

11:40

BIOS Lighting

Sign in to your account

Email *

Enter your email

Password *

Enter your password

SIGN IN

Forgot Password Sign Up

Please Sign In / Sign Up

Tap Sign Up Button

1. Tap the "Sign Up" button to begin the sign up process.

12:08

BIOS Lighting

Sign Up

Name *

Your Name

Email *

your-email@something.com

Password *

SIGN UP

Confirm a Code Sign In

Please Sign In / Sign Up

Sign Up for Your Account

1. Enter your name.
2. Enter your email address.
3. Enter the password you'd like to use.
4. Tap "Sign Up"

12:09

BIOS Lighting

Confirm Sign Up

Email *

your-email@something.com

Confirmation Code *

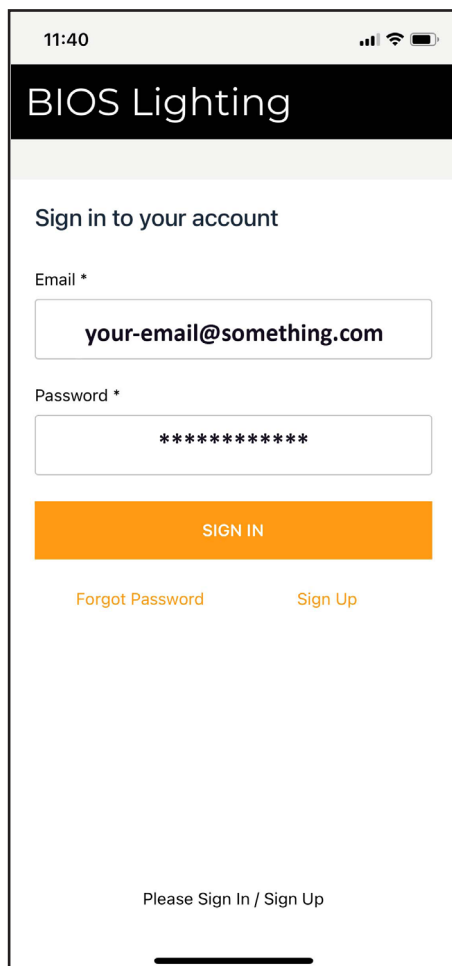
Confirm

Resend code Back to Sign In

Please Sign In / Sign Up

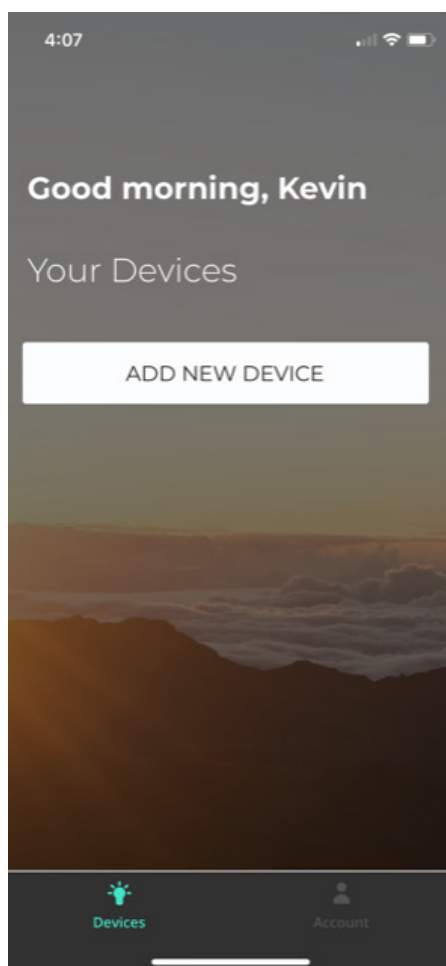
Receive & Enter your Verification Code

1. You will receive an email message: "Your verification code is _____"
2. Enter your email address.
3. Enter the verification code.
4. Tap "Confirm."
5. You will be redirected to the login page.



