

7. Why does it have no effect on the day of wearing it?

In addition to adjusting jet lag and optimizing shift work, light therapy can be effective in a short time, improve sleep quality and relieve SAD symptoms. All need to be used continuously for more than one cycle (7 days).

8. Do you need to stare at the light source?

No, the working principle of light therapy glasses is attributed to innovative optical technology. The light source is placed above the vision, and its light beam inclines from top to bottom, just like it happens naturally under the blue sky. When the eyes are open, the light can shine on the photoreceptor cells in the fundus, realizing the expected function of light therapy.

9. Does blue light hurt your eyes?

Light therapy glasses output a low-intensity narrow-wave blue high-efficiency spectrum conforming to photobiosafety, with a peak wavelength of 480 nm. Because this wavelength avoids the spectrum close to ultraviolet rays, there is no blue light hazard in traditional understanding. The product meets IEC 62471: 2006 photobiological safety testing standard, and has the "non-hazardous" safety level testing report issued by the National Center of Supervision and Inspection on Electric Light Source Quality (Shanghai) and Shanghai Institute of Quality Inspection and Technical Research. Do not use it if you have eye diseases such as cataracts, glaucoma, general optic nerve diseases, and vitreous inflammation.

3. Boot:

Press the boot button for 3 seconds, and the luminous area on the glasses will light up. At this time, you can wear it on your head and start to use it. The light will slowly rise to the highest brightness within 60 seconds, so that the eyes have a process of gradually adapting to the light.

4. Set the usage time:

Light therapy glasses can be set for 15 minutes, 30 minutes and 45 minutes, and users can set them according to their actual situation.

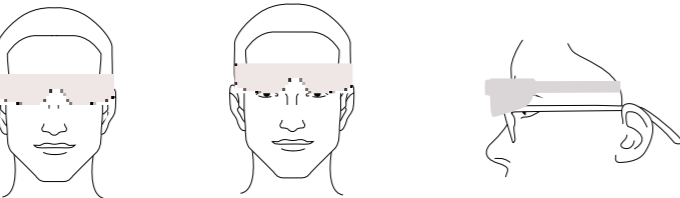
In the boot state, press the on/off button lightly, three blue indicators from right to left will light up respectively, one indicator lamp indicates 15 minutes, two lamps indicate 30 minutes, and three lamps indicate 45 minutes.

When in use, it is designed for countdown. For example, if it is set to 45 minutes, after using it for 15 minutes, the leftmost indicator lamp representing 45 minutes will go out, accompanied by the dripping reminder, and so on. After 45 minutes, it will automatically shut down and be accompanied by the dripping reminder.

V. Precautions for Use:

1. Suggest the correct wearing height

Wrong wearing height Right wearing height When wearing optical glasses



2. Do not use light therapy glasses with your eyes closed.

3. To ensure that the use of this product does not affect daily activities such as reading and office work, please adjust the wearing height reasonably.

4. If you need to use this product when wearing glasses, you can use it outside your glasses, but please make sure that the frame of your glasses does not block the light emitted by this product.

5. Do not use light therapy glasses when wearing colored/tan glasses.

6. For safety reasons, do not use light therapy glasses when charging.

VI. Clean and maintain equipment:

Light therapy glasses should be cleaned occasionally.

⚠ Warning:

- Make sure no water seeps into the equipment! Before cleaning the equipment, please turn it off first.
- Do not wash the equipment in the washing machine. Use a slightly wet and soft cloth to clean the equipment.
- Do not spray any water on the equipment. Operate the equipment only when it is completely dry.
- Do not use abrasives or immerse equipment in the water.

VII. Storage equipment:

If you intend not to use light therapy glasses for a long time, please disconnect the device and store it in a dry place and keep it out of reach of children. Please follow the storage instructions provided in the chapter "Technical Data".

VIII. Technical data:

Product model	SE-E480
External dimensions (L/W/H)	200×100×50mm
Net weight	88g
Light emitting module	Low intensity narrow wave blue light
Rated power	0.5W
Use environment	-20 ° C to + 35 ° C, 15-90% relative humidity
Storage environment	-20 ° C to + 35 ° C, 15-90% relative humidity
Power supply specification	Built-in rechargeable lithium ion polymer battery, 3.7 V
Usage time	More than 2 hours
Charging duration	About 3 hours
Charger requirements	USB 5V 1A

IX. Frequently asked questions:

1. Are light therapy glasses for sleeping or wearing?

No. The special technique used in light therapy glasses can optimize your sleep during non-sleep periods. It is usually worn in the morning and slept at night (except waking up early). Refer to the specific use method in Section 3 of Chapter I.

