

CORE TEMPERATURE STUDY

This data shows the results of one person’s body temperatures checked every minute for 30 minutes while using a Sunlight Sauna Solo sauna. Notice the highlighted column that displays core temperature. A rise in core temperature is vital to achieve the deepest detoxifying sweat. As you can see, the subject’s core temperature increased almost 3 degrees in a 30 minute session in the Solo and remained elevated for another 30 minutes after the session.

SOLO TEST RESULTS – REFERENCE TO PROTOCOL

			Date		05/18/2001	
			Time		16:15	
			Test Number		6	
			Test / Room Temperature		72.14	
			Test / Room Humidity		79 %	
Test Subject Statistics						
Name			Male / Female	Age	Weight	Height
Subject 1			M	26	145.72 Lbs	68.89 In
Test Subject Static Readings / Prior To Tests						
Core Body - Anal		Blood Pressure			Pulse	SpO ₂
Temperature		Systolic – Top No.	Diastolic - Bottom No.		Rate	Percent
97.70		130	83		73	97
Test Subject Static Readings - Skin Surface Temperature / Prior to Tests						
Forehead		Chest Left Side	Chest Right Side	Right Arm		Left Ankle
91.22		86.36	88.16	89.24		90.14

VERIFIED TESTS BY CATEGORY – SOLO TURNED ON – TEST SUBJECT INSIDE

SOLO Temperature Setting Circle Setting Used For Tests					No. 1 110 Deg. F		No. 5 130 Deg. F		No. 9 150 Deg. F	
Time	Temperature Degrees F						Blood Pressure		Pulse	SpO ₂
Minute	Head	Chest Left	Chest Right	Right Arm	Left Ankle	Core Temp	Systolic Top	Diastolic Bottom	Rate	Percent
1	91.22	92.12	91.94	89.96	93.02	97.70	117	63	74	98
2	91.22	92.66	93.20	90.68	94.28	97.70	106	78	70	98
3	91.22	93.20	94.28	91.04	95.00	97.88	114	61	73	98
4	91.22	93.20	95.18	91.58	95.72	97.88	114	62	77	98
5	91.22	93.56	96.08	91.76	96.26	98.24	114	60	66	98
6	91.40	94.10	96.98	92.48	97.16	98.24	112	61	67	97
7	91.22	94.28	97.70	92.66	97.34	98.24	112	60	63	98
8	91.40	93.74	98.24	92.66	97.52	98.24	115	59	62	98
9	91.22	93.74	98.78	92.84	98.24	98.42	115	61	62	97
10	91.22	93.74	98.96	93.02	98.42	98.42	116	60	63	98
11	91.40	95.00	99.32	93.38	98.78	98.60	124	80	70	98
12	91.40	95.72	99.50	93.38	98.78	98.96	112	58	63	98
13	91.40	95.72	99.32	93.38	99.50	98.96	115	57	73	97
14	91.58	94.82	98.42	93.02	99.14	98.78	115	55	69	98
15	91.40	95.54	98.06	92.12	99.32	98.78	115	60	75	98
16	90.86	95.54	97.70	91.22	98.78	99.32	115	59	76	99
17	90.50	96.08	98.06	91.04	98.60	99.14	116	57	78	96
18	90.86	95.90	97.70	91.40	98.60	99.14	114	59	78	98
19	90.86	96.26	97.88	91.76	98.60	99.50	123	56	78	99
20	91.04	96.80	98.06	91.76	98.78	99.50	117	79	78	99
21	90.32	96.62	98.06	91.76	98.60	99.86	115	58	85	98
22	89.96	96.26	98.06	91.58	98.96	99.68	117	56	87	99
23	90.14	95.90	97.70	91.58	98.96	99.50	115	55	85	98
24	89.96	95.72	97.70	91.40	99.14	99.68	117	56	83	98
25	90.14	95.90	97.88	91.76	99.14	99.68	117	56	81	97
26	89.06	95.54	97.70	91.04	98.78	99.86	116	56	80	99
27	89.24	96.26	98.24	91.40	98.78	100.04	117	56	83	98
28	89.60	98.42	98.78	92.12	99.14	100.04	112	58	83	98
29	89.24	100.04	99.14	91.76	98.96	100.22	117	60	87	98
30	89.60	100.58	99.14	90.86	98.96	100.32	114	58	82	98