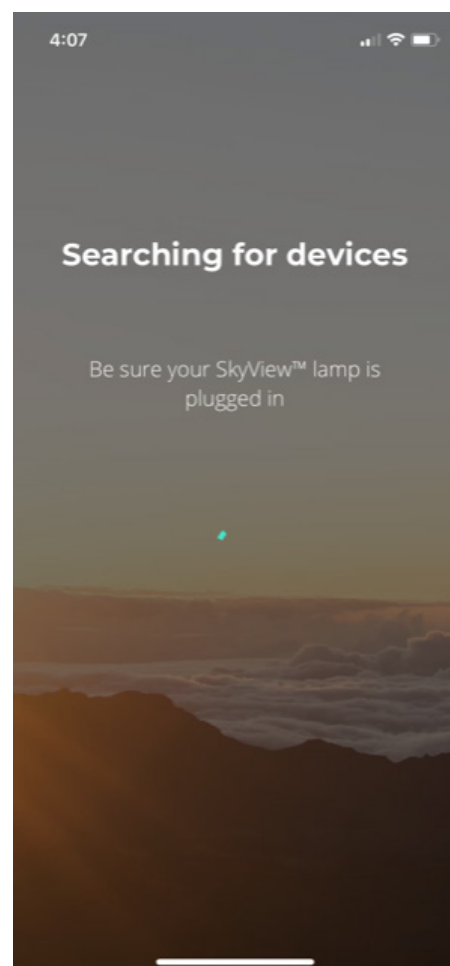
Sign Into Your Account

1. Enter your email address and password.
2. Tap "Sign In"



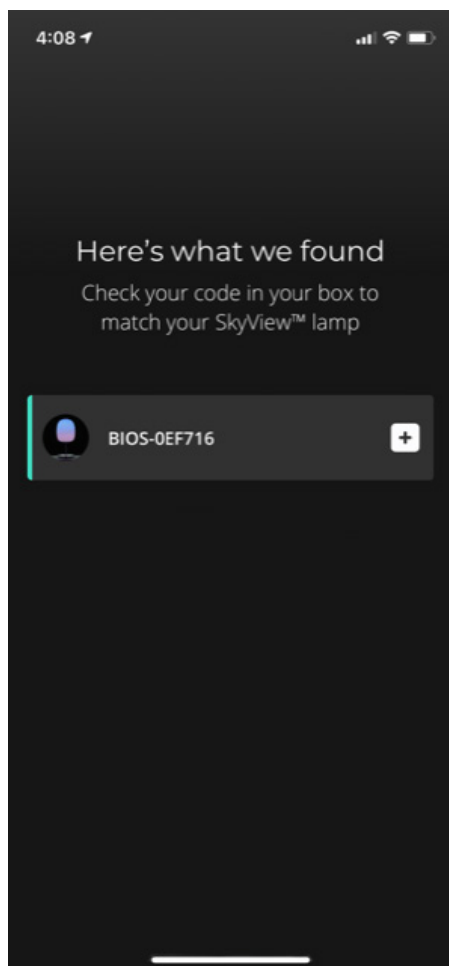
Tap "Add New Device"

1. When you open the BIOS app for the first time, you will need to sync your **app** to your **SkyView Lamp**.
2. Tap "Add New Device" to begin the Bluetooth connection process between your lamp and your BIOS app.



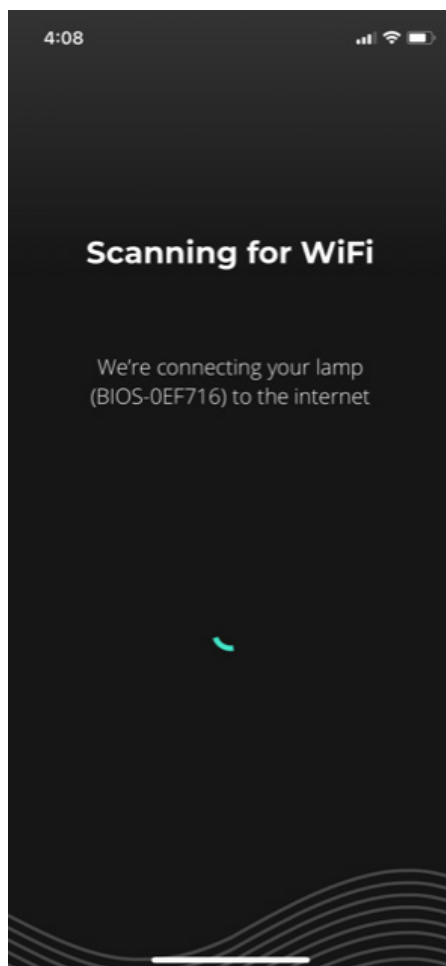
Search Will Begin

1. Once you have tapped the "Add New Device" button, the app will begin the search for your lamp.
2. This search can take between 15 to 45 seconds. *Do not close the app, let the search complete.*
3. You will be notified once your device is found.



