

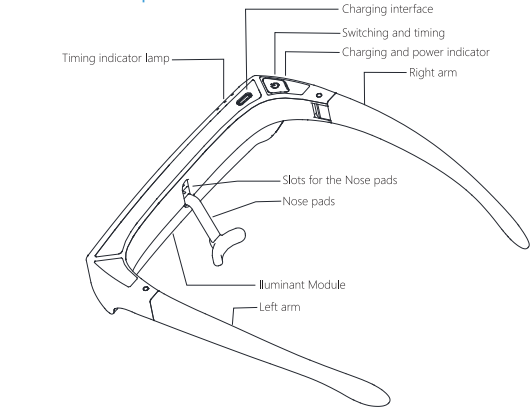
**Possible adverse reactions:**  
The possible adverse reactions caused by the light of light therapy glasses are relatively mild and temporary.  
They may include:      • Headache                      • Eye fatigue                      • Nausea

**Measures to avoid, reduce or mitigate these adverse reactions:**  
• Be sure to use this product in a well-lit room.  
• Stop using the device for a few days to make the reaction disappeared and try again.

**Restricted using:**  
Light therapy glasses are designed to make people feel energetic, improve sleep, improve mood , and relieve the symptoms of winter depression. If you suffer from severe mood swings or depression, be sure to consult a professional doctor and do not use this device for self-treatment. This product is designed to improve the emotional symptoms of seasonal diseases.

**Maintenance Warning:**  
• Do not repair the device. This can lead to serious injuries Failure to comply may invalidate the warranty.  
• If you need to repair the device, please contact the customer service team or our authorized dealer.

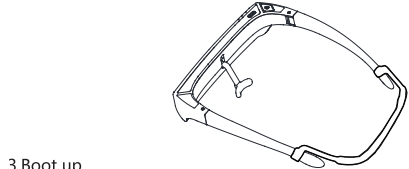
III. device description:



Note: Please charge through a USB cable for the first time to activate the battery.

**IV. Instructions for daily use:**  
**1. Check the battery power of glasses:**  
①. Press the switch button lightly. If the power indicator is green, it means that the power is sufficient and can be used normally.  
②. If the power indicator is red, it means that the power is insufficient, and it can only be used for 15 minutes at the longest. Please charge it in time.  
③. If the power indicator flashes red and is accompanied by the alarm sound of dripping drops, it means that the power is not enough to use any longer. Please charge it and use it.  
④. If there is no response from the device, it means that the device has entered deep sleep protection, and it needs to be plugged into the charger for charging activation and full charge before use.

**2. Wearing comfort adjustment:**  
The measurement of our glasses are suitable to most people, you can easily bend the temples inwards or outwards to slightly adjust the angle. For those who have smaller heads, please use the anti slip belt to ensure a comfortable wearing. Check below image for reference:

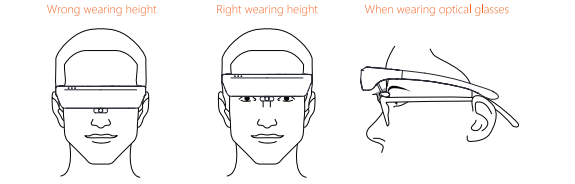


**3. Boot up.**  
Long press the button for 3 seconds to power the device on, the lighting module will be on, you can easily switch blue/Red light in 5 seconds by pressing the button lightly, the lighting module will flicker three times after you choose the light color you need, that means you are into the preparation period of light therapy, you can set a timing and wear it to your head to start using .The light will go up to the maximum brightness slowly in 60 seconds to ensure your eyes get used to the brightness. Light therapy will automatically end when time is up if you have timed.

**4. Set the usage time:**  
Light therapy glasses can be set for 15 minutes, 30 minutes and 45 minutes, and users can set them according to their actual situation.  
Press the power on/off button after you have chosen your light color, the 3 indicators from the right to left will be on, one indicator means 15 minutes, 2 for 30 minutes, 3 for 45 minutes. Countdown is used to do the light therapy, for instance, if you have timed for 45 minutes, the left indicator that stands for 45 minutes will be off after you have used for 15 minutes and you will hear a reminding drip sound, and so on, the device will automatically power off with 3 drip sounds when 45 minutes is up.

