



MPULSE TECH GUIDE  
VERSION 01152024  
ANDROID 10





## Congratulations!

You are now the owner of an mPulse® sauna that makes managing your health, home, and lifestyle easier. Its technology manages the sauna and helps you incorporate it into your schedule and your self-care to achieve your wellness goals. With Sunlighten infrared light, you are empowered to improve your quality of life. You are ready to begin your wellness journey with the very best in infrared therapy.

### The Sunlighten App

Welcome to the Sunlighten App! This guide will take you through the registration and setup of your account and the most common and useful functions of your Android Control Pad in operating your mPulse Sauna.



## MPULSE TECH GUIDE

VERSION 01152024

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Additional guides, including assembly, can be found at [sunlighten.com/customer-service/guides-and-specs](https://sunlighten.com/customer-service/guides-and-specs).

# CONNECTING TO AUDIO BLUETOOTH RECEIVER GUIDE (applies only if your mPulse does not contain a stereo, stored above your Android Control Pad)

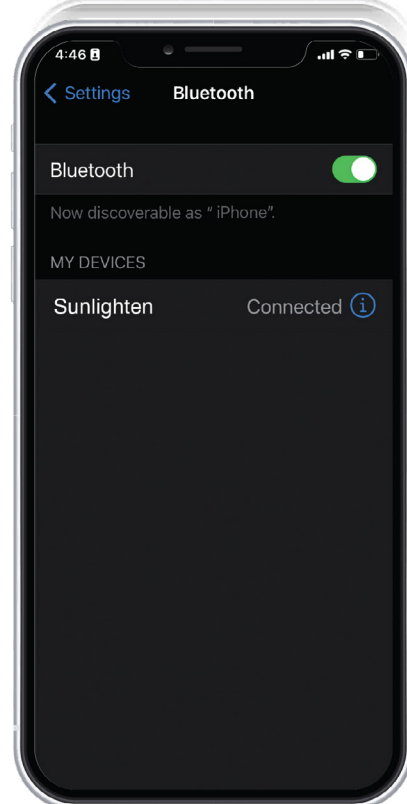
To connect your chosen Bluetooth device to your new Bluetooth Receiver, just follow the steps below.

1. Ensure your unit is plugged in and receiving power.
2. Open the Bluetooth menu in your device.
3. Connect to the Bluetooth line named "Sunlighten."
4. You will now be connected to the Bluetooth Receiver in your new Sunlighten Sauna.

You will control your selection and volume through the connected device instead of through the Receiver in your unit.

To ensure the integrity of your Sunlighten sauna and Bluetooth device, we advise that you do not bring your device inside of the unit; instead, select your playlist or tracks and adjust volume prior to entering your unit.

Another option is to download the Sunlighten mobile app on your phone via the App Store (for iPhone 12 or later) or Google Play store (for Android 8 or later). Search for Sunlighten. Once downloaded, you will see a Welcome screen. Click on Audio. Connect to Bluetooth per the instructions.



## USING THE SUNLIGHTEN MOBILE APP

Now available on the App Store for iPhone 12 (or later) and Google Play store for Android 8 (or later) is the Sunlighten app. Currently, this is a foundational version.

- Schedule sessions with our upgraded scheduling tool
- View calendar of upcoming sessions to easily integrate into your routine
- Choose pre-set wellness programs that help you pursue your health goals
- Create custom programs for a personalized option
- Set specific health goals so you stay focused
- Access your sauna from 500 meters, or 1/3 of a mile
- View wavelength animation during selected programs to understand what wavelengths are emitting to create specific health benefits

All these amazing features are just the beginning. Features around the corner include notifications, exclusive sauna content, milestone tracking, gamification, and so much more! Stay connected with us so you don't miss an update. As the most advanced sauna on the market, our vision for you to have access to your sauna from your phone is to make it a more seamless and pleasurable part of your daily life. It easily supports your health goals and wellness routine to feel better so you can do more and live your fullest life.

### How to Get the Sunlighten Mobile App

**Step 1. Make sure your in-sauna tablet has the latest version (3.2.1, or higher)** In order to use the mobile app, you'll need to update your in-sauna tablet to 3.2.1, or higher. This update is only available for Android 10 tablets. If you're interested in upgrade options, please contact our Customer Care team at (877) 292-0020 or Submit a Ticket here: [sunlighten.com/customer-service](https://sunlighten.com/customer-service).

**HOW:** To make sure you have the latest version, click the "More" icon at the bottom of the screen and look at the version number that is very small in the bottom center of the next screen. If you did not get a pop-up message to update to the latest version, you will need to manually update to the latest version from the Google Play store. You can access that from the Google Play store icon on your tablet home screen.

**Step 2. Download the Sunlighten mobile app to your phone.**

# ANDROID CONTROL PAD GUIDE

## ANDROID CONTROL PAD

### Power ON/OFF

*To turn On:* Press and hold the power button in the lower right corner for 5 seconds, until the screen turns on. The screen will be blank for a few seconds before the Sunlighten logo appears.

*To turn Off:* Press and hold the power button for 1-2 seconds and select "shutdown" on the screen to turn off.