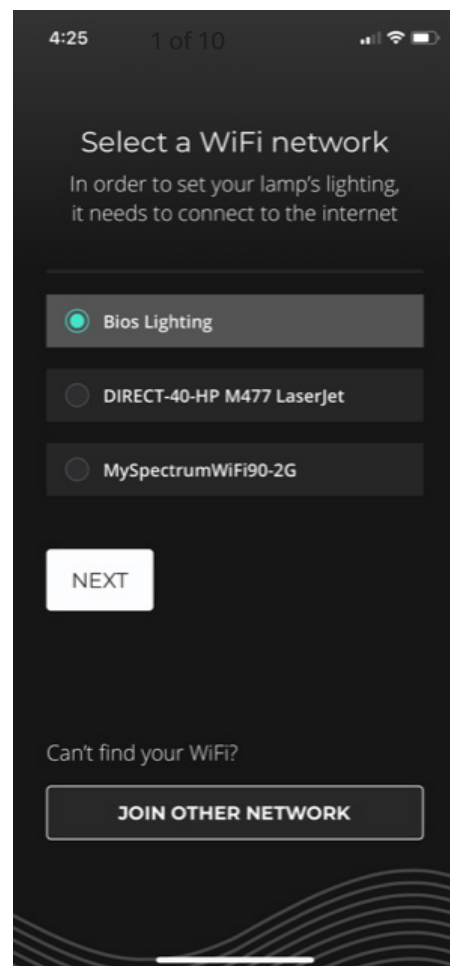
Tap Lamp ID

1. When the device search is complete, your app will display your Lamp ID. *Example: BIOS-0EF716*
2. Next, you will connect your lamp to your Wi-Fi device.
3. Tap your Lamp ID button, "**BIOS-xxxxxx**" to begin the Wi-Fi connection process.



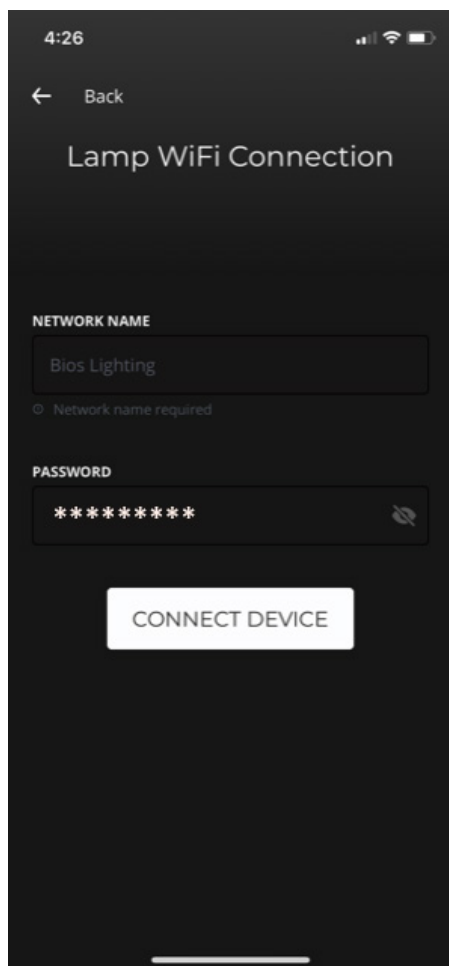
Wi-Fi Scanning Process

1. The lamp is now searching for all local Wi-Fi devices.
2. This search can take between 15 to 45 seconds. *Do not close the app, let the search complete.*
3. You will be notified once your Wi-fi device is found.



