

How to Use HappyLights®

at Coquitlam Public Library



verilux®

HappyLight® Touch Plus
LED Light Therapy Lamp

Model: VT42

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DANGER

To avoid electrocution, do not operate this device near water.

READ ALL INSTRUCTIONS BEFORE USING

IMPORTANT SAFEGUARDS

WARNING

- Close supervision is recommended when these lamps are used by or near children, or others who may not understand the need for these precautions.
- To prevent risk of shock or personal injury when cleaning the lamp, make sure you have turned off and unplugged the lamp and allowed sufficient time for the lamp to cool.
- Do not shorten or cut the power cord.
- Certain medications (e.g., anti-depressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity or hypomania. Consult with your healthcare provider before using this product.
- If you have a pre-existing eye condition or are at risk for developing Age Related Macular Degeneration or other eye conditions, consult with your healthcare provider before using this product.
- Some people experience light sensitivity to bright light or upon over-exposure to bright light. Discontinue use if you experience any discomfort.

CAUTION

- This lamp is for indoor use on a hard surface (e.g., a table or desk) only.
- Do not operate this lamp if it has been damaged in any way.
- Do not disassemble. There are no user-serviceable parts in this lamp.
- Use only the power adapter supplied with your lamp. If other power plugs, cords or connectors are used, damage to your lamp or power adapter may occur.
- This lamp may cause interference with radios, cordless telephones or devices that use a wireless remote control, such as televisions. If interference occurs, move the lamp away from the device, plug the lamp or the device into a different outlet or move the lamp out of the line of sight of the remote control receiver.¹
- This lamp is not for use with light dimmers, timers, motion detectors or voltage transformers.

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-005.

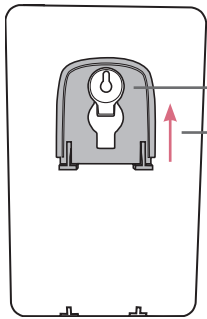
IMPORTANT SAFEGUARD—Continued

CAUTION—continued

- Use a quality surge suppressor on all electronic equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges. Suppressors may be purchased at electronics stores.
- Never cover the lamp or place anything on top of it when it is in operation.

SAVE THESE INSTRUCTIONS

Setup and Take Device Pretest

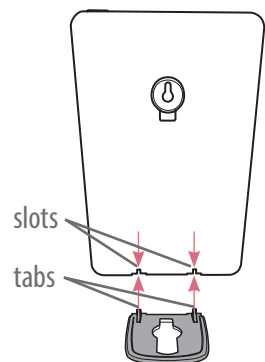


1. Setup—Remove Stand

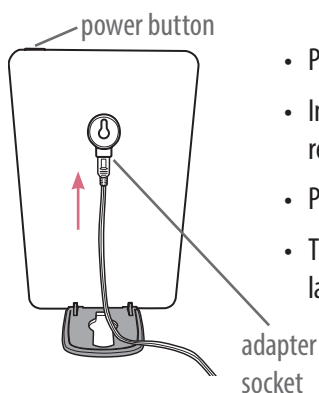
- The stand is affixed to the back of the HappyLight® Therapy Lamp.
- To remove stand, slide stand upward to remove from keyhole.

2. Setup—Affix Stand

- Affix stand by inserting tabs on stand into slots at base of lamp and pressing together.



3. Setup—Plug In



- Place lamp on a flat, level surface.
- Insert power adapter plug into the adapter socket—as shown on rear of the lamp.
- Plug adapter into a standard 120 VAC electrical outlet.
- Turn on the lamp with the power button located on the top of the lamp.

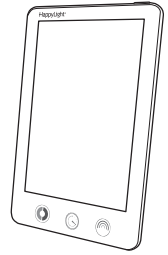
4. Take Device Pretest

Before you begin using your HappyLight® Therapy Lamp, please take the Device Pretest on page 9 and read through the manual for helpful information and safety precautions.

HOW TO USE

How to Use—Controls

Touch controls have been added to your HappyLight® Therapy Lamp so that you can customize your light therapy experience for maximum comfort and results. For your convenience, your selections are automatically saved when you turn off your light.

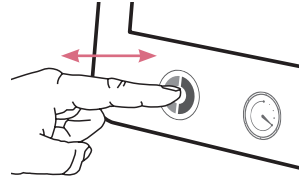


There are three controls:



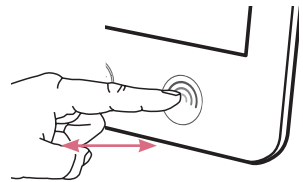
HappyHue™ Colour Selector

Use the left control to choose between two different hues of white light for your comfort. Each time you touch the control, your light will rotate to a different colour of white light.¹



Brightness

Touch the right control to choose between three different brightness levels and to find the level that is comfortable for you.² If you find the brightest setting uncomfortable, you can start with a lower setting and work your way up to the full 10,000 lux over multiple sessions. Increasing the brightness will deliver your daily dose of healthy light more quickly, which results in shorter light therapy sessions.