### The Sunlighten App

Welcome to the new Sunlighten App! This guide will take you through the registration and setup of your account and the most common and useful functions of your Android Control Pad in operating your mPulse sauna.



ANDROID CONTROL PAD

# ACTIVATION

## SCREEN 1

On activating your Control Pad, you'll be greeted by a screen with some basic controls at the bottom and starter Android app icons.

From the left, those controls are a speaker icon to decrease your volume level, a left-facing arrow for going back to your previous screen, a circle for returning to the home screen, a square to swap app windows, and another speaker icon for increasing volume level. You can tap the lotus logo in the top left corner to return to the Sunlighten App at any time, or swipe up to see your App Tray.

All apps installed on the tablet will appear on the app tray screen.

## SCREEN 2

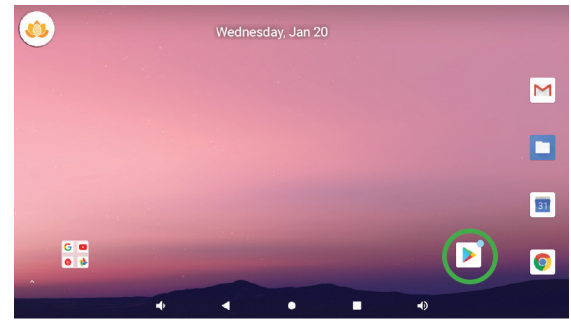
Swipe down from the top of the screen and then fully extend the menu. Then tap the gear icon to navigate to your tablet's settings.

The first subsection of your settings you'll see listed is Wi-Fi.

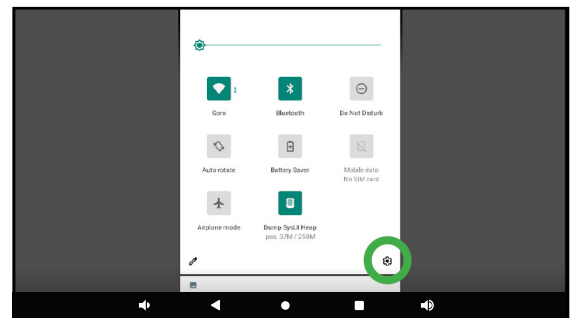
- Tap to navigate here and connect to your wireless internet connection
- Then tap the left-facing arrow to return to the landing page
- Tap the left-facing arrow once more to return to your home screen
- Then tap the lotus icon to start the Sunlighten App.

NOTE: the Sunlighten tablet requires a 2.4GHz Wi-Fi line and will not work with a dual broadcast line.

1.



2.



# ACCOUNT REGISTRATION

## SCREEN 3

The app will start with an intro screen. If you select 'Already a Member? Log In,' This will take you to a 'Log In' screen where you can either log in or choose 'Create Account' at the bottom of the screen (see screen 6). Or if you haven't created an account yet, tap the 'Get Started' button to create a new account. You can create an account from any e-mail address or you can continue as guest if no account has been created.

## SCREEN 4

To create a new account, you'll be asked to enter your First Name, Last Name, Email, and Password of your choice. Your password must be at least 8 characters and is case sensitive.

## SCREEN 5

A verification code will be sent to the e-mail address you used for registration. Enter your code and click 'Confirm.'

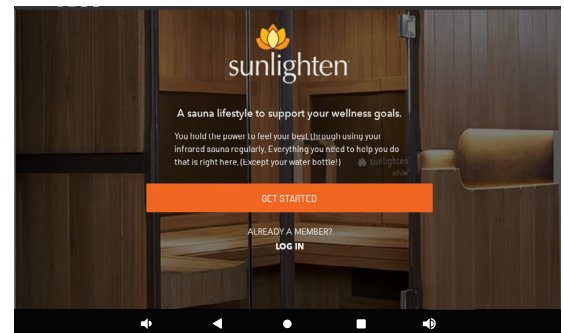
NOTE: Check your spam or junk folders if you do not see this email.

## SCREEN 6

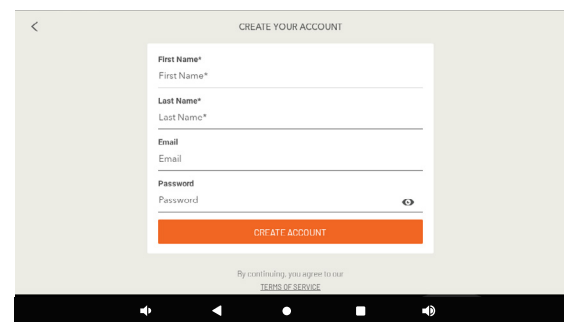
You'll be returned to the Log In screen where you'll enter the information you've just used for registration.

Once successfully logged in, you'll need to setup Your Profile.