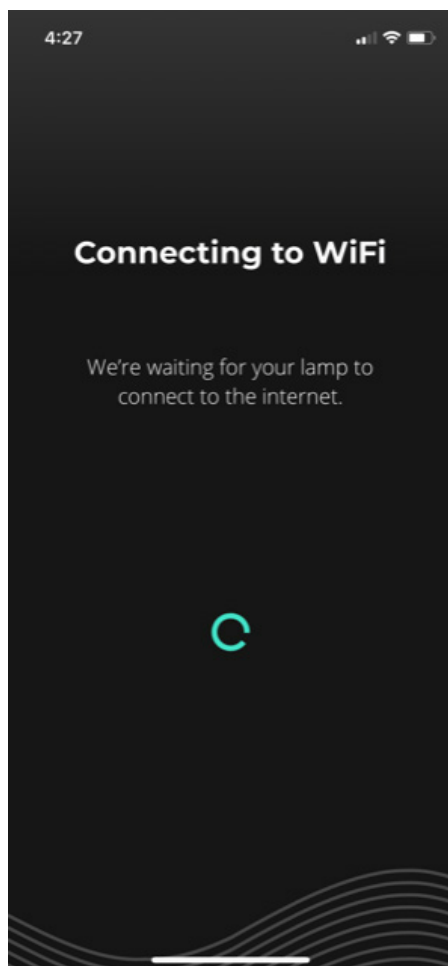
Select Your Wi-Fi Device

1. When your search is complete, the app will display the Wi-Fi networks found.
2. Depending on your proximity to neighbors, you may need to scroll down the list of results to find your Wi-Fi device.
3. Once you locate your Wi-Fi device, select it and click the "Next" button.



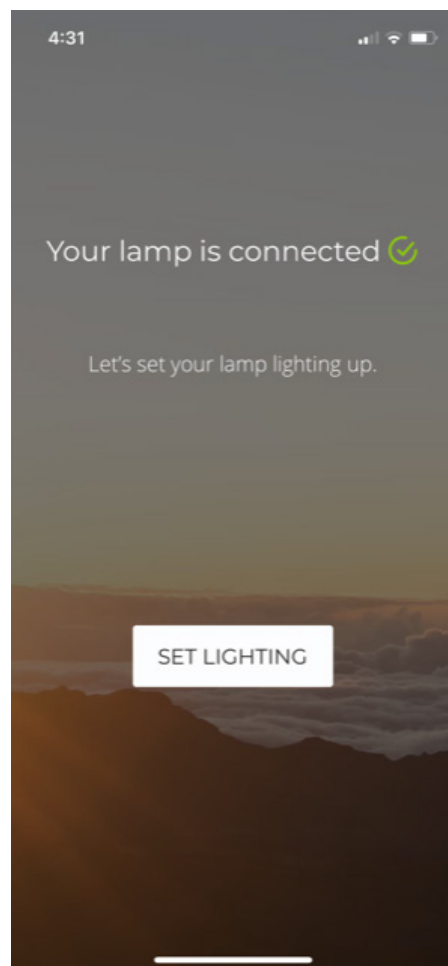
Enter Wi-Fi Password

1. Enter your Wi-Fi password and tap the "Connect Device" button.
2. The lamp will connect to your Wi-Fi device and then begin its handshake process with the BIOS server.
3. This process can take up to 5 minutes to complete.



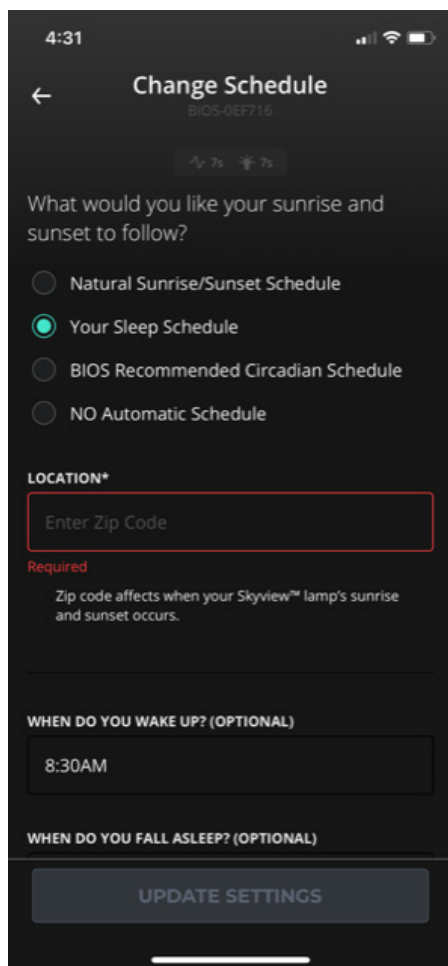
Wi-Fi Connection to BIOS Server

1. The lamp will take some time to connect to the server and complete its initial handshake. *Roughly 5 minutes.*
2. Please do not interrupt this process. **Keep the lamp powered on and do not close the app.**