2. Why can't the machine be turned on?

When reusing the device for the first time or after long storage, please charge the device first to activate the battery. For charge completion and battery charge check, please refer to Chapter IV.

3. How do I charge my glasses?

① Plug the USB connector of the charging cable into the Type-C charging port of the glasses, and the other end is connected to the power adapter, and the glasses will start charging.

② During charging, the power indicator light on the right side of the glasses switch will flash alternately in red and green to indicate that the glasses are being charged, and the green light of the indicator light indicates that the charging is completed.

③ The charging time is related to the power of glasses, and the longest charging time is no more than 3 hours.

4. Do you have these light therapy glasses in other sizes?

The light therapy glasses are designed according to the general size, and the tightness can be freely adjusted according to different head shapes, so as to be suitable for public use.

5. Can I use it while driving?

For your safety, we do not recommend that you use light therapy glasses while driving. If necessary, it can be used before driving or after parking safely.

6. Why don't you feel anything special after wearing it?

Light therapy glasses affect the secretion level of various hormones in the human body through special spectrum of light, adjust the rhythm of human biological clock by physical methods, improve the quality of your sleepy eyes and relieve your SAD symptoms under the condition of safety and no perception.

Light Therapy Glasses

User Manual

Improve sleep Enhance energy

Adjust time difference Stimulate vitality



Thank you for choosing our products. Please read this instruction carefully before using it. Declare that you have read this instruction and accepted these terms at the beginning of use.

I .About light therapy glasses:

1.Non-visual effects of light:

The cycle of light and dark drives the circadian rhythms of the human body through neuroendocrine system, including mood, appetite, digestion, sleep, sexual desire, etc. These circadian rhythms oscillate within 24 hours, forming the biological clock of the human body. Melatonin is usually called a sleep hormone. When the sun goes down, the brain starts to produce it to encourage us to sleep. But as the sun rises and the sunlight increases, the brain stops producing it. We get up easily and are energetic.

A large number of research data show that the light sensitivity peak of retinal melanopsin is close to 480nm, which is proved to be the most effective way to regulate the secretion of melatonin, thus affecting the circadian rhythm of the human body. In addition to regulating our biological clock, light also greatly affects our emotions and enhance our body energy.

2.Why do you want to use light therapy glasses?

Modern lifestyle and indoor working environment lead to unbalanced hormone secretion to many people. Due to the lack of natural sunlight and excessive exposure to artificial light, our biological clock is no longer synchronized with the circadian rhythm of the external environment for a long time, especially in winter with insufficient light, which is easy to induce symptoms such as energy deficiency and sleep disorder, and some people will develop SAD syndrome or seasonal depression. By wearing light therapy glasses, we can use photobiotechnology to adjust the biological clock of the human body. It adopts clinical lighting technology and actively uses melatonin to improve sleep and energy levels, so as to achieve the purpose of increasing energy and improving hormone levels, and minimizing the impact of jet lag on the human body. All these problems can be alleviated. This product is a very advanced, scientific, and wearable intelligent device. If you insist on using it for a long time, a pair of light therapy glasses can make you feel good during the day and sleep soundly at night.

3. Applicable people and how to use light therapy glasses:

① Improving and Treating Circadian Sleep Disorders

●Difficulty in falling asleep/dreaminess/shallow sleep/biological clock disorder; Use it once every morning from 7:00 to 9:00 (recommended time is 30 minutes/time). Please use it continuously for more than 7 days to achieve the expected effect.

●Wake up early (usually used to waking up at 5 am and can't fall asleep again); Use it once every night from 19:00 to 21:00 (recommended time is 30 minutes/time). Please use it continuously for more than 7 days to achieve the expected effect.

② Regulate jet lag rhythm

The Time difference is the result of fast crossing multiple time zones. The change of day and night cycle will disturb the human body's biological clock period, leading to a series of circadian rhythm disorders, such as insomnia at night, drowsiness during the day, headache, palpitation, nausea, and other symptoms in severe cases, which is called "jet lag syndrome". Some simple steps and the use of light therapy glasses can greatly reduce symptoms.

●During flight:

Set your watch to the time zone of your destination, drink plenty of water, and try not to drink alcohol, coffee, or tea.

●When you arrive:

If you drive east, when you arrive, we recommend that you avoid in the first morning (wearing blue barrier glasses or high sunscreen sunglasses) and get it in the afternoon if possible (for example, using light therapy glasses) to maintain low levels of melatonin. For the rest of the day, advance your day by two hours, take care not to exceed the normal bedtime.

If you are traveling west, once you arrive, we recommend you stay awake and use it once between 12:00 pm and 3:00 pm (recommended time is 30 minutes/time). But as soon as it gets to dark, go to bed.

