How to Use Your Thyro Light

A Step-by-Step Guide to Maximize Results & Reduce Confusion

You can access this same information in video format here: https://youtu.be/O4WcWQlnUoI

Quick how-to videos:

- **How to attach the straps to your Thyro Light: https://youtu.be/EMaJZvczWgU**
- **How to disconnect the straps from each other: https://youtu.be/AuAedZm9JMg**
- **How to turn on the Thyro Light Device and work the controller: https://youtu.be/BT9dOuIU1kk**

Step 1: Gather Components
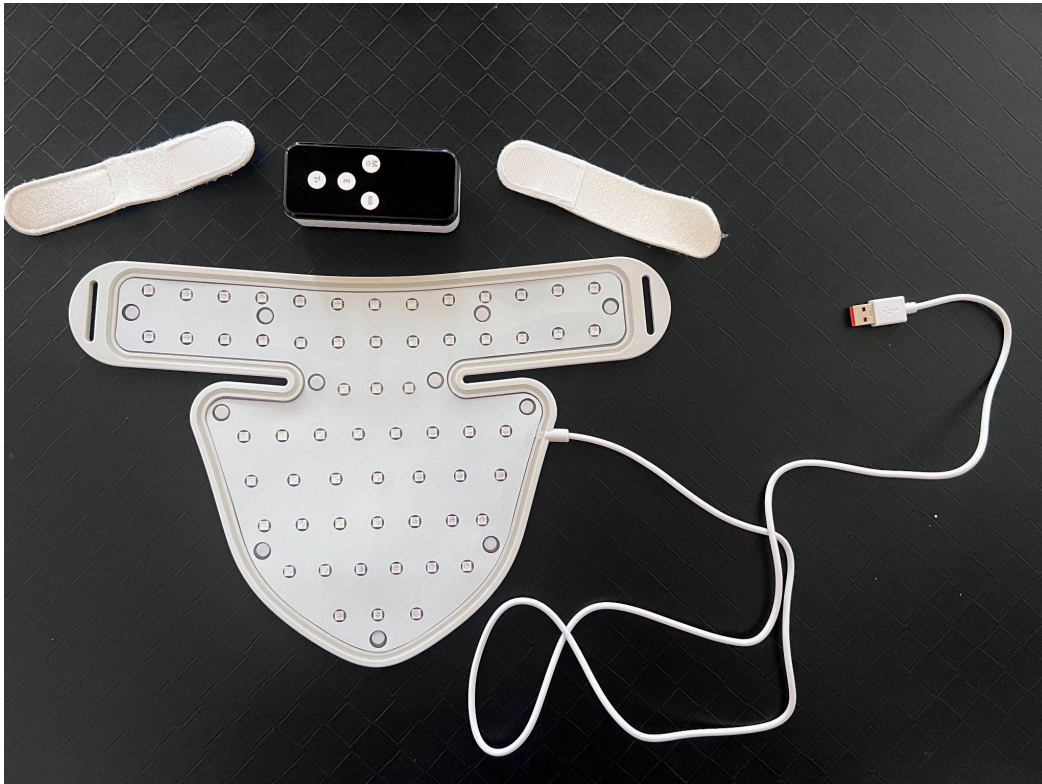
When you open your device, you will have the Thyro Light Device itself, 2 straps, a USB C charging cable (not pictured), and a controller.