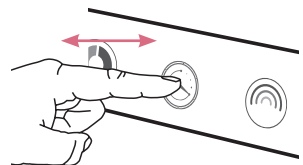


Countdown timer

For your convenience, a countdown timer helps you keep track of the length of your light therapy experience. You can set the countdown timer while you engage in other activities (e.g., reading a book or emails), and your light will turn off on its own once your light therapy session is complete.

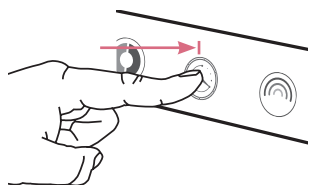
One Hour Quick Set

To set the countdown timer for a one-hour session, quickly touch the countdown timer control. The illuminated ring will turn on, indicating that a one-hour session has been set.



1. Colour temperature options are warm white (4,000K) and daylight (5,000K).
2. Brightness level options are 5,000 lux, 7,500 lux, and 10,000 lux.

Customizing the Length of Your Session



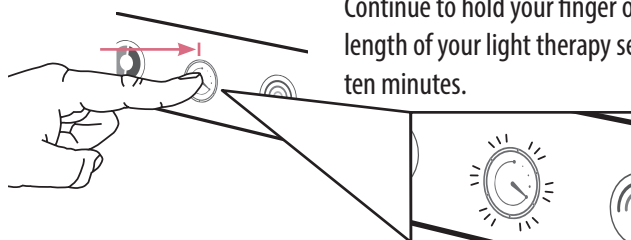
You can customize the length of your light therapy session in 10-minute increments.

Step 1

Touch and hold your finger on the centre control for one second.

Step 2

Continue to hold your finger on the control and select the length of your light therapy session. Each bar of light represents ten minutes.



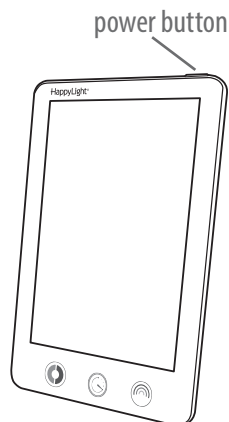
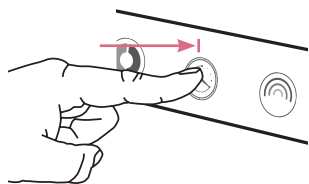
Step 3

Remove your finger when the desired time has been illuminated. The illuminated bar(s) will pulse three times to recognize the chosen session time and indicate that the programming mode has been completed.

Note: If you touch the control again before the completion of the three pulses, you will be able to continue to modify the session time.

Stopping the Countdown Timer

Touch and hold the countdown timer control until the illuminated bar(s) turn(s) off. If you would also like to turn off the light, press the on-off button at the top of the lamp to turn the power off completely.



How to Use—Positioning

Sit close to your HappyLight® Therapy Lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, writing, hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk.

The lamp should be positioned as close as 6 inches but within 24 inches of your face. It is most effective when it is positioned slightly off-centre (see diagram). *Note: Do not look directly into the lamp.*

The light from the lamp must be directed at your eyes, therefore, your eyes must be open to achieve the full benefit. *Note: Tinted glasses reduce the amount of light reaching your eyes.*



How to Use—Customization

Generally speaking, the closer the HappyLight® Therapy Lamp is to you and the higher the brightness, the less time you will need to use the lamp each day to experience results.

If you do not experience desired results or are feeling lethargic, you can:

- Use the high brightness level.
- Sit close to the lamp.
- Spend more time with the lamp.

If you experience edginess or are over-stimulated, you can:

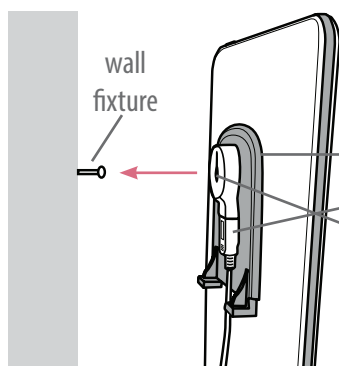
- Use the low brightness level.
- Sit farther from the lamp.
- Spend less time with the lamp.
- Take a break from using the lamp.

Please note that each person's response to light will vary, so it is important to find the brightness, distance and time that are most comfortable for you.