③ Optimize shift work

When you work continuously for more than three nights or need to drive for a long time at night, and want to stay awake and improve your attention at work or on the road, we recommend that you use light therapy glasses for 30-45 minutes before starting work. Studies have proved that light therapy is as effective as a cup of coffee.

⚠️ **Warning: For driving safety, please do not use light therapy glasses while driving.**

④ Seasonal depression/lack of energy and motivation/difficulty getting up in the morning/decreased libido:

We suggest that you can get light therapy for 30-45 minutes immediately after waking up in the morning. Or consult your GP.

⑤ Fight fatigue/rejuvenate/improve mood/boost energy:

We suggest that you can get light therapy for 15-30 minutes immediately after waking up in the morning. Or consult your GP.

4.Package contains:



Light therapy Glasses



Storage bag



Charging line



User Manual

II.Attention prompt:

Please read these instructions carefully for future use and pay attention to the information contained therein.

Safety precautions:

⚠️ **Warning:**

- Light therapy glasses can only act on the human body.
- Before use, ensure that all packaging materials are removed and that there is no obvious damage to equipment or accessories. If in doubt, do not use the device and contact your dealer or customer service team.
- Do not immerse the equipment in the water and do not use the equipment in wet rooms.
- Do not use this product near people who are incapable of taking care of themselves, children under 3 years old, or people who are insensitive to heat (people with skin damage caused by diseases); Do not use painkillers or other drugs or after drinking alcohol.
- Keep children away from packaging materials (risk of suffocation).
- Do not cover or pack the equipment when it is warm.
- Ensure that only dry hands are inserted into the charging port and only dry hands are used to operate the equipment.
- Protect equipment from strong impact.
- If the equipment shows signs of damage or does not work properly, please stop using the equipment. And contact the customer service team.
- Do not use equipment with flammable gases connected to air, oxygen, or nitric oxide.
- Do not carry out calibration, preventive inspection, or maintenance on this equipment.
- Do not repair the equipment. It does not contain parts that you can repair.
- Do not make any changes to the equipment without the manufacturer's permission.
- If the equipment has been replaced, thorough testing and inspection must be carried out to ensure the continuous safety of further use of the equipment.

Safety precautions:

- If you are taking drugs such as painkillers, antihypertensive drugs, or antidepressants, please consult your doctor before using light therapy glasses.
- Before using light therapy glasses, people with retinal diseases and diabetes need to be examined and advised by an ophthalmologist.
- Do not use it if you have eye diseases such as cataract, glaucoma, general optic nerve diseases, and vitreous inflammation.
- If you have any health problems, please contact your GP.
- Before using it, ensure that all packaging materials are removed.

Possible adverse reactions:

The possible adverse reactions caused by the light of light therapy glasses are relatively mild and temporary. They may include:

- Headache
- Eye fatigue
- Nausea

Measures to avoid, reduce or mitigate these adverse reactions:

- Be sure to use this product in a well-lit room.
- Stop using the device for a few days to make the reaction disappear, and then try again.

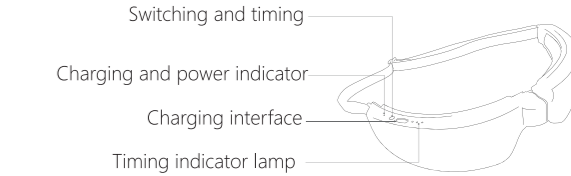
Restricted use:

Light therapy glasses are designed to make people feel energetic, improve sleep, improve mood, and relieve the symptoms of winter depression. If you suffer from severe mood swings or depression, be sure to consult a professional doctor and do not use this device for self-treatment. This product is designed to improve the emotional symptoms of seasonal diseases.

Maintenance Warning:

- Do not repair the equipment. This can lead to serious injuries. Failure to comply may invalidate the warranty.
- If you need to repair the equipment, please contact the customer service team or an authorized dealer.

III.Equipment description:



Note: Please charge through a USB cable for the first time to activate the battery.

IV.Instructions for daily use:

1.Check the battery power of glasses:

① Press the switch button lightly. If the power indicator is green, it means that the power is sufficient and can be used normally.

② If the power indicator is red, it means that the power is insufficient, and it can only be used for 30 minutes at the longest. Please charge it in time.

③ If the power indicator flashes red and is accompanied by the alarm sound of dripping drops, it means that the power of the equipment can no longer support use. Please charge it and use it.

④ If there is no response from the equipment, it means that the equipment has entered deep sleep protection, and it needs to be plugged into the charger for charging activation and full charge before use.

2.Adjust headband:

When using it for the first time, it is necessary to adjust the length of the headband of glasses according to the head shape of the user, and choose a comfortable tightness.