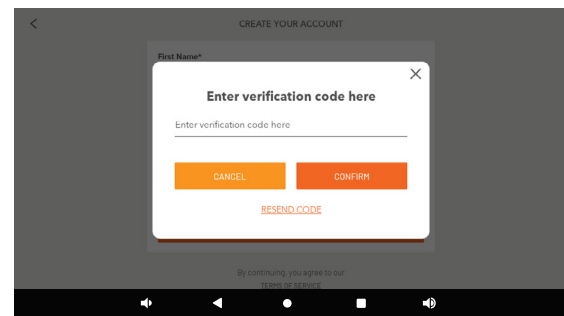
3.



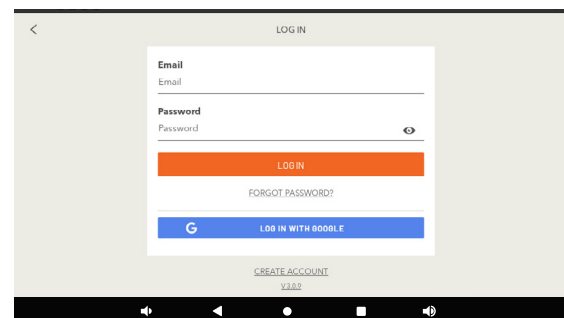
4.



5.



6.





# PROFILE SETUP

## SCREEN 7

Choose your country.

## SCREEN 8

In the 'Sauna Setup' screen, enter your sauna serial number (found on your quality control card that was hanging from the hinges of your glass door or on the back of your unit by the power cable). If you can't find your serial number, select 'Forgot Serial Number?' You will then be asked a series of questions.

Select your 'Temperature Units' and 'Measurement Units.'

After you update those details, you will be prompted to select your intended use from the next screen; either Residential or Commercial.

## SCREENS 9-10

If you selected '**Residential**,' you'll be asked to provide some personalizing profile information for future customization use. If you selected '**Commercial**,' you'll be taken to the 'About My Business' screen where you are asked a few questions.

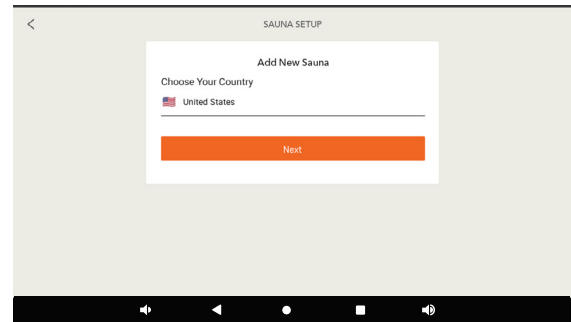
Once you've entered this information, you'll be asked if you'd like to update the time zone settings.

## SCREEN 11

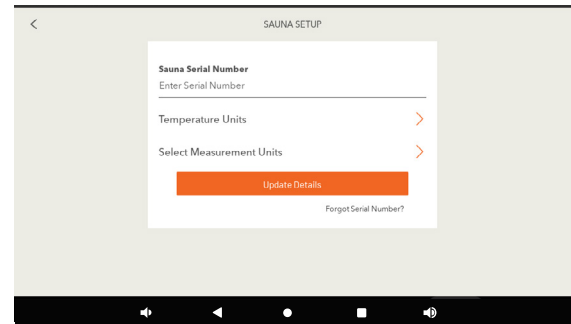
If you select yes to updating your time zone settings, you will be taken to the Date & Time subsection of your pad settings, from which you'll deactivate Network Provided Time/Time Zone by tapping the top two toggles to gray. Manually adjust the time zone by tapping 'Time Zone' and selecting the appropriate option from the list that appears. After manually adjusting, you can reactivate Network Provided Time/Time Zone by tapping the top two toggles to green.

Once done, you can click the Sunlighten lotus logo to get back to the Sunlighten app home screen.

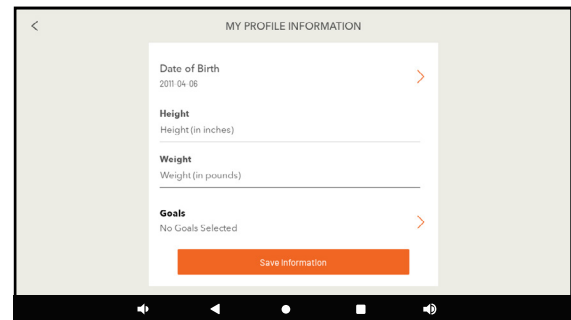
7.



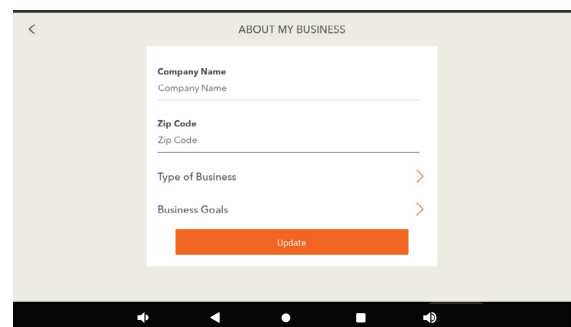
8.



