

Heleos & the Circadacare Platform FAQs

» **What is the device/light bulb?**

Our smart lighting system mimics natural daylight patterns to support your body's natural rhythms. The light adjusts throughout the day, just like the sun, to help maintain healthy sleep-wake cycles.

» **How does the light cycle work?**

The system automatically provides appropriate lighting levels throughout the day and night. During evening hours, it maintains minimal lighting for essential tasks while supporting natural sleep patterns. For those with visual needs, you can adjust the brightness level without disrupting circadian benefits.

» **Can I control the light?**

Yes, you have full control through a smart switch that fits over your existing light switch. When turned back on, the light automatically adjusts to the optimal setting for that time of day. The monitoring features remain active even when the light is off.

» **Does it have special power requirements?**

No additional power is needed. The smart switch does not require power or battery replacement to function, and the bulb works with your standard light fitting.

» **Will this affect my energy bills?**

Our system is designed to be energy-efficient over a 24-hour cycle. While daytime brightness requires higher power output than standard bulbs to deliver the optimal circadian stimulus your body needs, this is balanced by significantly reduced power usage during evening and night hours. The monitoring features draw such a tiny amount of power that they have no

noticeable impact on electricity consumption. Overall efficiency depends on your specific usage patterns.

» **What sensors are included?**

The system includes sensors that monitor temperature, humidity, acoustics, and movement (using an infrared sensor) to provide comprehensive insights into wellbeing and environmental conditions.

» **Is Wi-Fi required?**

Yes, Wi-Fi connectivity enables data transmission and remote monitoring. We can provide additional connectivity solutions if needed.

» **What happens if there's a technical issue?**

The maintenance of each device will be monitored by Circadacare, so any power or connectivity issues will be alerted to the Circadacare team.

However, if you have any concerns, please contact your family member or ASC contact to provide support.

» **What information is collected?**

The device will regularly transmit information regarding activity levels, snoring and coughing episodes, environmental temperature and humidity changes, sound levels and lux levels, for Circadacare to improve its algorithm and alert caregivers to any concerning changes.

» **How can I access the information?**

Through our secure desktop/mobile application, which provides non-intrusive monitoring while alerting designated contacts to any concerning changes.

» **Who will typically view this information?**

Access to both applications can be granted to Adult Social Care/NHS teams, Community Carer, Family members and neighbours.

» **How is my privacy protected?**

All data is encrypted, and Circadacare acts solely as a data processor. We never access personal details or share information with unauthorized parties.