bluefocus
Light for a Sharper Mind

Instruction manual

Setup and everyday operation



Quick start

1. Mount the device securely.
2. Connect it to USB power.
3. Press the control knob to turn it on.
4. Press the knob again to turn it off.

Default intensity / Level 3

Mount the device

Use the included mount or a suitable stand or mount. The plate on the back of the device works with magnetic mounts. Use the distance table on page 2 to select an intensity level.

Connect power

Plug the USB power cord into a compatible wall adapter, car adapter, or laptop USB port. Use a source that meets the power requirements on page 3.

Adjust brightness after ramp-up

The light gradually increases over 2 minutes so your eyes can adapt. Once it reaches a comfortable level, turn the knob right to increase brightness. The indicator flashes at maximum brightness.

Ambient light and automatic shutoff

Front and rear sensors adjust brightness for four ambient light modes: darkness, night, twilight, and day. Bluefocus turns off after 12 hours of use. Press the knob to turn it back on.

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Light intensity

Choose a level using distance and indicator colour

Intensity by distance

LEVEL	INDICATOR	DISTANCE FROM USER
Level 1	Blue	Less than 60 cm / 24 in
Level 2	Green	60 to 70 cm / 24 to 28 in
Level 3 DEFAULT	Yellow	70 to 80 cm / 28 to 32 in
Level 4	Red	More than 80 cm / 32 in

Change the intensity level

1. Measure the distance between the device and where you will sit or stand, or place the device about an arm's length away.
2. With the device plugged in and switched off, press and hold the control knob until the blue indicator flashes (about 5 seconds). Release the knob. A solid colour will appear.
3. Turn the knob until the indicator shows the colour for the level you want.
4. Press the knob again to confirm. The device switches on.

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Safety and support

Warnings, operating limits, and warranty

Warnings

Use Bluefocus only for its intended purpose. It is unsuitable for people with sudden drowsiness or sleep disorders, or those taking sleep-inducing drugs. Bluefocus cannot guarantee prevention of drowsiness, especially during extreme fatigue. Stop using it immediately if you feel dizzy, nauseated, or otherwise uncomfortable.

When to switch it on and off

Switch it on about 20 minutes before you expect reduced alertness. Some people may need up to 40 minutes. Switch it off about one hour before sleep. Some people may need up to two hours.

Vehicle installation

Check your local laws before mounting the device. Where windshield mounts are restricted, use the dashboard or another location permitted by law. Install the device so it does not obstruct visibility, movement, or safe operation. Bluefocus is not responsible for fines, penalties, or damages resulting from noncompliance.

Storage and power

Keep the device away from water, moisture, and extreme temperatures. Avoid placing it on a conductive surface while operating.

Storage temperature -40 to 60 °C / -40 to 140 °F

Power supply 5 V, minimum 2 A (source rating 5–12 W)

Limited warranty and technical support

One-year warranty against defects. Contact support with your proof of purchase to make a claim. For assistance, email support@mybluefocus.com or visit mybluefocus.com.

To request this manual in another language, email support@mybluefocus.com.

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