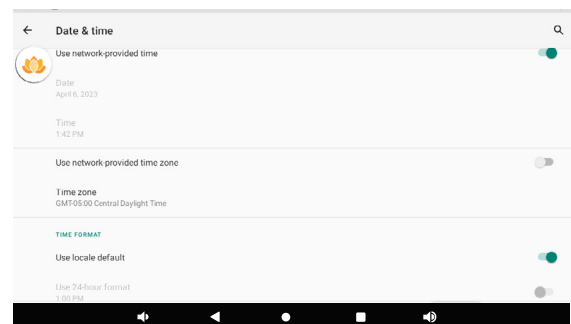
9.



10.



11.



## WELCOME SCREEN

### SCREEN 12

The **Welcome Screen** is where to begin using the Sunlighten App. At the bottom of the screen is a row of primary functions to which you can always return anywhere in the app: Profile, Programs, My Sauna, Schedule and More. If you want to change profiles, click on 'More,' then 'Change Profile.' To get back to the Welcome Screen, click on 'My Sauna.'

### SCREEN 13

#### Quick Mode

The most commonly used, easily accessible, and quick starting mode of operation, Quick Mode is ideal for a basic high-temperature experience that utilizes the full spectrum wavelengths at maximum intensity to increase the temperature of the cabin. You can either touch and drag the orange circle or the plus/minus buttons on the temperature and timer dial to adjust. Once it's where you want it, click on 'Begin Heating.'

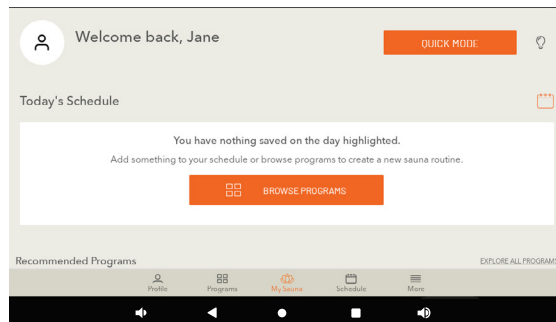
*The maximum duration for Quick Mode if you chose 'Residential' as your intended use is one hour. If you chose 'Commercial' as your intended use, the maximum duration will be eight hours.*

### SCREEN 14

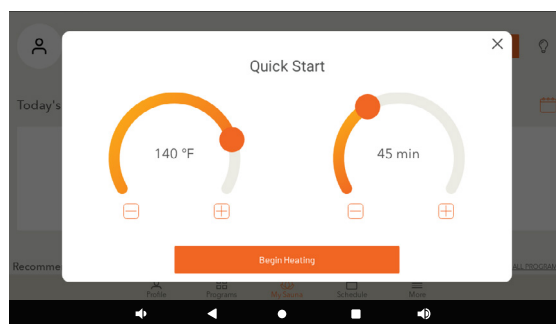
#### Quick Mode Running

This screen will show you the wavelengths in use, current temperature, and time remaining. You can end quick mode by selecting the orange 'End Program' button on the top right of your screen.

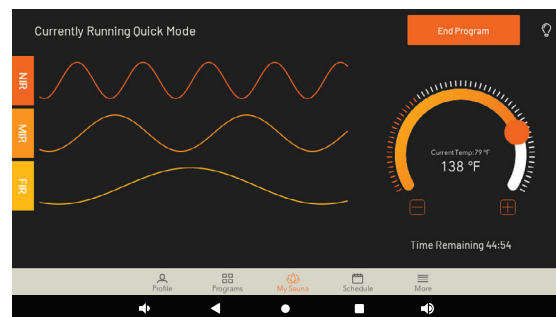
12.



13.



14.



# WELLNESS PROGRAMS

## SCREEN 15

If you select 'Browse Programs' on the Welcome screen, you can view a snapshot of all six pre-programmed health benefit programs as well as the option to create a program - the orange button on the top right of the screen.

## SCREEN 16

Your mPulse comes with **Wellness Programs** pre-programmed in your Android Control Pad, each one focused on different benefits of use in their configuration:

**Detoxification** - Starts at high intensity to increase the body's core temperature, then reduces to lower intensity. Mid and far infrared combo improves vascular access flow to reach toxicants at the cellular level.

**Weight Loss** - Starts at high intensity to stimulate the cardiovascular system, then reduces to medium level. As the body works to cool itself, heart rate increases cardiac output and metabolic rate, like aerobic exercise.

**Relaxation** - Far, mid, and near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

**Pain Relief** - A far and mid blend provides natural pain relief by reducing inflammation and swelling. Near infrared penetrates the tissue promoting cellular repair at a medium, constant intensity.

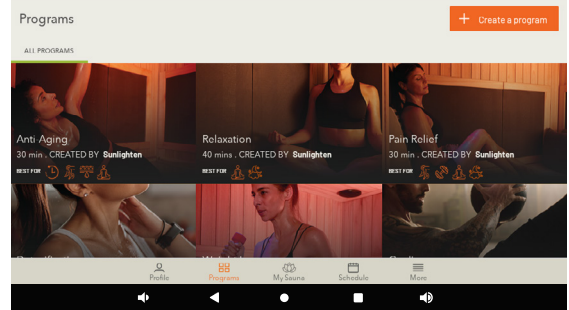
**Anti-Aging** - A low, constant intensity level penetrates the body, and cells absorb the light energy to help skin health. Near infrared improves overall skin tone, elasticity and firmness, promoting anti-aging benefits.

