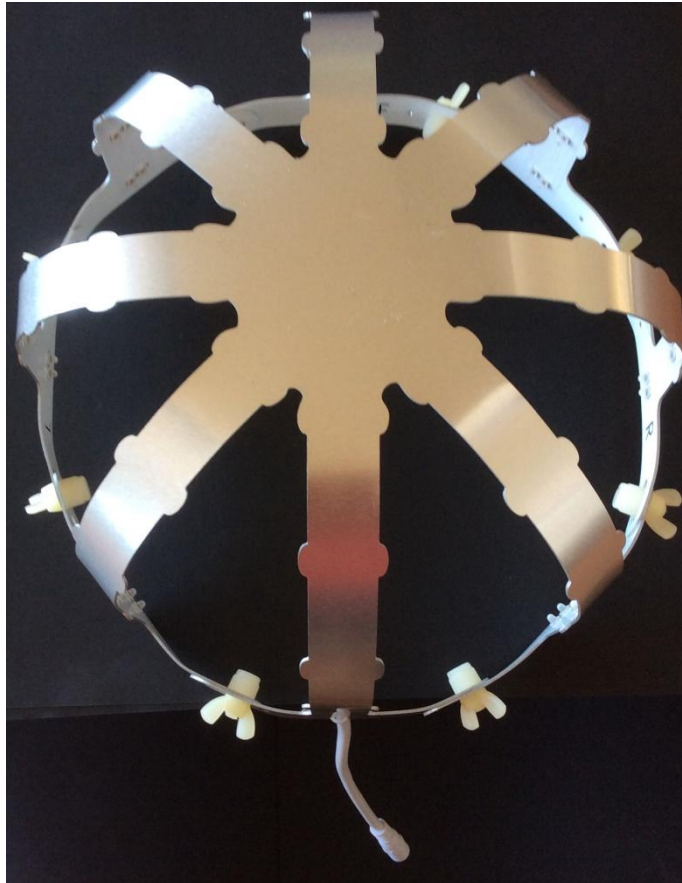
Don't make the wing-nuts tight at this stage. There will be lots of adjusting to do.



Work around the coronet, carefully and gently connecting the feet.

Watch out for the LED lights, as it is easy to press on them.

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Eventually you should have all the feet connected creating your Coronet.

Now for the fitting.

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F. Fitting the coronet

To make it comfortable for your head, sit the coronet on your head with:

F at the front.

B and the cable at the **back**.

Place the **F** so that it sits on your forehead, about a centimetre (just under half an inch) **above** your eyebrows.

Adjust wing-nuts to fit the Coronet to your head:

It is best to have someone help with this bit, as it is a bit fiddly.

Keep checking that **F** is sitting on your forehead just above your eyebrows. Keep adjusting the wing-nuts.

The coronet can be adjusted to fit a very large head, or a very small head.

The LEDS can be close to the head as the coronet has a heat-limiting sensor.

Don't allow the LEDs to directly touch the head.

Aim for a fit that:

- feels stable and not too wobbly.
- is OK to have on your head for 20 - 24 minutes.
- allows you to read, use a computer or watch television.

Be careful

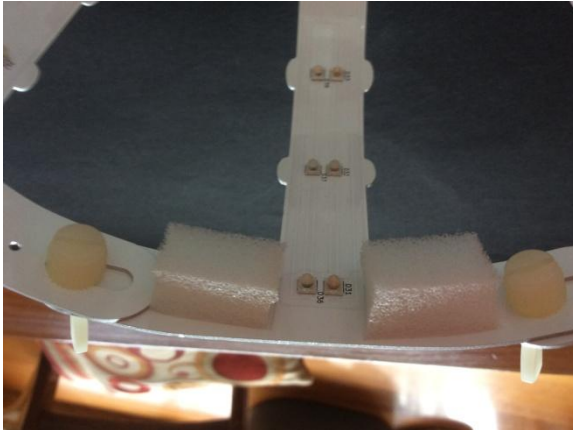
Adjust carefully and slowly.

There is no danger to the lights shining in your eyes, but your Coronet is much more effective if positioned with **F** on your forehead above your eyebrows, and **B** shining on the lowest part of the back of the head.

Make sure that the cable is at the back.

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Use pieces of sponge around the perimeter



Make sure that you don't cover any LEDs.

If you find the pulsing is annoying, stick small pieces of foam outside the front LEDs, so that you create a foam barrier.

Well Red Pty

G. Using your coronet

Coronets are pre-programmed

Your coronet is pre-programmed with wavelength, power, pulsing and timing:

- Wavelength
 - 670nm LEDs (Mono), or
 - 670nm and 810nm LEDs (Duo).
- Timing
 - Mono – 20 minutes
 - Duo – 24 minutes (12 minutes each wavelength)
- Pulse-rate
 - 40 Hz is used for both Mono and Duo.

Mornings are the best

It seems likely that brain cells are more receptive to red and near infrared light in the mornings.

- use your Coronet in the mornings, preferably before noon.
- use once a day.
- use every day if you can.
- don't worry if you have the odd busy day when you haven't time to use your Coronet.

Always be comfortable

Set yourself up in a relaxed way so that you are not tense or in any pain or discomfort.