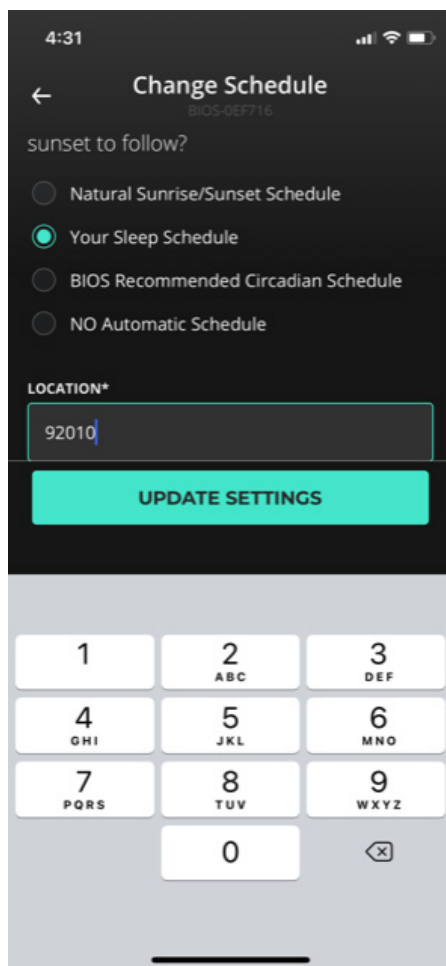
Lamp to Server Handshake is Complete

1. Your lamp is now connected to the server.
2. It is now ready to set up your personalized schedule and preferences.
3. Tap the "Set Lighting" button.



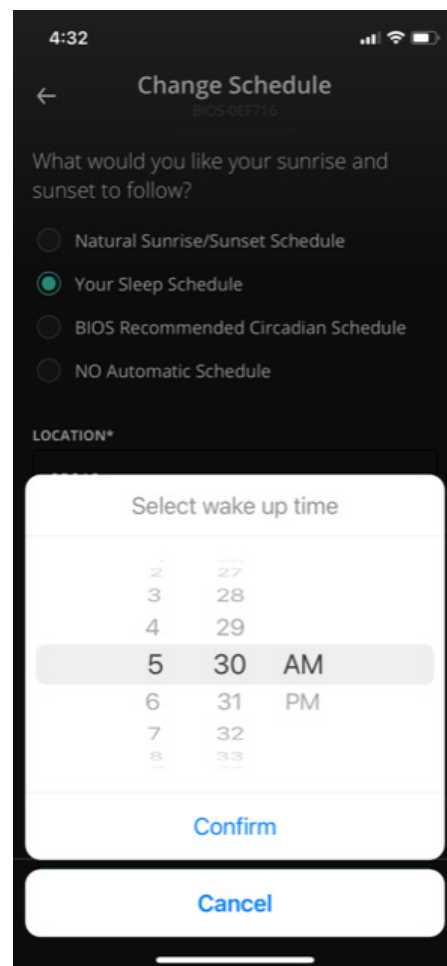
Enter Your Settings

1. On the "Change Schedule" page, you will have the opportunity to customize your lamp.
2. You can enter your zip code, wake & sleep schedule, and decide how you would like your lamp to run it's *Sunrise & Sunset* cycles.



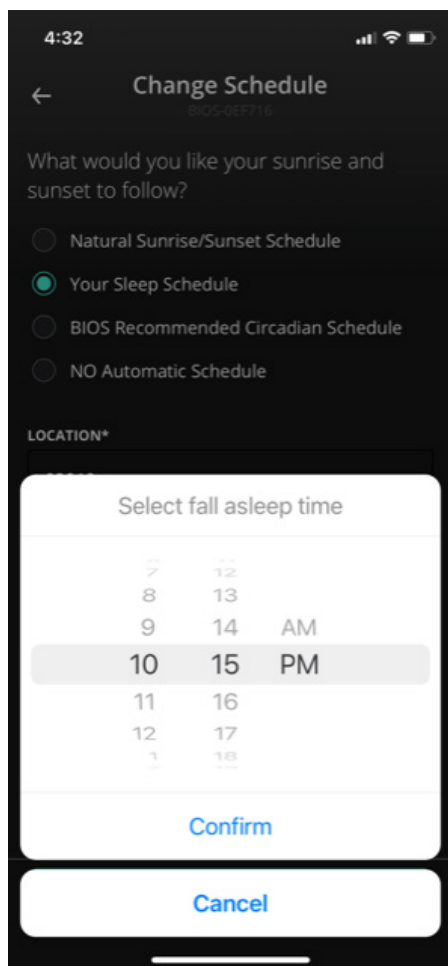
Enter Your Zipcode

1. Tap the "Zip Code" field to enter your local zip code, in order to sink your lamp with the location's solar cycle.
2. Tap "Update Settings" when complete.



