

USER GUIDE

LUMEN

Daylight Therapy Lamp



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**Thank you for purchasing
LUMEN Daylight Therapy Lamp
and welcome to the world of
TRNDlabs products.**

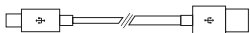
LUMEN is a daylight therapy lamp that boosts your energy and makes you feel more awake. It compensates for the lack of sunlight in the darker autumn and winter to get rid of symptoms of Seasonal Affective Disorder and winter depression.

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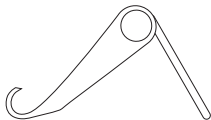
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Parts Identification

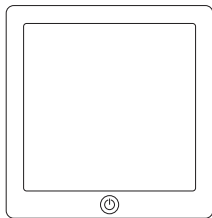
Micro USB to USB Cable



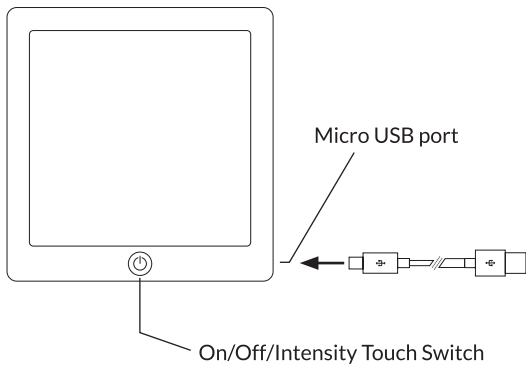
Adjustable Stand

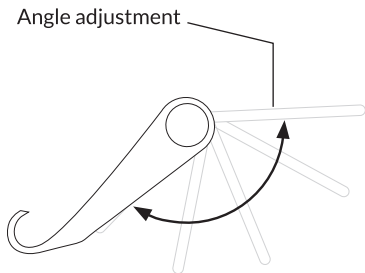


LUMEN



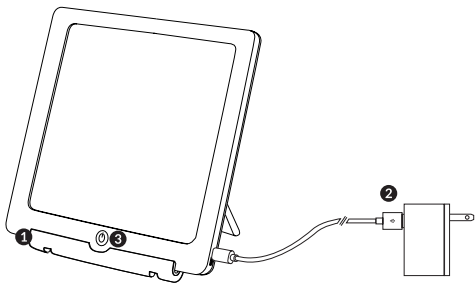
Functions





Setup

- 1 Place the LUMEN in the stand and make sure it is installed properly.
- 2 Connect the LUMEN to a USB adapter via the Micro USB Cable.
- 3 Turn on the Lamp by pressing the Touch Switch.



How to Use

TURNING ON & OFF AND CHANGING MODES

- LUMEN's default mode is high intensity.
- Switch to lower intensity by pressing the Touch Switch.
- Turn LUMEN off by pressing the Touch Switch when it is in low intensity mode.



DISTANCE AND DURATION

Keep the recommended distance when using LUMEN.

Distance	Duration (high intensity)	Duration (low intensity)
30 cm	~ 2 hours	No limit
20 cm	~ 1 hour	~ 2 hours

- Do not look directly into the light continuously.
- You can work, read, etc while being exposed to LUMEN's light.

How it Works

The LUMEN intends to treat the symptoms of people suffering from Seasonal Affective Disorder (SAD) or winter depression. LUMEN will boost your energy and will make you feel more awake.

By using bright light, the LUMEN simulates sunlight, without the dangerous UV light. The light will stimulate the production of melatonin. A lack of melatonin is the main cause of SAD symptoms.

Symptoms like:

- Fatigue
- Low energy
- Trouble concentrating
- Need for sleep



POSSIBLE SIDE EFFECTS

You might experience side effects when using LUMEN such as:

- Headache
- Eyestrain
- Sleeping problems
- Nausea

There are several measures to counteract these side effects:

- Increase distance
- Avoid using right before sleep
- Stop using it for a few days

Contraindication

In case of the following conditions, do not use the LUMEN without consulting your doctor:

- Suffering from severe depression
- Recent eye surgery or other eye condition
- High blood pressure (with vitreous hemorrhage)
- Sensitive skin to light
- Specific medication such as antidepressants or psychotropic drugs

Specifications

Power:	DC 5V 1A or 2A
Light Intensity:	6,000 - 10,000 Lux (at 10 cm distance)
Color Temperature:	6,000 K
Dimensions:	144 x 100 x 10 mm (Lamp)
Weight:	180 grams

Troubleshooting

Problem:


LUMEN won't turn on when pressing the Touch Switch.

Solution:

- Make sure the Micro USB Cable is installed correctly in the LUMEN.
- Make sure the Micro USB Cable is installed correctly in the USB adapter.
- Make sure the power source of the USB adapter is DC 5V 1A or 2A.

Safety information

- Improper use of the product can cause personal injury and damage. Manufacturer is not liable for damages caused by improper use.
- Do not place the LUMEN on a wet surface or a surface that is not stable and flat.
- Do not use the LUMEN for professional use, but household use only.
- Do not use a power adapter that is connected to a power source other than DC 5V 1A or 2A.
- Do not bring the LUMEN and its cord in contact with water.
- Do not expose the product to direct sunlight, high temperatures, humidity, dust or corrosive substances.
- Do not leave the product when it's turned on.
- Do not leave children unattended with the product and should be kept out of reach from children.
- Do not use any accessoires with the product that do not come with the product.

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- Do not let people with reduced sensitivity or a physical or mental disability use the LUMEN without being supervised or instructed by a person responsible for their safety.
 - Keep the LUMEN and its cord away from any kind of heat source.
 - Unplug the power cord when LUMEN is not in use or in case of cleaning.
 - Make sure the cord is fully extended when LUMEN is being used.
 - Check the cord and the USB adapter that is being used regularly for any damage.
 - In case the product, the cord or the USB adapter is damaged, the product needs to be inspected and if necessary, be repaired. Never try to repair the product yourself, but reach out to the customer service of the store the product was bought.



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If you have any questions about this document, please
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