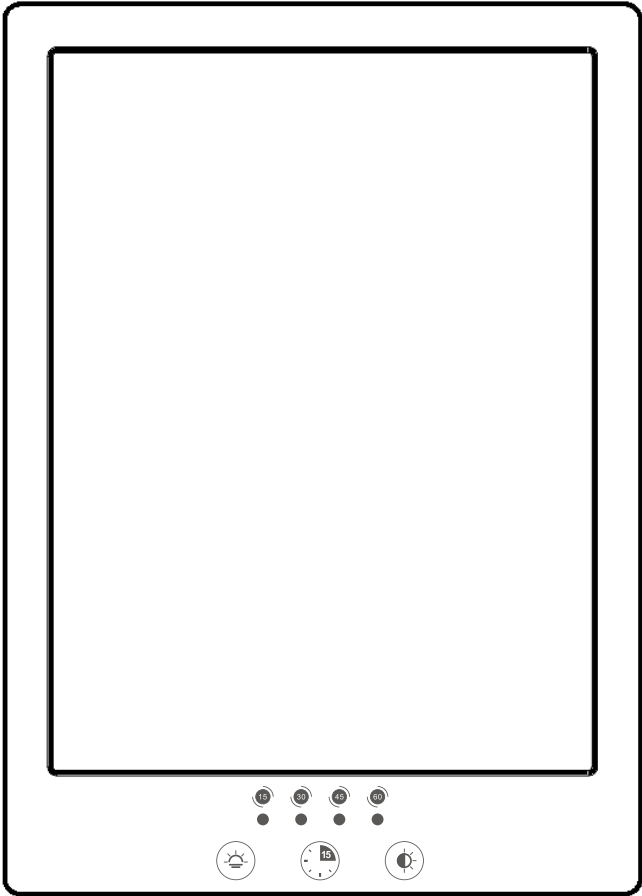


# LED Therapy Lamp

JSK-20



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# READ ALL INSTRUCTIONS BEFORE USING

## Important Safeguards

### DANGER:

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

### 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.
- Do not operate lamp in close proximity to flammable or combustible vapors, such as aerosol spray products, or where oxygen is being administered.
- To prevent risk of shock or personal injury when cleaning 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 health care provider before using this product.
- If you have a pre-existing eye condition or are at risk of developing Age-related macular degeneration or other eye related conditions, it is recommended that you consult with your healthcare provider before using this product.
- Some people experience light sensitivity to bright light therapy or upon an over-exposure to bright light therapy. Discontinue use immediately if you experience any discomfort.

### CAUTION:

- This product is intended for indoor use only.
- Avoid placing this product in areas that are exposed to direct sunlight or in close proximity to heat-radiating products. Do not place this product on the top of other appliances which radiate heat. Protect the power cord of this product, in all of its parts from being damaged in any way.
- Do not use this product if it has been damaged in any way. For example, the power supply cord or plug have been damaged; liquid has been spilled on any of its surfaces; objects have fallen onto this product; the product itself has sustained damage due to external forces such as being hit or dropped, been exposed to rain or moisture etc.
- Do not disassemble this product. There are no user-serviceable parts in this lamp.
- Only use the power plug adaptor, cord and connector supplied with your LED therapy lamp. If other power sources, plugs, adapters, cords and connectors are used, damage to your product or its power supply may occur.
- This product may cause interference with radios, cordless telephones or other devices that use a wireless remote control, such as television sets. If any interference occurs, move the product away from those devices and connect it to a different power outlet, out of sight from the remote control receiver.
- Unplug this product during lightning storms or when it has been in use for long periods of time.
- Avoid placing this product in areas that are dusty; humid/moist; lack ventilation; are places where constant vibration occurs.
- This product is not to be used with any kind of light dimmers, timers, motion detectors, voltage transformers or extension cords.
- Do not leave this product unattended during use.
- Never cover this product or place anything on the top of it when it is in operation.
- Do not run the power cord of this product on objects or the top of it. Always place it behind this product.
- Do not use solvents or cleaners containing any abrasive materials, or ammonia-based cleaners on this product.
- After cleaning the lamp, all moisture should be properly wiped away and dried completely before it is connected to the power supply.

## Features

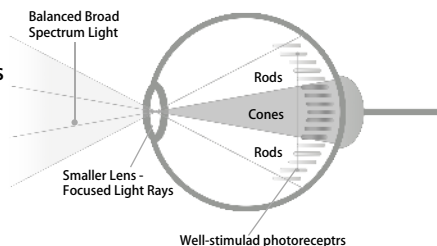
Your new therapy lamp is an remarkable product with various features and benefits. It:

- Which delivers natural light to your home,office,dorm room or apartment.
- Which cures your body's own energy enhancers to make you more alert and productive.
- Which has up to 12,000 LUX bright Full Spectrum light.
- Is designed with a compact shape and small holder to make it easy to place in a convenient location, or hang on the wall.
- Permits a customized session, with stepless light settings, stepless or 3 Level color temperature setting from 3000K to 6500K , and four time settings.

## Benifits

The therapy lamp provides a broad spectrum of light therapy, which stimulates all of the eye's Photoreceptors:

Cones, rods, and melanopsin. The lamp operates with photopic light which primarily stimulates the cones of the eye as well as scotopic light, which in turn primarily stimulates the rods. Reducing the size of the pupil, this product relaxes the eye, providing a comfortable sensation of rest. Melanopsin helps set the body's daily cycles and bring them back in their natural order, being triggered by the full spectrum light.