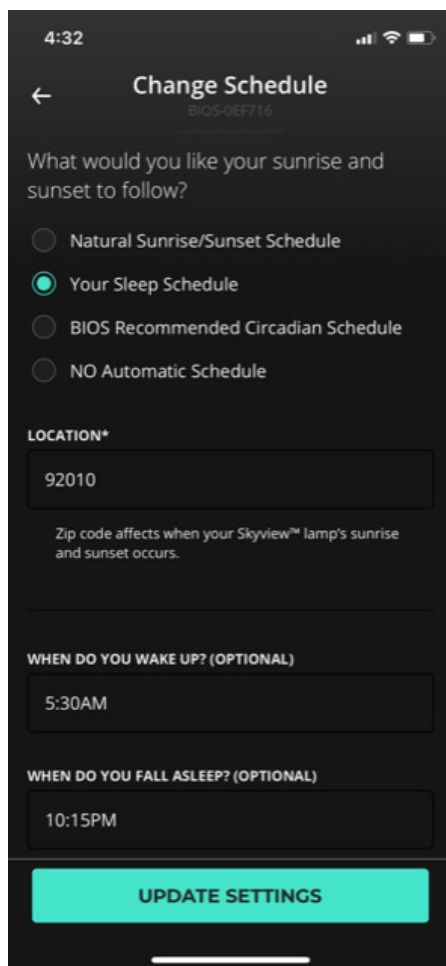
Enter Your Wake Up Time

1. Tap the "Wake Up" field to enter your usual wake up time.
2. Tap "Confirm" when complete.



Enter Your Bedtime

1. Tap the "Fall Asleep" field to enter your usual bedtime.
2. Tap "Confirm" when complete.



Select Your Preferred Schedule

1. Choose from one of the four schedules. See descriptions in next column.
 - **Natural Sunrise/Sunset Schedule**
 - **Your Sleep Schedule**
 - **BIOS Recommended Circadian Schedule**
 - **No Automatic Schedule**

1. Natural Sunrise/Sunset Schedule:

- This daily schedule is based on your zip code input. The lamp will follow the seasonal sunrise & sunset for your location.

2. Your Sleep Schedule:

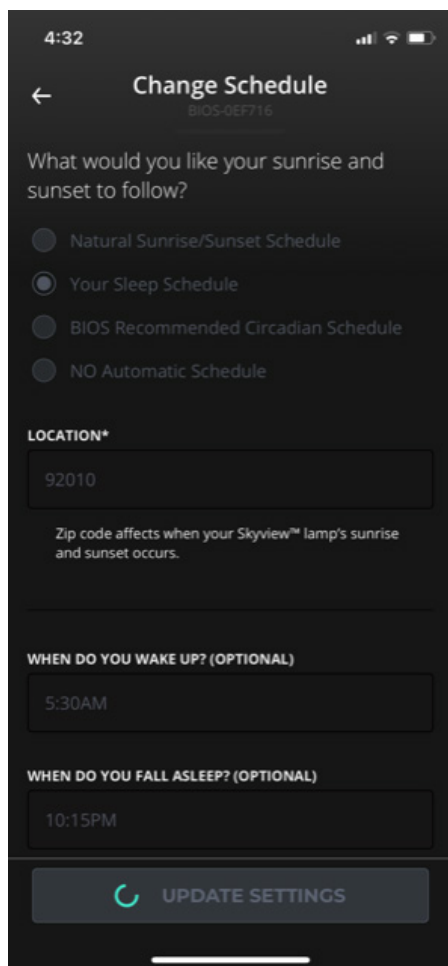
- This daily schedule is based upon your wakeup & bedtime inputs.
- The lamp will begin sunrise 15 minutes before you wake up and transition into daylight 15 minutes later.
- The sunset will begin 2.5 hours before bedtime and transition into evening mode 30 minutes later.
- Night mode will begin 10 minutes before bed time and then fade to off 10 minutes after bedtime.

