

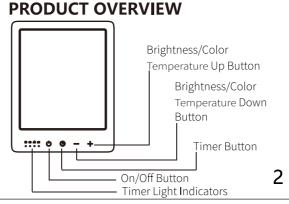
# PACKAGE COMTENTS

- 1 X Light Therapy Lamp Adapter :
- 1 X Power Adapter
- 1 X USB Charging Cable
- 1 X User Manual
- Input: AC 100-240V Output: DC 5V - 2A • Light Intensity:10000Lux

**TECHNICL** 

**SPECIFICATIONS** 

- (5 inches distance)
- Color Temperature: 2700K- 6500K
- Spectrum:UV-Free



# **OPERATING INSTRUCTIONS**

touch the **U** Button to power on/off. Note:Do not look directly into the Light Therapy Lamp.

### 2. Adjusting Timer

Touch (9) button to set the timer. There are a total of 4 timer light indicators which stand for 15-minutes

timer,30-minutes timer,45-minutes timer and 60-minutes timer respectively.

The device will continuous work when all the timer lights are off.

(Black means the timer light indicators are off and white means the timer light indicators is on.)

### 3. Adjusting Brightness

Short Press - and + button to alter the brightness.Ten brightness levels are offered.

Touch and hold the - button ,the color temperature of the light will become warmer(yellow). Touch and hold the + button, it will become cold(white).

Note:The color temperature can be altered from 2700K to 6500K.

## LIGHT BENEFITS

The Light Therapy Lamp brings the light of a springtime morning into your home or office. Using it on a regular basis during the fall, winter and spring months will not only keep your moods and energy level up, but it will also pleasantly brighten your home or office. Whether used as a task light, reading lamp, or placed it on the shelf for enjoyable ambient light, it can be put to good use for much more than your regular 20-30 minutes light therapy session each morning.

## **HOW TO USE**

away from you.

The Light Therapy Lamp should be positioned as close as 5 inches, but within 20 inches of your face and should be slightly off-center of your face. Turn the lights on a full gear and use it for 20-30 minutes session in the early morning if possible. Such as read, eat breakfast, talk on the phone, etc.There is no need to look directly into the light. If you experience increased irritability, excessive energy, and/or any discomfort consistently during or after using, please decrease the length of your sessions,turn brightness down or move the light several inches further

# **FEATURES**

### 1.Safety Design

Emulate noonday sun,Full-Spectrum,UV-Free,provides the recommended 10,000Lux (5inches distance).

To ensure the safety of you and your property, the device will automatically shut down if its temperature is too high.

### 2.Humanized design

When turn on the device or adjust brightness, the device will can rise slowly,not dazzling,no flicker or no hum noise.

## 3.Easy to Use

4 Buttons makes it easy to use. You can set 10 brightness levels and 4 timers easily.

## SAFETY INSTRUCTIONS

A.Don't look directly into the Light Therapy Lamp. B.Store this device in a cool,dry place as it is not waterproof.

C.Keep this device away from any flames or other heat

# WARRANTY INFORMATTION

If you have any product question ,please contact our e-mail: \_\_\_ Your name: \_\_\_\_\_Order number: \_\_\_ \_\_\_\_\_ Phone: .

| CEF© ROHS @ I | <b>T</b> |
|---------------|----------|
|---------------|----------|

6