SEE NEXT PAGE FOR COOL DOWN SESSION / RELATED READINGS BY CATEGORY

TEST NO.,	Subject 1 – Test 6
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VERIFIED TESTS BY CATEGORY – SOLO TURNED OFF – SUBJECT STILL INSIDE

COOL DOWN SESSION

Test Results / Timed Measurements										
Time	Temperature Degrees F						Blood Pressure		Pulse	SpO ₂
Minute	Head	Chest Left	Chest Right	Right Arm	Leg Ankle	Core Temp	Systolic Top	Diastolic Bottom	Rate	Percent
31	88.16	100.40	99.50	90.14	99.14	100.22	139	90	88	98
32	88.16	99.32	98.96	87.98	98.78	100.22	116	60	85	98
33	89.42	97.70	98.60	90.86	98.42	100.04	112	59	80	99
34	89.60	97.52	97.88	90.86	97.70	100.22	115	62	79	99
35	89.06	97.52	97.52	90.32	97.34	100.40	111	56	77	98
36	88.34	97.34	97.52	89.60	97.16	100.40	117	56	81	98
37	87.80	97.16	97.52	89.06	97.16	100.04	116	56	77	98
38	87.98	97.16	97.34	89.24	96.98	100.04	115	60	82	98
39	87.44	96.62	97.34	87.62	96.62	99.86	115	59	81	98
40	88.34	96.44	96.98	87.62	96.80	100.22	112	56	79	98
41	87.98	96.26	97.16	87.62	96.44	100.04	117	56	77	97
42	87.44	95.90	96.80	87.62	96.08	99.68	117	55	81	97
43	87.44	95.90	96.44	89.96	96.08	99.68	115	55	82	97
44	87.62	96.26	96.62	91.22	95.72	99.86	113	79	75	98
45	87.26	95.18	95.90	91.76	95.36	99.68	117	75	85	98
46	86.36	95.72	95.72	89.60	95.18	99.68	115	56	76	97
47	86.36	95.72	95.54	88.16	95.18	99.50	111	55	74	97
48	85.26	95.72	95.18	89.42	95.54	99.32	112	57	85	97
49	85.82	95.54	94.64	86.36	95.36	99.32	113	58	75	96
50	86.18	95.54	94.46	90.14	95.18	99.50	111	55	77	98
51	84.92	95.72	93.92	88.88	95.00	99.14	115	56	72	99
52	84.92	95.18	93.56	89.42	95.00	98.96	113	57	72	98
53	84.56	95.00	93.74	89.60	94.64	98.78	116	57	75	98
54	85.46	93.38	93.56	91.40	94.64	98.96	117	62	70	97
55	85.10	94.28	93.56	92.84	94.46	98.78	113	61	70	97
56	84.92	94.28	93.38	93.74	94.46	98.60	114	62	70	98
57	85.64	94.28	93.20	93.92	94.64	98.42	112	73	78	98
58	85.28	94.64	93.20	94.82	94.46	98.24	115	58	73	97
59	84.56	94.10	93.02	94.10	94.28	97.88	118	60	76	98
60	85.10	93.92	92.84	94.46	93.92	97.88	115	62	70	98

Test Performed By	Golden Telecommunications Company., Ltd	Date	05/18/2001
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Approved By	Mr. MS Wu	Date	05/19/2001
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Remarks:
Left and Right arm outside Solo during the test.

Conversion from Metric
by Keith V. Ward / Telco Intercontinental Corporation.