

Hooga Green Light Therapy Lamp

INSTRUCTION MANUAL



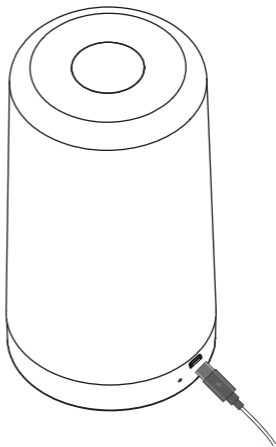
hooga

Product Layout

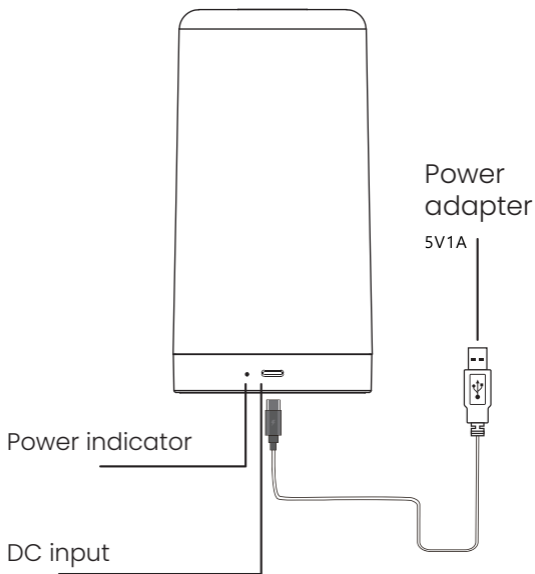
Touch buttons

Three-layer
lampshade

Lamp base



Product Layout Continued



Safety Warnings

1. Please read these safety instructions carefully before use.
2. Do not use the light if the lampshade is damaged or broken.
3. Do not use this product if the power cord is damaged or liquid is spilled on or into the device.
4. Do not use the light in excessively humid or damp environments. Only use the device indoors.
5. If you feel any discomfort as a result of using the light, discontinue use.

Operating the Lamp

1. Plug the power cord into a grounded outlet, then plug the other end of the power cable into the DC input on the back of the light.
2. The indicator light on the back of the light next to the DC input will be illuminated, indicating that the light is receiving power.
3. Tap the button at the top of the light once for warm white mode.
4. Tap the button at the top of the light a second time for green light mode.
5. Tap the button at the top of the light a third time to turn the light off.
6. To adjust brightness, regardless of mode, tap and hold.

NOTE The light has a maximum brightness of 100% and a minimum brightness of 5%. The default brightness when the light is turned on is 80%.

Specs & What's Included

Number of Warm White LED Chips	14
Number of Green LED Chips	14
Total Power	5W
Warm White Color Temp	3000K
Green Color Wavelength	520nm
Luminance	250lm
Lifetime of LEDs	50,000+ Hours
Product Dimensions	8.3" x 3.9"
Weight	1lb
Materials	Highly transparent PC, Triple Layer Lampshade
Certifications	CE, FCC, RoHS, PSE
Operating Temperature	23° to 104° Fahrenheit
Input Power	5V 1A Type-C

1 x Hooga Green Light Therapy Lamp
1 x User Manual
1 x Power Adapter and Cable

How To Use The Lamp

1. Block Out Other Sources Of Light

It's very important to block out other sources of light which may contribute to your headache or migraine when seeking out relief. Go into a dark room and eliminate all other sources of light, including windows, overhead lighting, cell phones, computer screens and television screens.

2. Position The Lamp

Position the lamp in such a way that the green light is illuminating the area but not so that you are looking directly at the light. The lamp could be positioned on a desk, a bookshelf, a night stand, or anywhere that is comfortable for you. Looking directly at the light may be a little bright depending on your level of light sensitivity.

3. Spend At Least 30 Minutes

Ideally, you'll want to spend at least 30 minutes in the glow of the green wavelengths of light being emitted from the lamp. If you can spend closer to an hour or two, you'll likely find even more relief.

