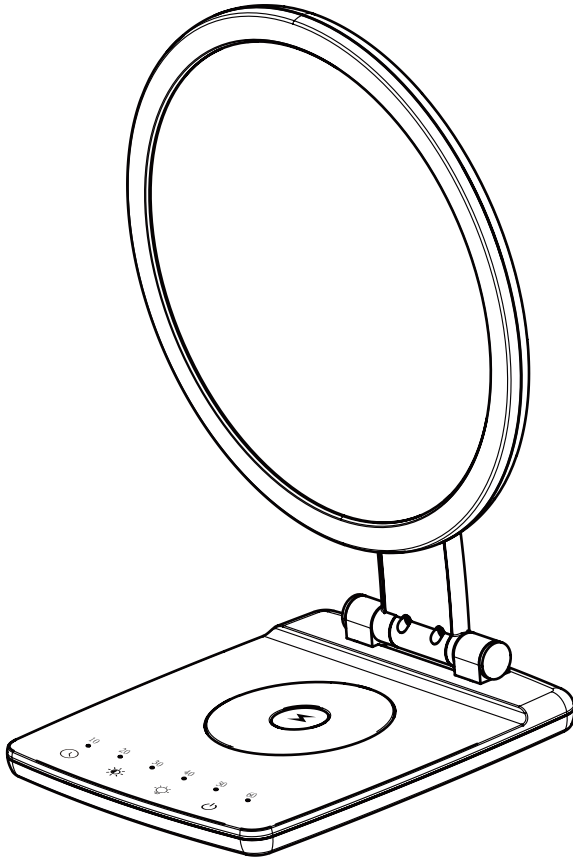


LED Daylight Lamp

JSK-SW01 instructions



When should Daylight lamps be used?

It's best to tackle the winter blues and seasonal affective disorder as soon as possible.

Watch out for the following early signs Usually occurs in September or October--If you start to feel drowsy, you need to start using a light therapy. Most people can hardly get through the day in pieces, except when the weather is fine.

As spring arrives, you may begin to reduce the length of time using light therapy; Your body will tell you if it's too early to decide or not, and if you are aware of your winter blues come back, just use the light therapy lamp again for a few days to get the relief.

Light therapy has been shown to improve your mood, increase alertness, and make you feel more awake. Light therapy lamps can be used whenever and wherever you need to restore your focus and refresh yourself.

When to use the Daylight lamp?

If you're using a light therapy lamp to help with winter blues or seasonal affective disorder, bright light in the morning is the best way to relieve symptoms. Let's try using a light therapy lamp first in the morning. For some individuals, evening light therapy may be more effective.

Whether you're using this light for winter blues, seasonal affective disorder, or as a general pick-me-up, once you've found a usage pattern that works for you, try using it at the same time each day.

When you find it difficult to get up in the morning, you need to use a light therapy lamp as soon as possible.

If you don't have much time in the morning, you can choose to use it in the afternoon or evening.

When you find sleepiness or insomnia, you can choose to use the light therapy lamp at noon or at night.

Avoid high-brightness light therapy at close range before going to bed - it should be less than 3 hours, as long-term light therapy can make it difficult for you to fall asleep.

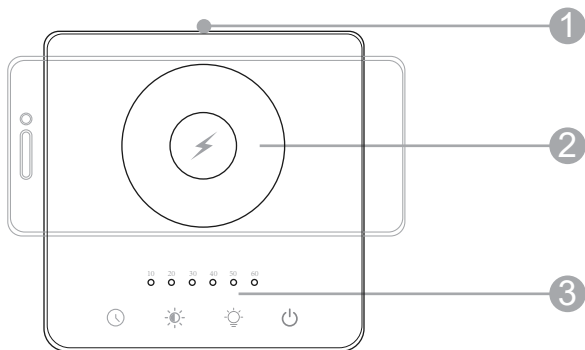
What is Wireless chargers?

Wireless charging technology, derived from wireless energy transmission technology, can be divided into two types: low-power wireless charging and high-power wireless charging.