## Device Pretest

To help determine if you have a sensitivity to light treatment, we recommend that you perform this pretest before the first use of this product:

Step1- Turn on the lamp and position it about 18 inches from your face (do not look directly into the lamp).

Step2- Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using it and consult a doctor immediately. If you have not experienced any discomfort, you may consider gradually decreasing the distance from the lamp while also increasing the use time. This will result in more light intensity and a greater effect. For your initial sessions, you should monitor the degree of any discomfort and accordingly adjust both the time you use the product for and its location and proximity.

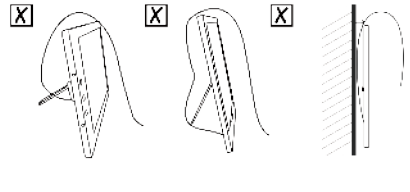
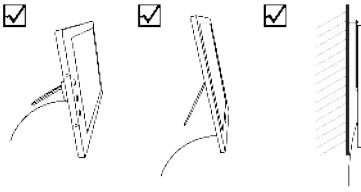
## Operation

1. Instructions for use:

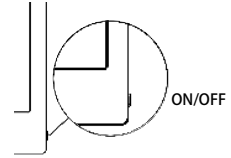
The use of this product consists of sitting close to the light therapy lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading. Writing, hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk.

- Insert the power jack connector end of the AC/DC adaptor into the power cord receptacle located on the back of the lamp. Then, connect the AC/DC adaptor to an AC outlet.

*Note: Do not run the power cord of this product over or place objects on top of it. Always place it behind this product.*



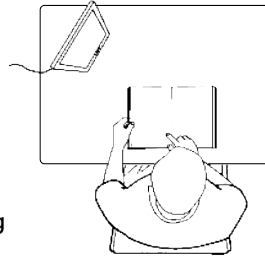
- Press the switch on the side to turn on the lamp.



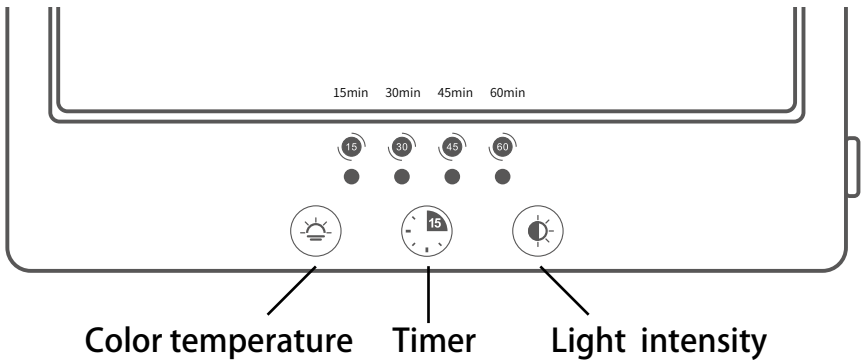
- The therapy lamp should be positioned as close as 6 inches, but within 24 inches of your face and should be slightly off-center (see diagram).

*Note: Do not look directly into the lamp.*


- consider using the lamp on the high setting in the morning and on the low setting in the afternoon.




## 2. Light Intensity, Color Temperature and Timer Setting





- To choose your light intensity:

Stepless: Hold down the  switch until you achieve your desired light level from 1700 to 10000 lux.

- To choose color temperature:

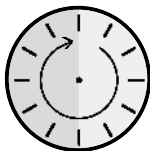
-  3 level: Tap the  switch, choose the color temperature from 3000k, 4750k, 6500k.

-  Stepless: Hold down the  switch until you achieve your desired color temperature, from 3000k-6500k, warm light to white light.

- To select time, Tap the  switch to select time 15min, 30min, 45min, 60min.

*Note: The Light will turn on all the time if you do not tap the timer switch.*

## Recommended Program



**30 Minutes  
to  
1 hour/day**

Researchers at the National Institute of Health demonstrated that white light, in a range of 2,000 to 12,000 LUX (a measurement of light intensity), helped to reverse the symptoms of Winter Blues.

Exposure affects people differently. We all have different reactions to our environment. It is important to establish a distance and schedule that is comfortable for you. We recommend you use the light 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 light therapy lamp daily to feel an improvement in your mood and activity level.

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

## Care and Cleaning

Your product 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 nonabrasive cleaner and soft cloth. When cleaning, always make sure you have turned off and unplugged the unit and allowed sufficient time for the unit to cool.

**WARNING:** To prevent risk of shock or any personal injury when cleaning your product, always make sure you have turned off, unplugged it from the power sources and allowed sufficient time for the product to cool down.

**CAUTION:** Clean only with a soft dry cloth - do not use solvents or cleaners containing abrasives or ammonia.

After cleaning this product, all moisture should be properly wiped away and dried completely before it is connected to the power supply.

## Trouble shooting

- Make sure all power connectors, cords, and plugs 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.

## Technical Specifications

Model:	JSK-20
Size:	249*178*10mm
Adapter:	Input:110-240V, Output:20V-0.9A
Power:	15W
Light Intensity:	Stepless:1700~10000lux
Color Temperature:	<input type="checkbox"/> 3 level:3000k/4750k/6500k
	<input type="checkbox"/> Stepless:3000k~6500K
Timer:	15min,30min,45min,60min

# *Thank You!*