**Cardio** - Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

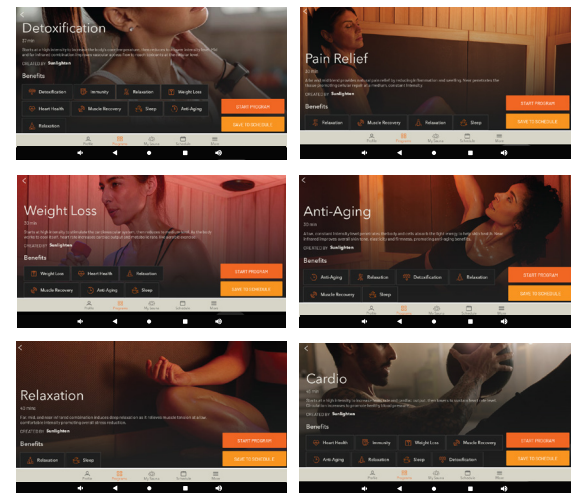
## SCREEN 17

If you select 'Start Program,' you will be asked if you want to preheat your sauna. If you select yes, it will ask you for how long and then click 'Begin.' Remember, it takes about a minute per degree to preheat. Or you can select 'Save to Schedule.' See screen 21, below.

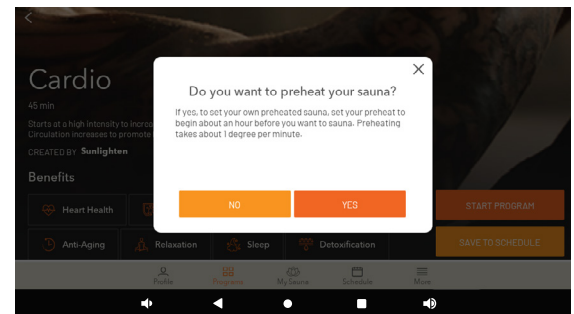
15.



16.



17.



# SCHEDULE

## SCREEN 18

To schedule a sauna session in advance, click on 'Schedule' in the primary functions row. Select a date or 'Add a Program' and you will be asked later the day(s) you would like to schedule for.

## SCREEN 19

First it will ask you to name your session. Then you will 'Browse Programs' to select the Wellness Program you would like to schedule. Once selected, you will be asked to select your preheat time and then click 'Continue.'

Remember, it takes about a minute per degree to preheat.

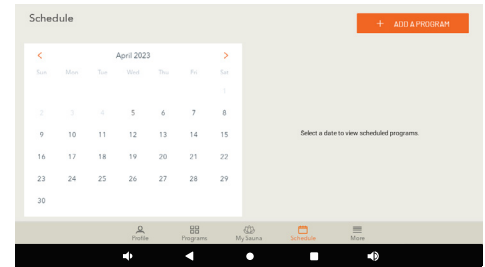
## SCREEN 20

Next, you will be asked what day(s) you would like to run this program, the starting time and frequency. Once scheduled, you will be taken back to the Schedule screen and it will say, 'Successfully Created.'

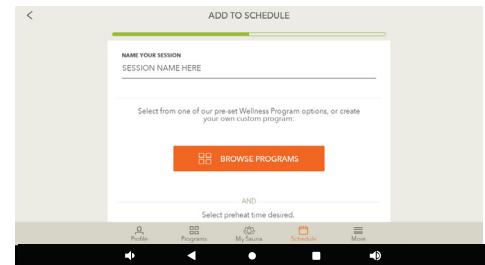
## SCREEN 21

Another way to schedule a program is by clicking on 'Programs' in the row of primary functions at the bottom of your screen (as mentioned in the previous page). From here, you can select 'Save to Schedule' where you can name your session and select your preheat time. Next, you can cancel altogether, reselect a new program, or continue scrolling down and select your preheat time. Once ready, you can click 'Continue' to add the session to your schedule. Then you will be asked same questions as in screen 20.

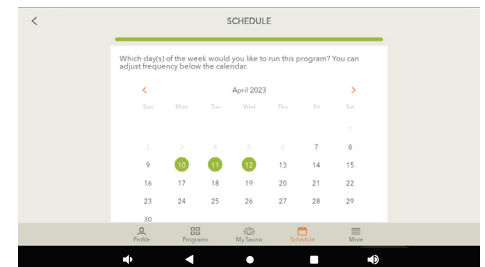
18.



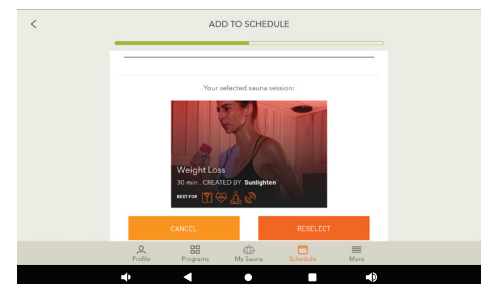
19.



20.



21.



