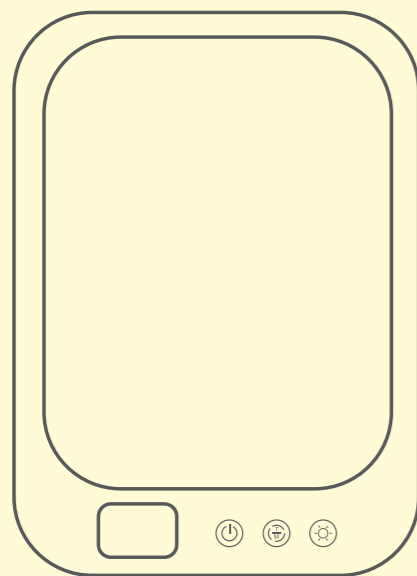


LED Therapy Lamp



ELT-492

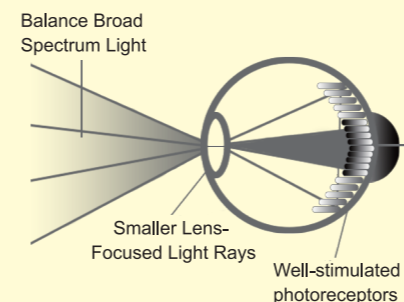
CAUTION

- Do not look directly at the lamp to avoid damage to the eyes.
- To avoid electric shock, do not operate this device near water.
- Do not shorten or cut the power cord.
- This lamp is for indoor use only.
- Do not place the lamp on the top of appliances that radiate heat.
- Do not use lamp in close proximity to flammable or combustible vapors, such as aerosol spray, etc.
- Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products such as heaters.
- If you have a pre-existing eye or skin condition, consult with your doctor before using this product.
- Certain medications or medical diseases may induce light sensitivity which may result in discomfort or a level of hyperactivity. If this is the case, please consult with your doctor before using this product.

BENEFIT

- Our Light Therapy Lamp offers photopic light (primarily stimulating the eye cones) and scotopic light (primarily stimulating the eye rods) to reduce the size of the pupil, relaxing the eye for a more comfortable light therapy / relaxing experience.

The Eye & Light Therapy



BUTTON OPERATION

Touch Button from left to right after starting lamp to customize time, mode, and brightness. Buttons are labeled as A-B-C for reference in key definition image section of this manual. Otherwise, the default brightness setting will remain, and the lamp will remain on for an unlimited time.

- **Turning on** - Quickly PRESS A for ON/OFF, the default brightness setting is 50%.
- **Setting Time Mode Option** - Hold Down B to enter time setting mode. Flashing numbers on the display indicate you are ready to adjust the time. Choose any time you wish in minutes. Time will be set once the number for the time is chosen and no longer flashing.

In time - setting:

- quickly press B for single time-decrease;
- hold down B for time auto-decrease;
- quickly Press C for single time-increase;
- hold down C for time auto-increase;

- **Exiting time mode** - quickly press A to exit time setting mode or it will auto exit after 5 seconds of nonuse.
- **Choose from 3 Setting Modes Option** - Quickly Press B to set mode. Three modes are available: warm yellow/ warm white/ white.
- **Adjusting Dim Levels Option:** Quickly Press C for 6-step dim levels, hold down C for stepless dimming.
- **Automatic Sunset Preset Mode Option is available** - Sunset mode is holding B and C simultaneously. Press any button to return to the main screen. In sunset mode, the screen will be flashing for 20 minutes then the device will shut down after the sunset mode session concludes. If you prefer to adjust lighting mode or brightness, do this before entering sunset mode.

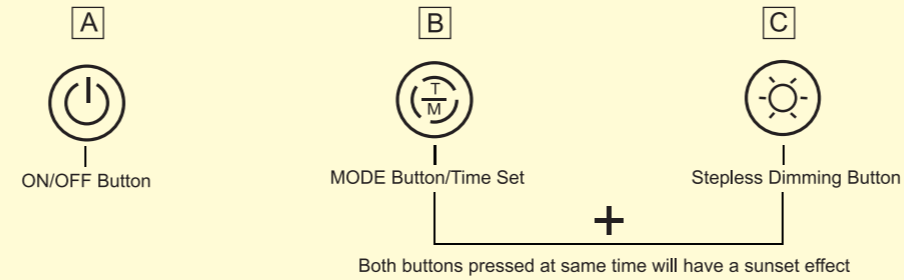
INSTRUCTION

- Adjust the angle of the product placement by moving the device stand.
- Place your Light Therapy Lamp on a table or other flat surface, depending on your preference.
- For best performance, put the Light Therapy Lamp as close as 15 cm, but no farther than 60 cm from your face.
- Touch the ON/OFF button (press A).
- Quickly press or hold down the B or C button to increase/decrease session time (once in timer mode) and C button to select the brightness you prefer. Quickly Press B to choose light mode. (Hold B Button to enter into timer mode)
- Suggested Use is 10 minutes once a day.

FEATURES

- Stepless Dimming
- Easy Set Timer
- 3 lighting modes: warm yellow/ warm white/ white
- Ultra-light weight & ultra-thin
- Delivers natural spectrum light to your home, office, bedroom, or apartment.
- Helps relieve winter depression/ Seasonal Affective Disorder (SAD)
- Helps relieve General Depression/Jet lag/Sleep disorders (such as Insomnia)
- Helps you regain focus and concentration.
- Helps you adjust to a nighttime work schedule

KEY DEFINITION



PRE-USE LIGHT THERAPY SENSITIVITY TEST

- To help determine if you have sensitivity to light treatment, we suggest that you perform this test before actual use.
- Step 1: turn on the lamp and position it about 40 cm from your face (Without looking directly into the lamp)
- Step 2: Turn on the lamp for about 10 minutes then turn it off. If the light has caused any discomfort, stop using it and consult your doctor. If you do not encounter any issues, you may gradually decrease the distance from the lamp and increase the time of use. For initial use, you should monitor any degree of discomfort and adjust the time and lamp location accordingly.

PRODUCT DESCRIPTION

LED Therapy Lamp	
Model No:	ELT-492
Product Dimensions	9.25×6.4×0.28 Inches; 0.88 Pounds
Material	Acrylic
Modes	Warm yellow light: 5500LUX
	Warm white light: 6500LUX±10%
	White light: 10000LUX
Main feature	Stepless dimming/Time setting
	Tool to help improve seasonal affective disorder
	Simulating sunlight to eliminate the production of melatonin (if fatigued)
	Keep your brain sharp and live more vigorously.
Input	100-240V, 50/60HZ
Output	DC12V/ 1A
Package Included	1 x Easy@Home Light Therapy Lamp (Model: ELT-492)
	1 x Power Adapter
	1 x User Guide
Storage Condition	Humidity: 20-75%RH
	Temperature range: 23-86°F (-5-30°C)
	Keep away from direct sunlight, moisture and fire.