

# INSTRUCTIONS FOR USE:

TrueDark™ Daywalker glasses filter out the extreme, artificial blue “junk light” most man-made light sources display. This can cause poor sleep, eye fatigue and a host of other conditions. Use TrueDark™ Daywalker when you are indoors, working on computers, watching TV, or anywhere else junk light may impact your performance. To remove the prescription insert, firmly pull it backwards directly away from the lines at the nose bridge location.

You can learn more about the impact of junk light and how to stop it at [Biohacked.com/Truedark](https://Biohacked.com/Truedark) or [#StopJunkLight](https://twitter.com/StopJunkLight).



**Use TrueDark™ Daywalker in the late afternoons or evenings when you're indoors.** TrueDark™ Daywalker glasses are great for both inside and outside activities, but best used to filter out harsh, man-made, artificial light, including office buildings, or when you're using TVs, computers, and/or the phone.



**Wear during air travel.** Planes are 100% junk light. Wear during daytime flights when you expect to land a few hours before you'll be going to sleep. Once you're safely at your hotel/home, switch to TrueDark™ Twilight glasses 2-4 hours before you go to bed. If taking a red eye flight, wear your TrueDark™ Twilight glasses for the entire flight.



*Some blue light, ideally from nature, is good for you! Do not wear these glasses all day long. 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.*

[Biohacked.com/Truedark](https://Biohacked.com/Truedark) | [info@biohacked.com](mailto:info@biohacked.com) | [#stopjunklight](https://twitter.com/stopjunklight)

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