



Item No. 1577

Thank you for purchasing our daylight lamp. This manual will provide instructions for effective and safe use of the product. Please read it carefully before use and store the manual in a safe place for future reference. If you ever pass the product on to others, this manual should be included.

1. Safety instructions

- This device is designed for general household use.
- The product is not intended to be used by children or by persons with reduced physical or mental capabilities, or with lack of experience or knowledge, but only under supervision of an adult and with taking into account any hazards.
- Before use, inspect the device and its parts. Do not use in case of damage.
- Do not use the product in extreme hot, cold or humid environments.
- Do not place near heat sources such as radiators, cookers, etc.
- Keep away from sources of ignition.
- Do not place, store or use the product near water.
- Do not let moisture come into contact with any electrical parts.
- Never touch the device or its plug with wet hands.
- Place the product on a hard level surface.
- Keep the cord out of harm's way.
- Do not leave the product unattended when in use.
- Do not insert any foreign objects into any opening of the device.
- Do not attempt to repair, disassemble or alter the product yourself.
- Consult your GP prior to use if you are concerned about health issues.
- Stop use immediately and contact your specialist, if you experience any discomfort or pain.
- Handle with care.

Contraindications

Consult your GP or specialist before using the daylight lamp if you:

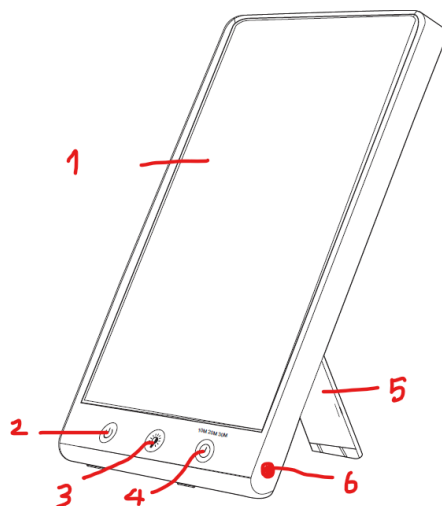
- are suffering from severe depression;
- are prone to migraine attacks;
- have diabetes;
- suffer from high blood pressure;
- suffer from skin sensitivity to light (photosensitivity);
- have had recent eye surgery or have a diagnosed eye or retinal condition;
- are taking specific medication, such as painkillers, antidepressants, psychotropic drugs or malaria tablets.

Note: The guidelines in this manual do not constitute medical advice for the treatment of any condition. If your GP has suggested the use of light therapy, follow their instructions and discuss any effects with them.

2. Package content

- Daylight lamp
- Mains adaptor
- Manual

3. Description of parts



1. Light screen
2. On/off button
3. Brightness
4. Timer
5. Stand
6. DC port

4. Operation

1. Place the daylight lamp on a hard, flat surface and near a wall socket.
2. Connect the device to the mains with the supplied mains adaptor.
3. Press the On/off button to turn on the daylight lamp.
4. Select your desired settings using the Brightness and Timer buttons.
5. Position yourself as close to the daylight lamp as possible (approx. 50 cm). During use, you can continue to carry out your daily activities, such as reading, writing, using the telephone, etc.

Note:

- Do not look directly into the light during the entire application time, as it may overstimulate the retina.
- During use, the following applies, the closer you are to the lamp, the shorter the application time:

Distance	Application duration	Light received (lux)
15 cm	0-30 min.	10,000
30 cm	30-60 min.	5000
50 cm	60-120 min.	3000

Possible side effects

Some people may experience side effects, such as headaches, eyestrain, sleeping problems or nausea. Measures to avoid, minimise or alleviate these side effects:

- Increase the treatment distance and do not look directly into the light.
- Avoid using the device late at night or just before going to bed.
- Stop using the device for a few days to let the side effects disappear and then try again.

5. Maintenance

- Always unplug and allow the device to cool down before maintenance and before long-term storage.

- If necessary, clean the outside of the lamp with a slightly damp cloth. Dry thoroughly with a clean and soft cloth.
- Always store the product within the prescribed storage temperature (-25 °C to +70 °C).

6. Technical specifications

Input	100-240 V 50/60 Hz
Output	DC 24 V / 1A 24 W
Rated power	Max 16 W
LED	2835 0.2 W 72 pieces
Light	10,000 lux (± 10 %)
Lumen	800 lm (± 10 %)
Colour temperature	6000-65000 K
Operating temperature	5-35 °C
Size	235 x 147 x 16 mm

7. Disposal

Dispose of the article and the packaging materials in accordance with current local regulations.

The crossed out wheellie bin symbol means that this product shall not be disposed of with normal household waste. Electronic and Electrical Equipment not included in the selective sorting process are potentially dangerous for the environment and human health due to the presence of hazardous substances. Please dispose of responsibly at an approved waste or recycling facility.



The CE marking is a certification mark that indicates conformity with health, safety and environmental protection standards for products sold within the European Union. The CE marking is the manufacturer's declaration that the product meets the requirements of the applicable EC directives.



Recycling helps to reduce the consumption of resources and reduce the environmental impact. If you wish to discard the packaging, comply to the environmental legislation in your country.