Note: When the device enters the phototherapy preparation stage and needs to switch the light color, it can only be restarted by long-pressing the power button after shutting down. If you need to change the timer duration, the device will restart from the preparation stage again

**V. Precautions for Use:**  
**1. Suggest the correct wearing height:**



**2. Do not use light therapy glasses with your eyes closed.**  
**3. To ensure that the use of this product does not affect daily activities such as reading and office work, please adjust the wearing height reasonably.**  
**4. If you need to use this product when wearing glasses, you can use it outside your glasses, but please make sure that the frame of your glasses does not block the light emitted by this product.**  
**5. Do not use light therapy glasses when wearing colored/tan glasses.**  
**6. For safety reasons, do not use light therapy glasses when charging.**

**VI. Clean and maintain device:**  
Light therapy glasses should be cleaned occasionally.  
**Warning:**  
• Make sure no water seeps into the device! Before cleaning the device, please turn it off first.  
• Do not wash the device in the washing machine. Use a slightly wet and soft cloth to clean the device.  
• Do not spray any water on the device. Operate the device only when it is completely dry.  
• Do not use abrasives or immerse device in the water.

**VII. Storage device:**  
If you intend not to use light therapy glasses for a long time, please disconnect The device and store it in a dry place and keep it out of reach of children. Please follow the storage instructions provided in the chapter "Technical Data".

VIII. Technical data:

Product model	SE-E480 Pro+
External dimensions (L/W/H)	185×165×42mm
Net weight	65g
Light emitting module	Low intensity narrow wave blue light & red light
Peak wavelength	blue light: 480nm / red light: 655-670nm
Light intensity	blue light: 400Lux / red light : 70Lux
Red light Irradiance	10uW/cm²
Rated power	0.6W
Use environment	-20°C to + 35°C, 15-90% relative humidity
Storage environment	-20°C to + 35°C, 15-90% relative humidity
Power supply specification	Built-in rechargeable Lithium ion polymer battery 3.7 V 300mAh
Max usage time	>15H
Charging duration	About 2 hours
Charger requirements	USB DC5V 1A

**IX. Frequently asked questions:**  
**1. Are light therapy glasses for sleeping or wearing?**  
No, the special technology used in light therapy glasses can optimize your sleep during non-sleeping hours. It is typically worn in the morning and not at night, except for cases of early awakening. For specific usage instructions, please refer to Chapter One, Section 3.

**2. Why can't the machine be turned on?**  
When reusing the device for the first time or after long storage, please charge the device first to activate the battery. For charge completion and battery charge check, please refer to Chapter IV.

**3. How do I charge my glasses?**  
①. Plug the USB connector of the charging cable into the Type-C charging port of the glasses, and the other end is connected to the power adapter, and the glasses will start charging.  
②. During charging, the power indicator light on the right side of the glasses switch will flash alternately in red and green to indicate that the glasses are being charged, and the green light of the indicator light indicates that the charging is completed.  
③. The charging time is related to the power of glasses, and the longest charging time is no more than 2 hours.

# Light Therapy Glasses

## SE-E480Pro+

### User Manual

Boosts energy | Improve sleep

Enhances mood | Rejuvenating brain

Improved Eyesight | Relieve Eye Fatigue



Thank you for choosing our product. Please read and understand these instructions before use. Your usage signifies your acceptance of these terms.

**I.About light therapy glasses:**

In the 5th century BC, the father of Western medicine, Hippocrates, proposed the concept of using sunlight to treat various diseases. The ancient Egyptians, Greeks, and Romans gradually incorporated sunlight into medical treatments, and by the late 19th century, light therapy had gained widespread use worldwide. After numerous clinical cases confirmed its effectiveness, many medical professionals dedicated themselves to harnessing natural light and developing artificial medical light. In 1893, Danish physicist Niels Ryberg Finsen created the first device capable of synthesizing sunlight and precisely controlling light intensity and spectrum. In 1903, he was awarded the Nobel Prize in Medicine for his research and achievements in light therapy, earning him the title of the father of modern phototherapy. Light therapy glasses utilize artificial light sources and precise control of light intensity and spectrum to harness the non-visual effects of light, thereby improving sleep, boosting vitality, enhancing energy, and revitalizing the brain.

**1.Non-visual effects of light:**

The regular cycle of light and darkness influences the body's physiological rhythms through the neuroendocrine system, including emotions, appetite, digestion, sleep, and libido. These physiological rhythms oscillate within a 24-hour period, forming the body's biological clock. Melatonin, often referred to as the sleep hormone, plays a key role in this process. When the sun sets, the brain begins to produce melatonin to encourage sleep. However, as sunlight increases with the rising sun, the brain ceases melatonin production, making it easier for us to wake up and feel energized.

