

Red Light Therapy Hat

Instructional Manual



Thanks for choosing the Hooga Red Light Therapy Hat!

Before starting your first session, please make sure to read this manual as it may explain important operating procedures.

Note: Each LED diode has three chips: 1 660nm, 1 850nm and 1 940nm.

What's Included

- 1* Red Light Cap
- 1* Power Cord
- 1* Adaptor
- 1* USB Cable
- 1* User Manual

Specifications

| | |
|--------------|----------------------------------------------------|
| Rated Power | 75W |
| Actual Power | 1W -28W |
| Diameter | 200 MM |
| LED QTY | 150*0.5W |
| Dimmable | Yes |
| Net Weight | 0.18KG (for cap only) |
| Wavelength | 1*660nm ; 2*850nm; |
| EMF | 0 UT |
| Irradiance | > 200mW/c m ² at surface |
| Timer | 30 Minutes |
| Material | Fabric |
| Pulse | Yes at 10 Hz |
| Dual Buttons | ON / OFF Dimmable Pulse Switch wavelength |
| Certified | CE ROHS FDA |

User Instruction



1. Usage Frequency:

Use device 1-2 times per day for at least 4 weeks for 30 minutes each time. For convenience the device automatically shuts off after 30 minutes. Allow the device to cool down for a few minutes before another treatment.

Maintenance:

a. Unplug device from wall and store in cool dry area.

b. For cleaning, we recommend using a damp towel or wet tissue to **gently** clean your cap. Make sure the device is **unplugged** from any power, and all cords are disconnected and turned off. Only clean the fabric portion of the cap and not the LED diodes directly. Do not submerge the cap in water. Allow the red light cap to air dry and make sure to keep it out of direct sunlight.



Benefits :

Research shows that the wavelengths in the spectrum of 630-950nm show optimal biological response.

- **Decrease pain and headaches**
- **Hair regrowth**
- **Stimulate mitochondrial function**
- **Improve memory and mood**

Though this technology has little to no known side effects, we suggest taking the following precautions :

- ▷ **This device is water-resistant but not waterproof. Do not submerge the hat or its components in water.**
- ▷ **Not intended for the use by children and pregnant women.**
- ▷ **Do not exceed 30 minutes on one treatment.**
- ▷ **Don't stare directly at the light.**
- ▷ **Contact your doctor if you:**
 - Have any medical questions.**
 - Suspect that you have had a negative reaction from using the device .**

c. Are taking drugs known to cause light sensitivity.



Application

The hat can be powered using either the included AC power adapter or by using a USB power source such as a power bank or USB port so that you can enjoy the benefits of your red light therapy hat at home or on the go!