Step 2: Connect the straps
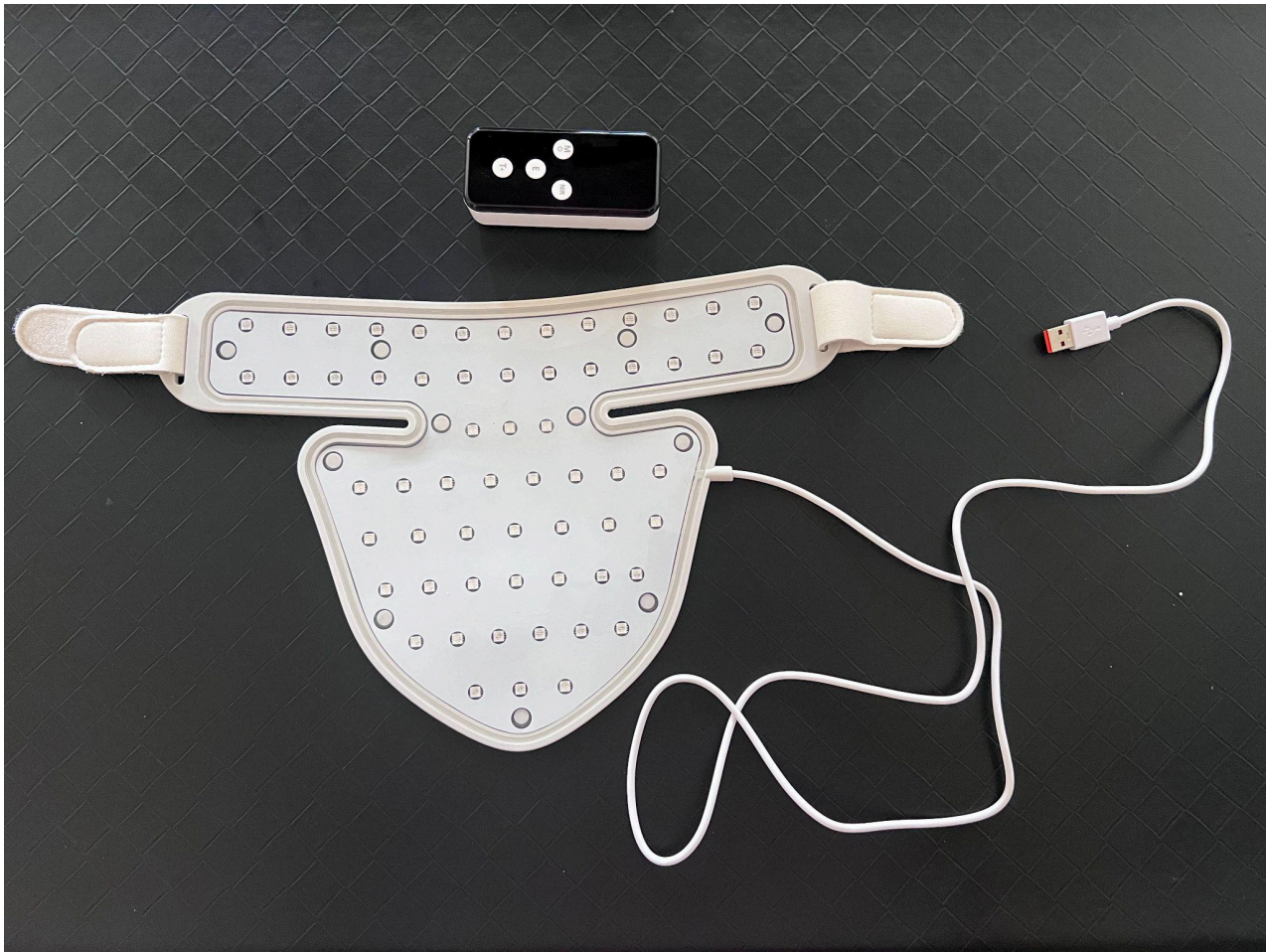
Insert the velcro straps into the loops on the Thyro Light device and fold them over so they stick to one another as pictured.

Step 3: Connect the controller

Connect the USB cable attached to the main Thyro Light device to the controller. This connection is required in order for the Thyro Light to turn on.

Step 4: Turn on the controller

Long-press the power button on the controller. The power button is labled with an "M" as well as a power button. Pressing this button provides power to the Thyro Light device (if it is connected via the USB cable).

The controller has the following settings:

- "M" button - This turns the controller off and on.
- "NiR" button - This activates the near infrared wavelength (850nm)
- "E" button - This adjusts the energy output of the device.
- "T+" button - This adjusts the length of time the device will remain on for.