You might consider a permanent location to set up your Coronet. You could have it already plugged into a power-point and sitting next to a comfortable chair.

You can start your session in three ways:

- by turning the Coronet on at the power-point
- by plugging the short Coronet cable into the power plug just before you put it on; or
- by connecting through your Android device, and using the **Pause** and **Resume** buttons.

If you are easily bored, make sure that you have something to do for the duration, whether it is reading, watching TV or using a tablet device.

H. The *Well Red* App

Well Red Pty Ltd offers an App for Android devices with Bluetooth. While the App is not needed to use the Coronet, it might be helpful. It does not yet work on iOS nor computers.

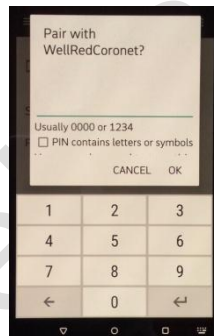
*For the App to connect to the Coronet, the Coronet **MUST** be turned on.*

1. Download the *Well Red* App

- contact enquiries@wellred.com.au for the link.
- download the *Well Red* app onto your Android device.
- when the download has finished, close the App on your Android device.
- the app should appear like a pink worm on a black background on your screen – or wherever your device sends downloaded apps.

2. Connect Coronet and your Android device using Bluetooth

- Turn on your Coronet.
- Turn on Bluetooth on your Android device.
- Select **scan** so that your Android device scans for nearby Bluetooth connections.
- **WellRedCoronet** will appear.
- Press **WellRedCoronet**.
- You will then get a screen asking if you want to pair your android device with **WellRedCoronet**. It will look something like:

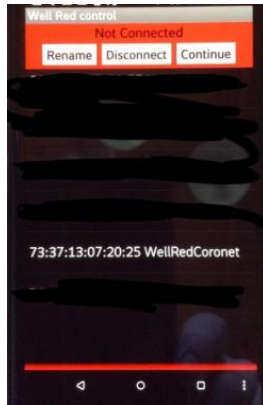


- Type in **1234**
- Press **OK**

3. Connect the coronet to the App

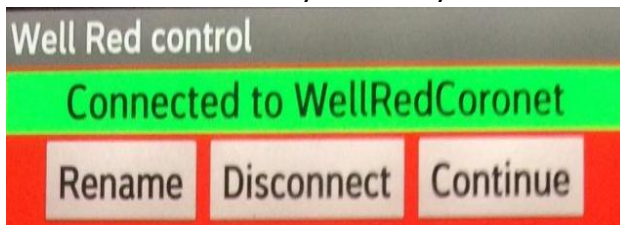
- Open the WellRed app
- You will now see a screen with a black background, showing all the various Bluetooth devices that your Android phone may have previously paired with.
- You will see **WellRedCoronet** in white letters.

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Press on **WellRedCoronet**.

Your screen will tell you that you are connected – a nice green bar.



4. Well Red Control

Press **Continue** (on the right under the green banner telling that you are Connected to WellRedCoronet)

The screen should now be a lovely red colour with a big **Pause** button

5. Pause and Resume



If you are using your Coronet and the doorbell rings, you can tap the **Pause** button and your Coronet will turn off and wait until you return.



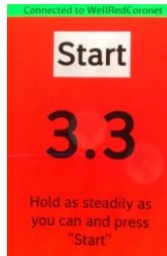
When you return, press **Resume** and your Coronet will continue from where it left off.

6. Settings

- This area is only available to clinicians and researchers. It enables changes to be made to the Coronet's programming.

7. Tools – Tremor Tracker

Tremor Tracker can be used without connecting to your coronet.



When you first use the Tremor Tracker, the number will probably be zero. Hold the Android device comfortably on the palm of one hand.

Make sure that

- your upper arm is lightly touching your side and
- your elbow is held at right angles out in front of you.

With your other hand, press **Start**.

Hold the Android device as still as you can for ten seconds.

The App will show **Test finished!** and the number you scored:



A smaller number is better than a larger number.

If you want to keep track, write down the number each day.

You might like to use it daily or weekly, with one hand or both.

It might be a useful way to track your progress over a long period of time.

Don't worry about the number you achieve each time, as the important thing is whether there is a trend over months and even years.

I. Troubleshooting

If the App doesn't seem to connect properly, clear the App by pressing the rectangle key at the bottom of the screen.

If the App shows in the displayed windows, close it, then re-open it.

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J. About Well Red Pty Ltd.

The Coronet red and near infrared device have been developed by Well Red Pty Ltd, a Tasmanian-based company.

The directors of Well Red Pty Ltd are:

Dr Catherine Hamilton, a retired medical practitioner and author of the blog [redlightsonthebrain](#).

Mr Ron Brown, an electrical engineer and designer of bespoke electronic products.

Ron and Catherine aim to:

1. Continue research into the effects of red and near infrared lights,
2. Continue to develop red and near infrared light devices that can be used at home and in research environments, and
3. Continue to make coronet light hats available to individuals for as low a price as possible.

Thank you for purchasing a Well Red Coronet. Please don't hesitate to contact us if you have any queries.

For more information:

Email: enquiries@wellred.com.au