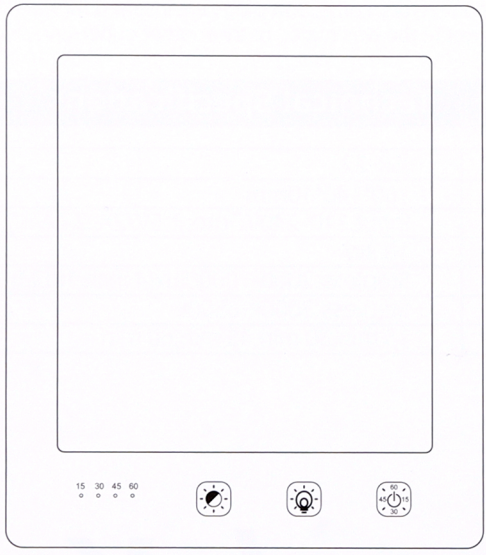
LED Therapy Lamp

JSK-22



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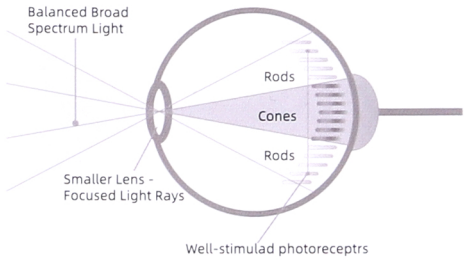
Benifits

The therapy lamp provides a broad spectrum of light therapy, which stimulates all of the eye's
Photoreceptors:
Cones, rods, and melanopsin. The lamp operates
with photopic light which primarily stimulates the cones of the eye as well as scotopic light,which in turn primarily stimulates the rods.Reducing the size of the pupil, this product relaxes the eye



Device Pretest

To help determine if you have a sensitivity to light treatment, we recommend that you perform this pretest before the first use of this product:

Step1- Turn on the lamp and position it about 18 inches from your face (do not look directly into the lamp).

Step2- Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using it and consult a doctor immediately. If you have not experienced any discomfort,you may consider gradually decreasing the distance from the lamp while also increasing the use time.This will result in more light intensity and a greater effect. For your initial sessions, you should monitor the degree of any discomfort and accordingly adjust both the time you use the product for and its location and proximity.

Operation

1.Instructions for use:

The use of this product consists of siting close to the light therapy lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading. writing,hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk.

- Plug the USB cable (Type C connector)into the left connector of the lamp, and then connect the AC / DC adapter to the AC socket

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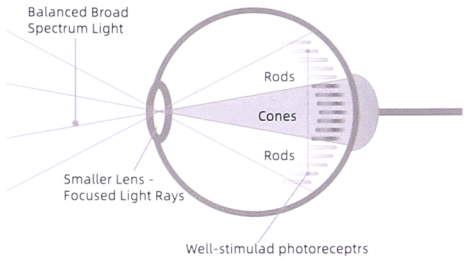

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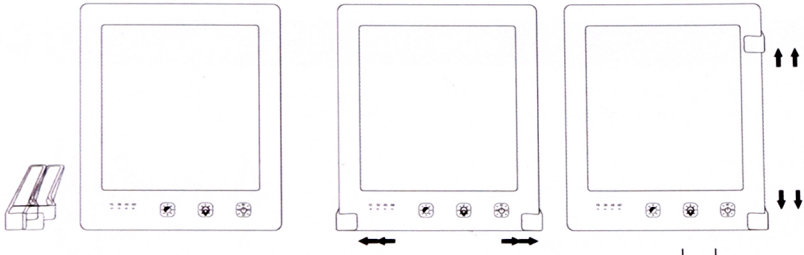
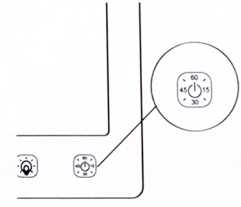
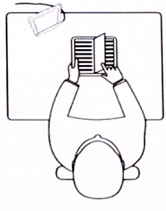




- Touch the timer button to open it, Touch the timmer button and hold on 2 seconds the lamp can be tuned off.

- The therapy lamp should be positioned as close as 4 inches, but within24 inches of your face and should be slightly off-center (see diagram).

Note: Do not look directly into the lamp.



- consider using the lamp on the high setting in the morning and on the low setting in the afternoon.

2.Light Intensity, Color Temperature and Timer Setting

- To choose color temperature:

  Stepless:Hold down the switch until achieve your desired color temperature,from 3000k-6500k,warm light to white light.

- To choose your light intensity:

  Stepless:Hold down the switch until achieve your desired light level from 2000 to 10000 lux (4in/10cm distance).

- To select time,Tap the switch to select time 15min,30min,45min,60min.

Note:The Light will turn on all the time if not tapping the timer switch.

Recommended Program



30 Minutes
to
1hour/day

Researchers at the National Institute of Health demonstrated that white light,in a range of 2,500 to 10,000 LUX (a measurement of light intensity), helped to reverse the symptoms of Winter Blues.

Exposure affects people differently. We all have different reactions to our environment. It is important to establish a distance and schedule that is comfortable for you. We recommend you use the light regularly and at about the same time each day.
It is not necessary to sit in front of the lamp continuously. you can divide the time into several mini-sessions. Continue to use the light therapy lamp daily to feel an improvement in your mood and activity level.
When you are feeling sluggish and lethargic, spend more time with the light, sit closer to it or increase light intensity. If you feel a sort of edginess, as though you have consumed too much coffee, it may be time to turn off the unit or reduce the intensity of the light.

Care and Cleaning

Your product is made from high-quality materials that will last for many years with minimum care. you may want to periodically clean the lamp using a mild nonabrasive cleaner and soft cloth. When cleaning, always make sure you have turned off and unplugged the unit and allowed sufficient time for the unit to cool.
WARNING:To prevent risk of shock or any personal injury when cleaning your product, always make sure you have turned off, unplugged it from the power sources and allowed sufficient time for the product to cool down.
CAUTION:Clean only with a soft dry cloth - do not use solvents or cleaners containing abrasives or ammonia.
After cleaning this product, all moisture should be properly wiped away and dried completely before it is connected to the power supply.

Troubleshooting

- Make sure all power connectors, cords, and plugs are inserted fully and securely.
- Make sure there is power to the wall outlet, or try another outlet-one that is not connected to a dimmer.

Technical Specifications

Model:	JSK-22
Size:	160*140*10mm
Adapter:	Input:110-240V,Output:5V/2A-2.4A
Power:	10.3W
Light Intensity:	Stepless:2000-10000lux(4 inch 10CM)
Color Temperature:	Stepless:3000k-6500k
Timer:	15 min,30 min,45 min,60 min

Thank You!