Step 5: Adjust controller settings

When powered on, the device automatically turns on with the following settings:

- 3 of the 4 wavelengths
- A 10-minute timer
- Maximum energy output (irradiance)

These settings can be altered with the press of a few buttons (which we will go over below). Here is your controller will look like when it is powered on:

You have the option to adjust these settings (which we recommend). To do that, follow these instructions:

- Press the NiR button (this will turn on the NIR wavelength). You will see an NiR label when it is pressed under the "R" button. This indicates that the this wavelength is on and active. Note: *this wavelength is not visible to the naked eye so you will not see a change in the device when it is activated but it is still producing light.*
- Press the T+ button (this will increase your timer to 20 minutes from 10).

- When these buttons are pressed, here's what you should see:

- The "R" on the screen indicates that all red lights are on and active (these are visible to the naked eye).
- The "NiR" on the screen indicates the the near infrared wavelength (850 nm) is active (this wavelength is not visible to the naked eye).
- The "20" on the screen indicates that the device will be powered on for 20 minutes.
- The battery in the top right of the screen indicates how much power is left on the device.
- The "E" on the the screen indicates that your device is on at maximum power.

Step 6: Secure the Thyro Light around your neck.

Secure the device comfortably around your neck. The LEDs should sit flush against your skin. If you are wearing a shirt, you can tuck the device under your shirt to ensure that it is touching your skin.

Leave the device in place for the full duration of treatment. You may feel warm or heat in the area; this is normal.

Step 7: Begin treatment

Sit or lie down comfortably and relax while the Red and NiR light nourishes and heals your thyroid.

If you prefer, you can walk around with your device secured on your neck, just ensure that the controller is on your body somewhere, such as in your pocket.

The lights will turn off automatically when your session is complete.

Step 10: Clean & store

Once your treatment session is complete, wipe down the device with a dry cloth after each use and store it in a safe place.

Step 11: Charge your battery as needed
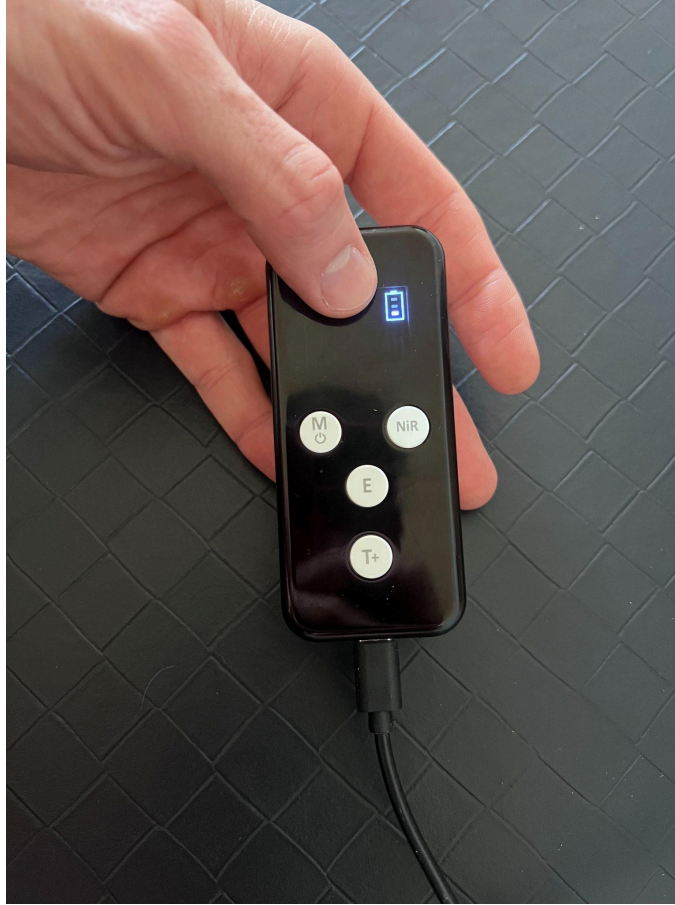
When needed, charge your device to bring it back to full power. You can do this by plugging the USB charger that comes with your device into the bottom and then inserting that into a USB outlet (a wall outlet, computer, laptop, etc.).

It will take approximately 2 hours for your device to fully charge.

Best Practices:

- **Frequency**: Use 3–5 times per week for 8 weeks, then 1–2x/week for maintenance.

- **Consistency is key**: Results improve with regular use.

- **Optional**: Apply a moisturizer or T2 Cream after each session for added benefits.