For added customization, you can also adjust the colour using the HappyHue™ Colour Selector as well as set the countdown timer to your desired session time.

HOW TO USE—continued

How to Use—Wall Mount Option



Your HappyLight® Therapy Lamp comes with a convenient keyhole mount on the back of the lamp. If you wish to mount the lamp to a wall simply:

- Affix stand to back of lamp.
- Insert power adapter plug into the adapter socket.
- Align keyhole mount to suitable fixture (i.e., a nail) on wall that can hold the weight of the lamp.
- Place lamp on the fixture and allow it to settle into the keyhole mount.

DEVICE PRETEST

To help determine your degree of sensitivity to light, we recommend that you perform this pretest upon the first use of your HappyLight® Therapy Lamp.

- Step 1** Turn on the lamp and position it about 18 inches from your face. (Do not look directly into the lamp).
- Step 2** Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using the lamp and consult a doctor. If you have no discomfort, you may consider gradually increasing the brightness of the light, decreasing your distance from the lamp and increasing your usage time. When you first start using the lamp, you should monitor the degree of any discomfort and accordingly adjust the brightness, distance and time.

⚠ WARNING: Certain medications (e.g., anti-depressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity or hypomania. Consult with your healthcare provider before using this product.

⚠ WARNING: If you have a pre-existing eye condition or are at risk for developing Age Related Macular Degeneration or other eye conditions, consult with your healthcare provider before using this product.

ESTABLISHING A DAILY ROUTINE



**20 minutes
to
1 hour/day**

Researchers at the National Institute of Health demonstrated that white light, in a range of 2,500 to 10,000 lux (a measurement of light intensity) helped to reverse the symptoms of “Winter Blues.”

We all have a different sensitivity to light, so it is important to find the brightness, distance and time that are comfortable for you. We recommend that you use your HappyLight® Therapy Lamp regularly and at about the same time each day. It is not necessary to sit in front of the lamp continuously. You can divide the time into several mini-sessions. Continue to use the lamp daily to feel an improvement in your mood and activity level.

When you are feeling sluggish and lethargic, increase the brightness of the light, sit closer to the lamp and/or spend more time with the lamp. If you feel a sort of edginess, as though you have consumed too much coffee, it may be time to turn off the lamp.

Recommended time is a function of brightness and distance. Individual results may vary. Also, refer to the warnings at the bottom of the Device Pretest section on the previous page.

FEATURES AND BENEFITS

Your new HappyLight® Therapy Lamp is a remarkable product designed to offer unparalleled customization for maximum results and comfort. It:

- Delivers full spectrum light to your home, office, dorm room, or apartment.
- Cues your body's own energy enhancers to make you more alert and productive.
- Has up to 10,000 lux¹ to improve sleep, mood, energy, and focus.
- Is designed with a compact shape and small footprint to make it easy to place in a convenient location.
- Provides three light brightness levels to assist in gradually increasing light intensity.
- Provides two colour temperature options to enhance user comfort.
- Uses Flicker Elimination Technology® and Optix® Glare Control to reduce eye strain and fatigue.

1. 10,000 lux at 6"

CARE AND CLEANING

Your HappyLight® Therapy Lamp is made from high-quality materials that will last for many years with minimum care. You may want to periodically clean the lamp using a mild, non-abrasive cleaner and soft cloth. When cleaning, make sure you have turned off and unplugged the lamp and allowed sufficient time for it to cool.

TROUBLESHOOTING

If you are experiencing an issue with your HappyLight® Therapy Lamp, please:

- Make sure the power adapter and plug are inserted fully and securely.
- Make sure there is power to the wall outlet or try another outlet—one that is not connected to a dimmer.

PROBLEM	CHECK	SOLUTION
Light won't come on	Has the plug come loose?	Insert plug securely into wall outlet. Insert plug securely into the back of the lamp.
Light flickers	Has the plug come loose?	Insert plug securely into wall outlet. Insert plug securely into the back of the lamp.
	Is the lamp connected to a dimmer switch?	Connect lamp plug only to wall outlet without dimmer switch.

TECHNICAL SPECIFICATIONS

HappyLight® Touch Plus LED Light Therapy Lamp

Environment: Operating Temperature: -10 to 35°C (14 to 95°F)

Storage Temperature: -20 to 40°C (-4 to 104°F)

Relative Humidity: 10 to 90% non-condensing

Power: Input Power to the Adapter: 100–240 VAC, 0.35A, 50/60Hz

Input Power to the Lamp: DC19.2V, 0.65A

220V Compatible: For 220V usage, simply attach a plug adapter.

No converter is needed.

ETL Listed in Canada and the USA