Extensive research data indicates that the photoreceptor melanopsin in the retina has a peak sensitivity to light around 480nm. Light at this wavelength has been proven to be the most effective in regulating the secretion of melatonin, thus influencing the body's physiological rhythms. In addition to regulating our circadian rhythms, light also greatly impacts our emotions and enhances physical energy.

**2.Why do you want to use light therapy glasses?**

Modern lifestyles and indoor work environments have led to hormonal imbalances in many people. Prolonged exposure to artificial light and a lack of natural sunlight can disrupt our circadian rhythms, especially during light-deficient winter months, leading to symptoms like low energy and sleep disturbances. Some individuals may develop sleep disorders or seasonal affective disorder. Wearing light therapy glasses allows you to harness photobiological technology to regulate your body's circadian rhythms. These glasses use specific wavelength light exposure techniques and leverage melatonin to improve sleep, boost energy levels, and enhance hormonal balance.

They can also minimize the impact of jet lag. This advanced, scientifically supported, and wearable smart device provides effective relief for these issues. Consistent use of light therapy glasses can help you feel more alert during the day and sleep better at night!

**3.Unique-Supporting Eye Health with Red Light Therapy:**

Studies show The 670 nm wavelength penetrates into the retinal cells and stimulates the mitochondria, which are the powerhouses of the cells. Enhanced mitochondrial function leads to increased ATP (adenosine triphosphate) production, providing more energy for cellular repair and regeneration.Red light at this wavelength improves blood circulation to the optic nerve and retina, ensuring that these tissues receive adequate oxygen and nutrients.Better circulation helps maintain the health of the retinal cells and can improve overall eye function.

The 670 nm red light has been shown to reduce oxidative stress, a major factor in age-related eye conditions.By reducing oxidative damage, red light therapy can slow the progression of diseases like age-related macular degeneration (AMD) and glaucoma.

Short exposure to red light at 670 nm can positively impact eye health and counteract poor vision due to aging. With these light therapy glasses, you can schedule a short red light session with the correct wavelength either before or after regular light therapy.

It is recommended to keep these sessions to no more than 15 minutes.

**Consistent use is key to obtaining the best results, but be sure not to exceed the recommended exposure time to avoid any potential adverse effects.**

**4.Target Audience and How to Use Light Therapy Glasses:**

①.Improving and Treating Circadian Rhythm Sleep Disorders:

- Difficulty in falling asleep/dreaminess/shallow sleep/biological clock disorder.
- Use once every morning between 7:00 and 9:00 AM (recommendedduration of 30 minutes per session). Continue use for at least 7 days or until the desired effect is achieved.
- Early awakening (typically used for waking up around 5 AM and unable to fall back asleep.

Use once daily between 19:00 and 21:00

(recommended duration of 30 minutes per session).

Continue use for at least 7 days or until the desired effects are achieved.

②.Regulate jet lag rhythm:

Jet lag is the result of rapidly crossing multiple time zones. The changes in the day-night cycle disrupt the body's circadian rhythms, leading to a range of symptoms such as nighttime insomnia, daytime drowsiness, and, in severe cases, headaches, palpitations, nausea, and more. This is known as "jet lag syndrome." Some simple steps and the use of light therapy glasses can significantly reduce these symptoms.

●During flight:

Setting your watch to the destination's time zone, staying hydrated by drinking plenty of water, and avoiding alcohol, coffee, or tea as much as possible are helpful strategies to alleviate jet lag.

●When you arrive:

If you're traveling eastward, we recommend avoiding direct sunlight exposure, especially on the first morning after arrival (you can wear blue-blocking glasses or high-UV protection sunglasses). Instead, try to get sunlight exposure in the afternoon (for example, using light therapy glasses) to maintain a lower level of melatonin. In the following days, gradually shift your daily routine two hours earlier, being mindful not to exceed your regular bedtime. If you're traveling westward, once you arrive, we recommend staying awake and using the light therapy glasses between 12:00 PM and 3:00 PM (recommended for 30 minutes per session). However, once it gets dark, it's advisable to go to sleep.

③.Optimize shift work:

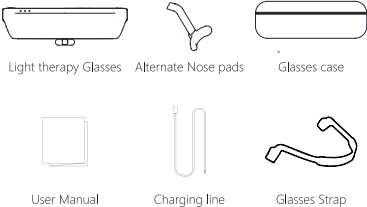
When you're working for more than three consecutive nights or need to drive for long hours at night and want to stay awake and alert during work or on the road, we recommend using the light therapy glasses for 30-45 minutes before starting work. Research has shown that light therapy can be as effective as a cup of coffee in enhancing alertness.

