

INSTRUCTIONS FOR USE:

TrueDark™ Twilight glasses contain a patent pending process to provide your brain with virtual darkness. They are best used before going to sleep. A removable prescription insert* is included in each pair. You can learn more about the impact of junk light and how to stop it at Biohacked.com/Truedark or [#StopJunkLight](https://twitter.com/StopJunkLight).

When to wear TrueDark™ Twilight:

-  **Best used before bed.** Even a short amount of time will help. You'll get maximum impact when wearing the glasses for about 2 hours prior to sleep.
-  **Wear during air travel.** Wear during nighttime flights when you expect to land in the morning local time.
-  **Avoid taking the glasses on and off repeatedly.** Multiple major shifts in light close to bed can cause melanopsin activation (melatonin suppression) and physiological stress.
-  **Avoid using TrueDark™ Twilight while working.** If you are working at night or are concentrating deeply, avoid using the glasses until you have finished your intense work. Instead, use TrueDark™ Daywalker while you're concentrating, then switch to TrueDark Twilight™ when you're done.

PRESCRIPTION INSERT*



1. To remove the insert hold the top of the frame and gently pull back on the gray triangle.

2. The top of the glasses frame will pull back, allowing you to pull the insert out.

3. Then simply click the gray arrow back in place.

NOTE: Your local optometrist can put prescription lenses in the insert, which can then be easily clicked back into the glasses. If you don't require a prescription, you can either discard the insert or save it in the event your eyesight changes in the future.



Do not drive or operate heavy machinery while wearing. Use common sense and avoid driving, using heavy machinery or other actions that may be impacted by becoming tired, a change in depth perception or changes on the color spectrum.



Start using slowly. Begin using for short periods of time initially, and work up to 2 hours as you adjust to the new experience and deeper sleep.