



## General instruction to use Propeaq light glasses in people with Parkinson's disease

The operation of Propeaq is based on restoring the sleep/wake rhythm. In people with Parkinson's disease, this rhythm is often disturbed. For whatever reason, people go to sleep at the wrong time and get up again at the wrong time. In addition, many naps are taken during the day, which reduces the sleep pressure during the night. This situation and the underlying sleep behaviour lead to a downward spiral and the quality of life decreases. Often this disruption of sleep lasts for a long time. Consult your doctor before starting this method and read the supplied user manual first.

### Instruction:

- Determine your current rhythm by indicating what time you go to bed and what time you get up
- Decide what time you would like to go to sleep and what time you would like to get up. The best rhythm is going to sleep at 10:30 PM and getting up at 06:30 AM. You will then have 8 hours of healthy sleep, rest and recovery. We assume this rhythm in this instruction.
- Every evening at 7 PM, put on the light glasses with light blue lenses and the blue light turned on for 30 minutes. You may also put on the light glasses without the light blue lenses. These lenses only have a cosmetic effect because people simply expect lenses in a frame.
- From 9 PM, turn all the lighting in the house to the lowest setting. Avoid bright white and bluish light until sleeping.
- Put on the glasses with the orange lenses in the frame 30 minutes before going to sleep every night, best at 10 PM. Please note, the blue light is not switched on in this case. Do not remove the orange glasses until you are in bed with the bedroom lights turned off.
- Set the alarm to 06:30 – 7 AM and immediately after waking up, put on the blue light glasses for 30 minutes using the light blue lenses or no lenses at all.
- Take a power nap of up to 20 minutes in the early afternoon. Definitely no longer and no more than once a day.
- Try to be outside for at least 2 hours a day and to catch as much daylight as possible, preferably in the morning. Avoid using sunglasses.
- Make sure your bedroom is completely darkened.
- No TV, computers, smartphones or other equipment after 9 PM. The bluish light disturbs your sleep. Get peace of mind.
- Stick to this schedule for at least 14 days and keep it up after that.

It is not easy to maintain this schedule on a daily basis. Yet it offers the best guarantee for a healthy sleep/wake rhythm in general and a better quality of sleep in particular.