Low-power wireless charging is often electromagnetic induction, while high-power wireless charging is often resonant (most electric vehicles are charged in this way). The power supply (charger) transmits energy to the device that uses it, which uses the energy received to charge the battery and at the same time to operate itself.

The energy is transmitted by a magnetic field between the charger and the consumer device, and no wires are used to connect the two.

Wireless charging position



- ① DC Jack ② Wireless charger position ③ See page 6 for details

How to use wireless charging?

- Instructions:

JSK-SW01 supports fast wireless charging and meet Qi's wireless charging standards. Short range radio transmission can be transmitted by magnetic induction, which conforms to the Qi standard, all electronic devices can be charged with JSK-SW01 wireless charger.

- Install:

1. Connect the DC plug to the JSK-SW01 DC Jack.
2. Take the adapter connect to the AC power.
3. Just put the Qi - compatible electronic device on the charging board, at it will immediately be the device charge.

- Note:

All devices must have wireless charging function.

 **Warning**

- 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 strong light or upon an over-exposure to bright strong light. 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 lighting 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; and 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 daylight lamp is an remarkable product with various features and benefits. It:

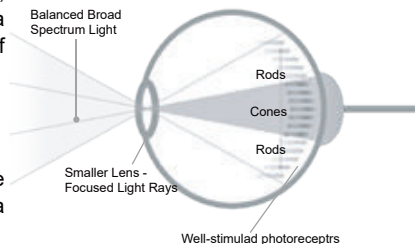
- Which delivers natural light to your home, office, dorm room or apartment.
- Which cures your body's own energy enhancers to make you more alert and productive.
- Which has up to 10000 LUX bright Full Spectrum light.
- Is designed with a compact shape and small holder to make it easy to place in a 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 six level timer setting.

Benifits

The lamp provides a broad spectrum of strong light, which stimulates all of the eye's The lamp provides a broad spectrum of strong light, 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 help 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 strong light, we recommend that you perform this pretest Before using this product for the first time:

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 experience 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:

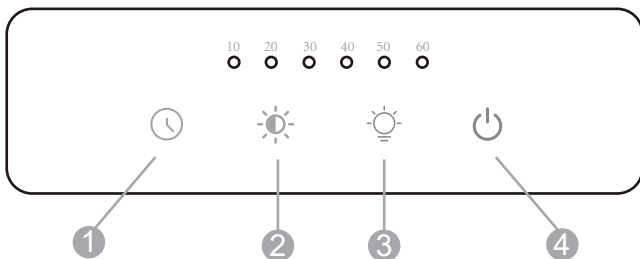
The use of this product consists of setting close to the light therapy lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, wrighting,hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk.

- 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 plug 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.*

- Touch the ⏻ button to open it, touch the ⏻ button again the lamp can be tuned off.
- The 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.




- ① Timer ② Color temperature ③ Brightness ④ ON / OFF

How to Use


1. Switch (ON / OFF) :

Connect the AC adapter to the DC port and short press the  button to turn on the LED daylight lamp.


2. Brightness setting :

Press and hold  to stepless adjust the brightness within the range from 3900 / 4900 / 6000/7200/8500/10000Lux (Unit of brightness) .

3. Color temperature setting :

Press and hold  to stepless adjust the color temperature within the range from 3000 — 6500K (Kevin, Unit of color temperature).

4. Timer :

Tap to activate the timer off function, tap  to select switching from 10-20-30-40-50-60 minutes timer setting off function.

Recommended Program



30 Minutes
to
1hour/day

Researchers at the National Institute of health demonstrated that white light, in a range of 1100 to 10000 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 daylight 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 abrasive 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

- 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-SW01
Size:	234*180*39mm
Adapter:	Input:AC100-240V output:DC12V/2A
Power:	24W
Light Intensity:	3900/4900/6000/7200/8500/10000Lux
Color Temperature:	3000K ~ 6500K
Timer:	10 / 20 / 30 / 40 / 50 / 60 minutes
Wireless Charge Power:	5W/7.5W/10W(Max)