# CUSTOM PROGRAMS

## SCREEN 22

### Creating a Custom Program

In addition to the pre-configured Wellness Programs already in your Android Control Pad, you can also create your own Programs. The 'Create a program' button will be at the top right of the Programs screen. This mode enables you to craft your own program by specifying wavelength intensity by sauna wall.

## SCREENS 23 - 24

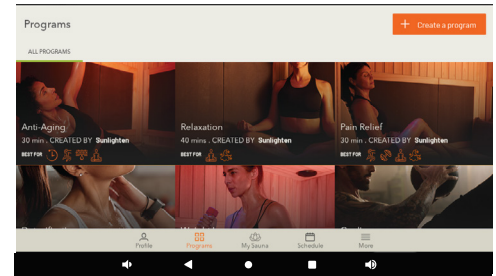
You'll be able to give your program a name and add a description about your program. Next, you can either touch the orange circle or the plus/minus buttons on the temperature and duration dial to adjust. Once it's where you want it, click on 'Continue.'

## SCREEN 25-26

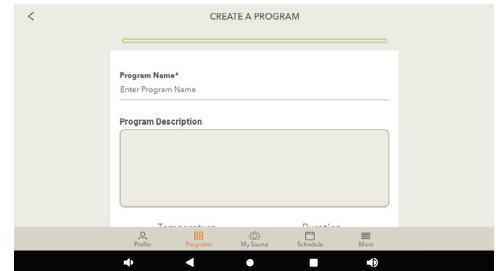
The heater screens allow you to determine the intensity of each infrared wavelength on individually selected wall during the duration of a program segment; or you can select 'Skip (Use Default)' to run all heaters at max heat. If you click on the green question mark, you will see an image of where the heater is in your sauna (screen 26).

Once you hit 'Continue' on the final heater screen (Floor Heater), it will take you to the programs screen and a pop-up will say, 'Successfully Created.' If you scroll past the Sunlighten programs, you will now see your custom program(s) listed as well.

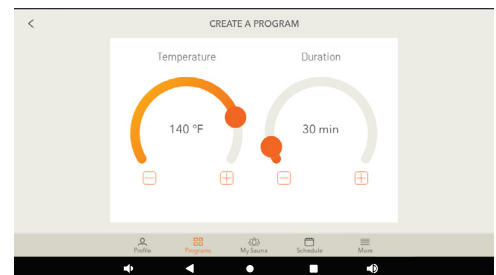
22.



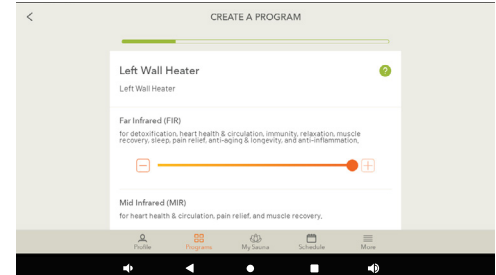
23.



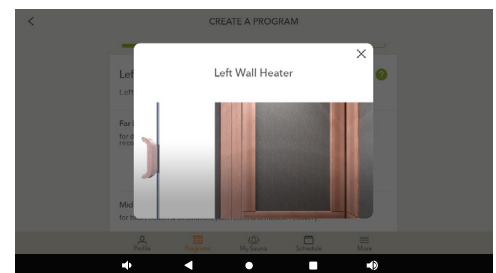
24.



25.



26.



## MORE

### SCREEN 27

#### My Sunlighten Sauna

Takes you to the Sauna Setup screen where you can update your sauna name.

#### Tablet Settings

Here you can clear app data, which will completely erase and reset the Sunlighten app (including your sauna registration/serial number); and to add a lock PIN. This is to lock out anyone without the pin. If you choose to add a lock PIN, you will be asked which settings you want locked after you choose your 4-digit PIN. Once you complete these settings, you will be asked for this 4-digit PIN when enabling features you chose to lock. If you forget your PIN, please submit a support ticket on [sunlighten.com](http://sunlighten.com). After you choose to lock certain features, when you go back to your 'Tablet Settings,' you will now have an additional option to 'Lock Tablet.'

#### Preferences

Here you can choose to allow (or not) push notifications and update your measurement/temperature selection.

#### Diagnostic

You should go here to 'Run Diagnostics' if advised by Sunlighten's Customer Care team.

#### Change Profile and Logout

Change Profile will allow you to toggle between profiles without logging in. If you choose to logout, you will have to enter your email and password to log back in.

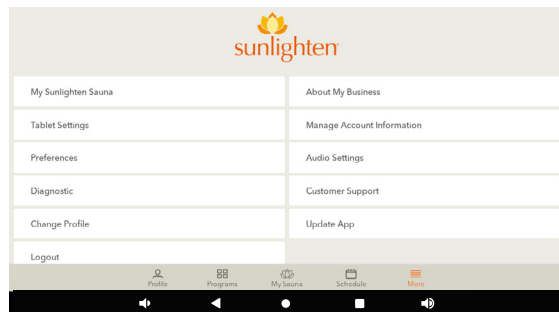
#### About My Business (Commercial Intended Use Only)

This will take you back to the 'About My Business' screen where you can update your Company Name, Zip Code, Type of Business, and Business Goals.