**▲ Warning:**

**For safety while driving, please use the light therapy glasses only when parked. Do not use them while driving.**

- ④.Seasonal Affective Disorder/Low Energy and Motivation/Morning Wake-Up Difficulty/Low Libido:  
We recommend that you can start light therapy for 30-45 minutes immediately upon waking up in the morning. Or consult your GP.
- ⑤.Fight fatigue/rejuvenate/improve mood/boost energy:  
We suggest that you can get light therapy for 15-30 minutes immediately after waking up in the morning. Or consult your GP.

**Package contains:**



**II、Attention prompt:**

Please read these instructions carefully for future use and pay attention to the information contained therein.

**Safety precautions:**

**▲ Warning:**

- Light therapy glasses can only be used on the human body.
- Before use, please ensure that all packaging materials are removed and check that the device or accessories are not visibly damaged. If you have any doubts, do not use the device and contact your dealer or customer service team.
- Do not immerse the device in the water and do not use it in damp rooms.
- Keep packaging materials away from children (choking hazard).
- Do not cover or package the device when it is hot.
- Do not use this product near individuals who are unable to care for themselves, children under the age of 3, or individuals who are not sensitive to heat (those with skin damage due to illness); do not use after taking painkillers or other medications or after consuming alcohol.
- Make sure to insert the charging plug with dry hands and operate the device only with dry hands.
- Protecting device from strong impact.
- If the device shows signs of damage or does not work properly, please stop using it and contact the customer service team for help.
- Do not use the device in the presence of flammable gases connected to air, oxygen, or nitrous oxide.
- Do not attempt to calibrate, perform preventive maintenance, or repair this device.
- Do not repair the device. It does not contain parts that you can repair.
- Do not make any changes to the device without the manufacturer's permission.
- If the device has been replaced, thorough testing and inspection must be carried out to ensure the continuous safety of further use of the device.

**Safety precautions:**

- If you are taking pain relievers, blood pressure medications, or antidepressants, please consult your doctor before using light therapy glasses.
- Before using light therapy glasses, individuals with retinal diseases and diabetes should undergo an eye examination by an ophthalmologist and follow their recommendations.
- Please do not use this product if you have eye conditions such as cataracts, glaucoma, common optic nerve diseases, or inflammation of the vitreous.
- If you have any health problems, please contact your GP.
- Before using it, ensure that all packaging materials are removed.

**4.Do you have these light therapy glasses in other sizes?**

The light therapy glasses are designed according to the general size, and the tightness can be freely adjusted according to different head shapes, so as to be suitable for public use.

**5.Can I use it while driving?**

For your safety, we do not recommend that you use light therapy glasses while driving. If necessary, it can be used before driving or after parking safely.

**6.Why don't you feel anything special after wearing it?**

Light therapy glasses affect the secretion level of various hormones in the human body through special spectrum of light, adjust the rhythm of human biological clock by physical methods, improve the quality of your sleepy eyes and relieve your SAD symptoms under the condition of safety and no perception.

**7.Why does it have no effect on the day of wearing it?**

In addition to adjusting jet lag and optimizing shift work, light therapy can be effective in a short time, improve sleep quality and relieve SAD symptoms. All need to be used continuously for more than one cycle (7 days).

**8.Do you need to stare at the light source?**

No, the working principle of light therapy glasses is attributed to innovative optical technology. The light source is placed above the vision, and its light beam inclines from top to bottom, just like it happens naturally under the blue sky. When the eyes are open, the light can shine on the photoreceptor cells in the fundus, realizing the expected function of light therapy.

**9.Does blue light hurt your eyes?**

The light emitted by the light therapy glasses is a low-intensity narrow-band blue light spectrum that complies with photobiological safety standards, with a peak wavelength of 480 nanometers. This wavelength avoids the spectrum close to ultraviolet light, making it safe and without the traditional understanding of blue light hazards.

The product conforms to the IEC 62471:2006 photobiological safety testing standard and has been awarded a "non-hazardous" safety rating test report by the National Light Source Quality Supervision and Inspection Center and the Shanghai Institute of Quality Inspection and Technical Research. However, if you have cataracts, glaucoma, general optic nerve diseases, or inflammation of the vitreous body, please do not use the product.

**This product is not a medical device and does not have medical functions. It should not be used as a basis or means for diagnosis or treatment. If you experience any physical discomfort, please seek medical attention promptly.**