3. BIOS Recommended Circadian Schedule:

- This is a hybrid of *your schedule* and *the natural schedule of the sun*, designed to help bring you closer to a natural circadian rhythm.

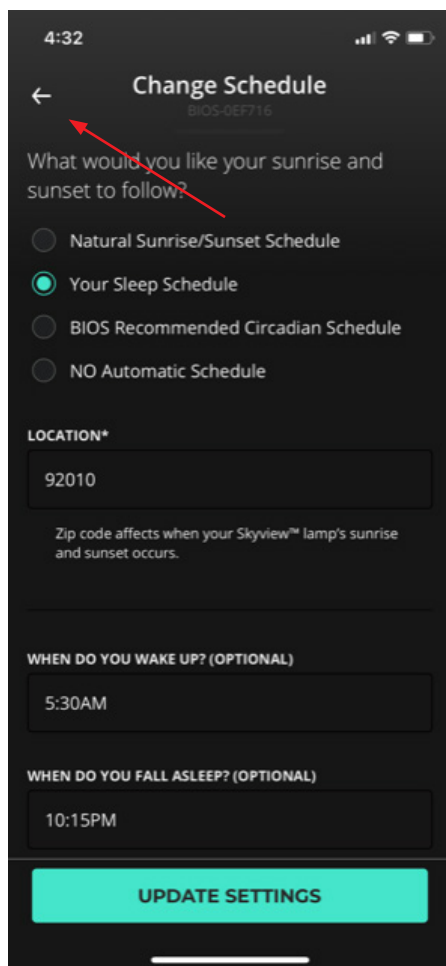
4. No Automatic Schedule:

- The lamp will operate in manual mode. With each button press the next sequential mode will be initiated.
- **Press 1**-Two Minute Sunrise, **2**- Day Light, **3**- Two Minute Sunset, **4**- Evening/Moonglow, **5**- Shuts the lamp off.