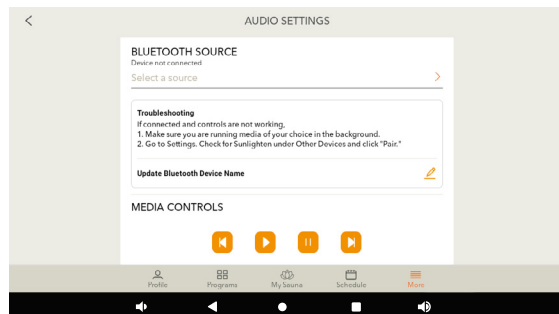
#### Manage Account Information

This will take you back to the 'My Account' screen where you can update your First and Last Name, and Intended Use.

27.



28.



#### Audio Settings (Screen 28)

From here you can control audio from your Android Control Pad by connecting it via Bluetooth. If you purchased the sound therapy accessory, this is where you go to connect it via Bluetooth and control intensity.

#### Customer Support

Click here for FAQ's.

#### Update App

This will take you to the Google Play Store. You will have to Log In via your Google account. It will take you directly to the Sunlighten app to update. Check this periodically to check for updates.

If you have any additional questions or concerns not addressed therein, please submit a support ticket at [sunlighten.com/customer-service](http://sunlighten.com/customer-service).

# MEDIA AND APPLICATIONS

## SCREEN 29-30

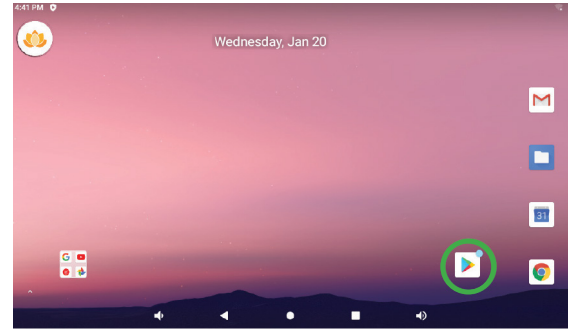
### App Removal

To remove an application from your Android Control Pad, swipe down from the top of the screen, and then fully extend the menu, to select the gear icon for Settings. Scroll down and tap Apps. This will take you to all your installed apps. Click on the one you want to remove and select 'Uninstall.' If that option isn't visible, then you can not remove the app.

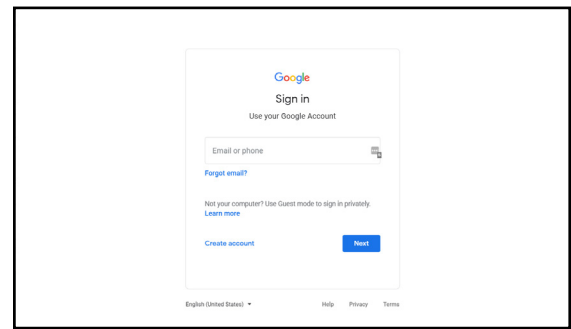
### App Addition

Adding new third party applications to the Android Control Pad is done by accessing the Google Play Store, the Android operating system's app store. Access it by tapping the Play Store icon in the App Tray. The Play Store will require you to login using your Google account information. Sunlighten is not responsible for third party Android app functionality. Compatibility is not guaranteed with every application.

29.



30.



# FREQUENTLY ASKED QUESTIONS

## USAGE

### ***What do I do if it won't let me set up my Sunlighten Account?***

You will need your serial number. If you don't remember your serial number, tap 'Forgot Serial Number' and one will be generated for you. If you purchased your sauna outside the U.S., you can call your local Sunlighten Customer Care.

### ***Why is the Sunlighten app not communicating (or controlling) with my sauna?***

To use the mobile app with your sauna, first ensure these items are set up before use:

- Ensure the sauna tablet's date and time are correct for your location.
- Check that the Wi-Fi connection on the sauna tablet is securely setup. The tablet *does* need to be on to communicate with the app.
- Verify the sauna tablet app is on version 3.2.1 or later to work with the app.
- The mobile app and tablet both need to be logged into the same user profile.
- Check that you have selected the sauna you're trying to use.

Once the sauna tablet and mobile app are connected, you will see a green dot next to the sauna name. This connection for both devices will need to stay within the range of 500 meters (about 1,640 ft) or on the same Wi-Fi signal.

### ***Where do I control the exterior lights from the mobile app?***

From the mobile app, starting on the 'My Sauna' tab, scroll down to the bottom of the page and select 'Lights' to open the exterior lights toggle.

***For more FAQ's please visit [sunlighten.com/customer-service/frequently-asked-questions](https://sunlighten.com/customer-service/frequently-asked-questions).***



# TROUBLESHOOTING GUIDE

ISSUE	SOLUTION
Feedback from speakers (high-pitched buzz) when using sound from media apps	<p>The control panel is connected to the speakers through the stereo. If the stereo volume is turned up past 25, it will cause a high-pitched interference through the speakers. Turn stereo volume down to 25 or lower. Adjust volume through the media app on the control panel.</p> <p>Check wiring and separate within walls - make sure there is space between wires to avoid feedback.</p>
Sound Therapy doesn't work	<p>The Fader setting (front/back balance) must be adjusted in the stereo.</p>

For other troubleshooting questions, please visit [sunlighten.com](http://sunlighten.com).

