

# SMART SAUNA SAFETY GUIDELINES

## **SAUNAS & MEDICATIONS**

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

## **SAUNAS & CHILDREN**

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

## **SAUNAS & ELDERLY**

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.

## **SAUNAS & CARDIOVASCULAR CONDITIONS**

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

## **SAUNAS & ALCOHOL / ALCOHOL ABUSE**

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

## **SAUNAS & CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH REDUCED ABILITY TO SWEAT OR PERSPIRE**

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

### **SAUNAS & HEMOPHILIACS / INDIVIDUALS PRONE TO BLEEDING**

The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

### **SAUNAS & FEVER**

An individual who has a fever should not use an infrared sauna until the fever subsides.

### **SAUNAS & INSENSITIVITY TO HEAT**

An individual with insensitivity to heat should not use an infrared sauna.

### **SAUNAS & PREGNANCY**

Pregnant women should consult a physician before using an infrared sauna.

### **SAUNAS & MENSTRUATION**

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

### **SAUNAS & JOINT INJURY**

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

### **SAUNAS & IMPLANTS**

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

### **SAUNAS & PACEMAKERS / DEFIBRILLATORS**

The magnets used to assemble our wooden saunas (not used in the Solo System) can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause. In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use.

### **EMF LEVELS**

EMF (electric and magnetic fields) are waves of electric and magnetic energy radiating through space. High EMF levels are often associated with power lines.

EMF is everywhere in our homes and offices. The electrical appliances we use (an electric can opener at close range emits substantial EMFs), computers, monitors, keyboards and mice, wireless modems, cordless phones, clock radios, hair dryers, mobile phones, microwave ovens and more – all produce EMFs.

The EMF levels of Clearlight saunas are well below the threshold of what is generally considered safe, and in fact, produce less EMF than a standard hair dryer. The EMF attributable to a hair dryer at 6" away is about 300 mG. Our saunas have been measured between 0 and 3 mG. (EMFs are measured in units called milliGauss (mG).) 3mG on the heater, 2 inches or more away from heater 0.