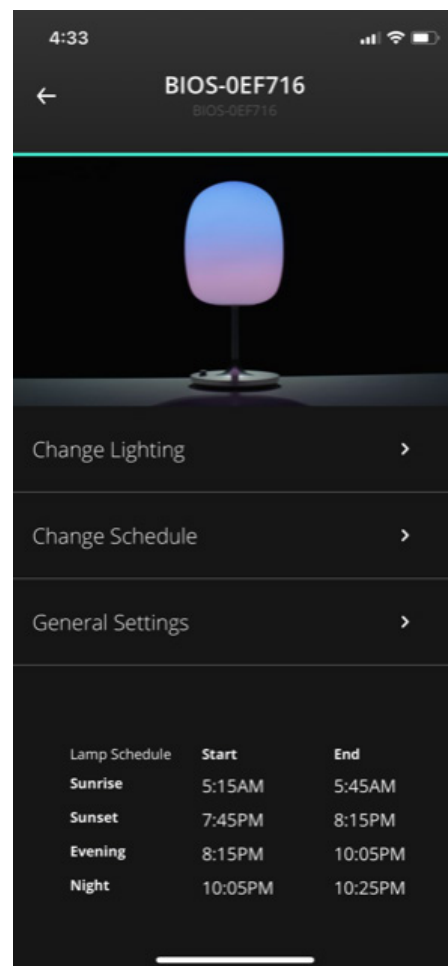
Update Your Settings

1. Tap the "Update Settings" button to lock in all of your selected settings in your lamp's memory.



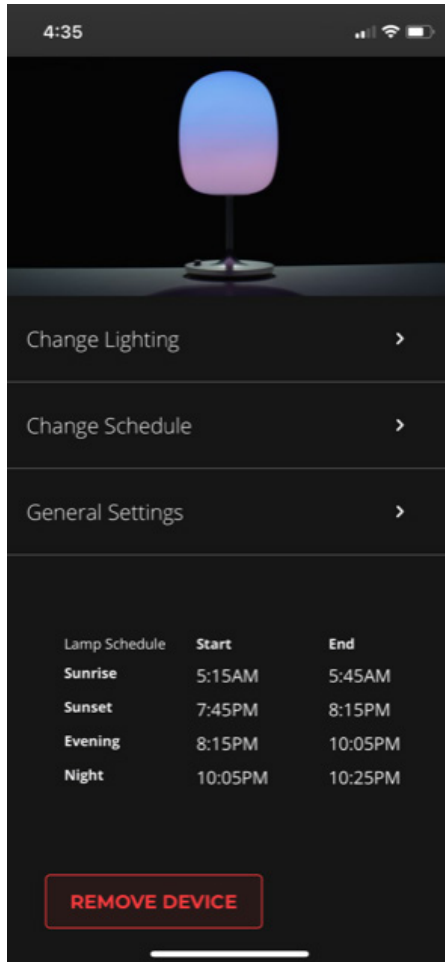
Arrow in Top Left Corner Returns to Lamp Main Page

1. Tap the left arrow in the upper left corner of the app to navigate to your lamp's home page.



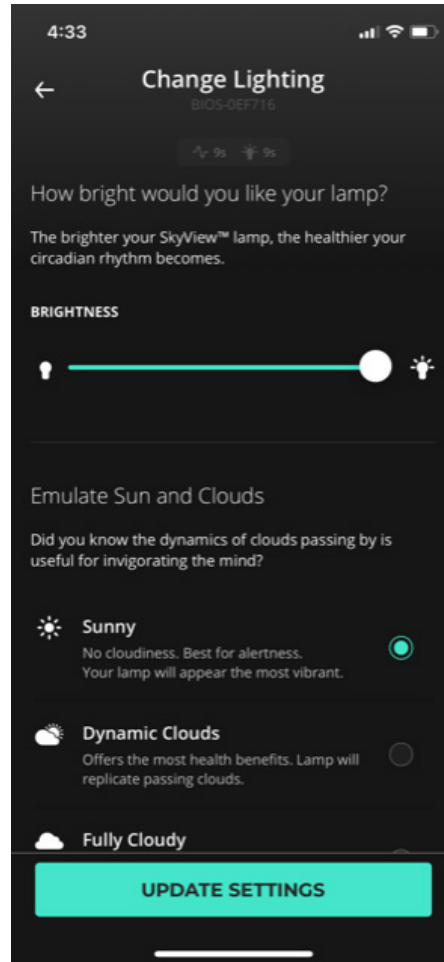
Reviewing Lamp Main Page

1. On you lamp's home page, you may review your lamp's schedules.
2. You can also navigate to "Change Lighting," "Change Settings," and "General Settings."



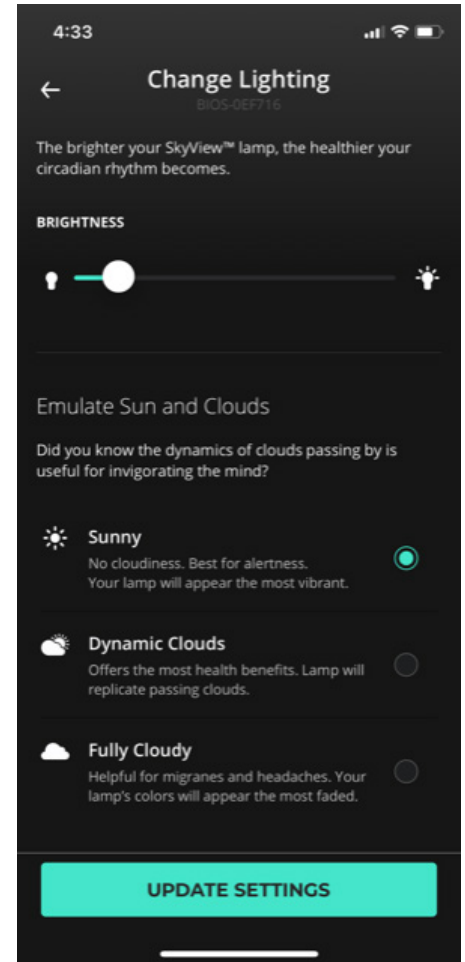
Swipe Up to Reveal "Remove Device"

1. If you ever need to disconnect your lamp from the app, swipe up on the lamp home page to reveal the "Remove Device" button.
2. Tapping this button will initiate the removal process of the lamp from the app.
3. The lamp can always be re-added to the app if needed.



Change Lamp Lighting

Information coming soon.



Brightness & Emulation Options

Information coming soon.