# ERROR CODES & DIAGNOSTICS

DIAGNOSTIC RESULT CODES	
Error No.	Cause/Solution
E1	The Android Control Pad cannot communicate with the power control box. Unplug your sauna and reconnect the computer cable (RS232) at the bottom of your front wall and the left side of the power box. If the issue persists, you can check the connection at the back of the Android Control Pad.
E2	The serial number you entered during sauna setup does not match the power control box that came with your sauna. Please unplug your sauna, wait a few minutes, and then plug it back in. This will reboot the Android Control Pad and start the setup again. When prompted, reenter your serial number. P1 - Aspire; P2 - Believe; P3 - Conquer; P4 - Discover; P6 - Empower
E3	The sauna you purchased is designed to use 120 or 240 volts of electricity. The voltage you have supplied is too low or too high. Double-check your circuit to ensure that all parts installed are correct. This error encourages optimal performance and protects the sauna from damage. If you don't know what voltage is required for your sauna, please check the owner's manual found on the website.
E4/E5	<p>Temperature sensors monitor and regulate each heater to optimize your sauna session. The response time on a sensor is slower than expected. You will still be able to enjoy your sauna if this issue appears.</p> <p>The 13-digit code refers to individual temperature sensors. While looking at the unit:</p> <p>111 000 00 00 000 - The back wall, lower/middle/upper zone            000 111 00 00 000 - The right wall, lower/middle/upper zone            000 000 11 00 000 - The front wall, lower/upper zone            000 000 00 11 000 - The floor heater, back/unused zone            000 000 00 00 111 - The left wall, lower/middle/upper zone</p>
E6	One of the heater control units is not responding. Your power box will likely need to be replaced. Please contact customer support at 877.292.0020.
E7	This error popup appears when the lighting control board does not appear to be responding. Please contact customer service at 877.292.0020 for additional support.

# WARRANTY

**Please refer to your country's specific warranty information, if outside the United States.**

## **U.S. Residential:**

Limited lifetime (7 years) on cabinetry and heaters; 3 years on controls; 1 year on stereo, Blaupunkt Sound System, sound therapy and chromotherapy.\*

## **U.S. Commercial:**

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo, Blaupunkt Sound System, sound therapy and chromotherapy.\*

## **U.S. Closeout and Floor Models:**

5 years for heaters; 1 year on cabinetry and controls.

## **U.S. Water-Resistant Cover:**

The limited warranty covers the fabric becoming unserviceable because of loss of color or strength from normal usage and exposure conditions, including sunlight, mildew and atmospheric chemicals. Consumer is responsible for normal care and cleaning of the fabric. This warranty covers fabric only, and is for (1) year.\*\* Requires use of .004mm plastic sheet (included with purchase) with tenting to create a slope for water run off to prevent pooling.

Sunlighten warrants the sauna to be free of defects in material and workmanship.

This warranty extends only to the original retail or wholesale purchaser of the sauna and terminated upon transfer of ownership. The sauna must be purchased and used within one year of the manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of the sauna.

This warranty is void if the sauna has been altered, misused, abused, or exposed to liquid. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions, including operating on a non-dedicated circuit. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

This warranty is limited to customers in the United Kingdom and Ireland. Other International customers should check with their local Sunlighten representative.

## **WARRANTY CONTINUED**

\*Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 7 years. Warranty is limited to replacement parts only and does not include costs for crating of glass door or freight for parts shipped past 90 days from the date of receipt of goods. The cost of labor and/or service technicians is not included.

\*\*If sauna is placed outdoors, failure to utilize the .004mm plastic sheet supplied (with your sauna cover) as additional water protection for your sauna will void your warranty. The fabric used for the roof of the waterproof cover is resistant to water penetration; however it is sewn to the acrylic canvas sides. It is required to place the included plastic sheet directly over the sauna roof prior to installing the cover and tenting the plastic and canvas cover by placing an object on the sauna roof to give the fabric elevation for water to run off and prevent water pooling, as further protection. The cover should remain on the sauna at all times (including while on and in-use) to avoid water damage and void the warranty.

## **ATTENTION**

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify Sunlighten within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.



## ETL SAFETY CERTIFIED

The ETL Listed Mark is proof of product compliance (electrical, gas and other safety standards) to North American safety standards. Authorities Having Jurisdiction (AHJ's) in 50 states and Canada and retailers accept the ETL Listed Mark as proof of product safety.



**RoHS**







MPULSE TECH GUIDE

VERSION 01152024

ANDROID 10

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913.754.0831 | [sunlighten.com](https://sunlighten.com)  
Toll Free: 877.292.0020

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**International** [sunlighten.com](https://sunlighten.com)  
or contact your local Sunlighten representative