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User Guide

CIRCADIAN OPTICS

Bright Light Therapy Lamp

Lumos

Turn On Your Day

Hello!

Thank you for purchasing this bright light therapy lamp from Circadian Optics. Its bright light simulates the natural sunlight you may be missing during the winter months, or as you work or live in a space without adequate natural lighting.

Light plays an essential role in our circadian rhythm, which affects our energy levels, mood, and sleep.

Using a bright light therapy lamp is simple. However, there are some precautions you should know about, so be sure to read this user guide before using the lamp.

Scheduled exposure to light is proven to increase energy levels, lift mood, and improve sleep. We bring light to your desk so that you can be a healthier, happier, and more focused you.

Turn On Your Day

Please feel free to contact us at info@circadianoptics.com with any questions or concerns.

The Team at Circadian Optics

Important Safety Instructions

Read this user guide carefully before operating the lamp, and save this user guide for future reference.

WARNING:

- Water and electricity can lead to electrocution. Do not use this lamp near water or in wet surroundings (e.g. in the bathroom or near the kitchen sink).
- This device is not designed or intended to provide diagnosis for mood disorders or other ailments. This device should not be used as a basis for starting or modifying treatment without independent confirmation by a medical examination.
- Do not attempt to self-diagnose or self-treat before consulting your physician.
- Do not stare directly at the light.
- The following conditions may be contraindications for the use of this lamp - bipolar disorder, recent eye surgery or a diagnosed eye condition, or the use of photo-sensitizing medication. Please consult your physician before use.

Important Safety Instructions

- Possible adverse reactions to bright light therapy are relatively mild and transient. They may include headache, eyestrain, and nausea. To avoid, minimize or alleviate these reactions, use the lamp in a well-lit room, reduce the light intensity, or stop using the lamp for a few days until these reactions disappear.
- To prevent risk of shock or personal injury when cleaning the lamp, make sure you have turned it off and unplugged.
- Do not shorten or cut the power cord.
- The lamp may get warm while in operation. Turn the lamp off when not in use.
- Do not leave the lamp unattended during use.

Important Safety Instructions

CAUTION:

- Check if the voltage indicated on the lamp and adapter corresponds to the local voltage before connecting lamp.
- Do not use this lamp outdoors.
- Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating devices such as heaters. Do not place the lamp on the top of appliances that radiate heat.
- Protect the adapter and power cord from being damaged.
- Do not operate this lamp if it has been damaged. This could include a damaged cord or electrical plug, other damage caused by the lamp falling or getting wet, and any other instance in which the lamp is not operating properly.
- Unplug the lamp during lightning storms or when it won't be used for long periods.
- Avoid placing the lamp in areas that are dusty, humid/moist, lack

Important Safety Instructions

- ventilation or that vibrate constantly.
- Do not use this lamp with a motion detector or voltage transformer.
- Never cover the lamp or place anything on top of it when it is in operation.
- Never use scouring pads, abrasive cleaning agents, or aggressive liquids such as acetone to clean the lamp.
- To clean the device, wipe the surface of the lamp with a dry or damp cloth. Never immerse the lamp in water or any other liquid.

The Science

What is your circadian rhythm?

It is an internal clock in our bodies that makes us alert during the day and sleepy at night. Our circadian rhythm regulates many physical and mental functions such as hormone production and energy levels. In our modern lifestyles, reduced available sunlight during the wintertime and being indoor-centric disrupts our bodies' natural – or circadian – rhythm

Without exposure to the sun, the body's circadian rhythm, or clock, is unable to set itself and starts drifting from the regular 24-hour cycle.

The Science

What is bright light therapy?

Bright light sets the rhythm of our bodies and minds. Light is the biggest external factor that controls our body clock. It influences our mood, energy and performance throughout the day by controlling the release of hormones such as melatonin which makes us drowsy, and cortisol which keeps us alert. Human bodies are programmed to run in sync with natural cycle of the sun.

This lamp is an easy and effective way of getting exposure to bright light indoors. It uses LEDs to produce bright light, while filtering out dangerous UV rays.

The Science

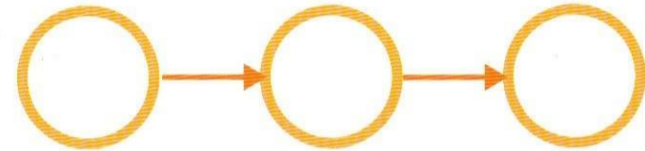
When should I use bright light therapy?

The best time to use your Circadian Optics lamp is in the morning. Exposure to bright light in the early part of the day stimulates receptors in your eyes and sets your body clock for the day. Both timing and brightness are important. Morning light is most effective in helping us be awake, alert and energetic during the day.

Light via eyes

When bright light enters the eyes, it stimulates specialized receptor cells (melanopsin) that sets our body clock and regulates our sleep/wake cycle, energy levels, mood and other physiological functions.

The Science



Bright light enters the eyes

Bright light regulates our circadian rhythm

May boost energy, improve mood, and help sleep.

Using Your Lamp

USING YOUR LAMP

1. Connect the power cord to the back of the lamp.
2. Plug the adapter in to an AC outlet
3. Use the on/off button to adjust the light intensity.
4. Press the button once for high intensity, twice for medium intensity, and three times for low intensity.

Creating Your Personal Light Session

1. Position the lamp 5"-18" away, just off to either side of your face so that you aren't looking directly at the lamp.
2. Do not stare directly at the light. The lamp is effective even when the light reaches your eyes indirectly, from a sideways direction. Use the lamp in a well-lit room to minimize eye strain.
3. Experiment with the light intensity and session duration until you find a routine that's comfortable and effective for you.
4. The best time to use the lamp is in the morning.
5. Do not use the device late in the evening or at night. Using the light within four hours of going to bed could disrupt your sleep.

Creating Your Personal Light Session

To help determine your light sensitivity, turn on the lamp and place it 18 inches or so from your face without looking directly into the lamp.

Use for 10 minutes. If there is any discomfort, stop use and consult a doctor. If there is no discomfort, consider gradually decreasing the distance from the lamp and increasing the use duration.

Certain medications such as anti-depressants, and mental health conditions may result in light sensitivity, in which case, the use of this lamp may result in discomfort, hypomania, or hyperactivity.

Consult your healthcare provider before using this lamp. People with pre-existing eye conditions or increased risk of age related macular degeneration or other eye conditions should consult with a healthcare provider before using this product.

Creating Your Personal Light Session

Bright light affects people differently. It is important to determine the brightness setting and distance that is comfortable for you.

We recommend that you use the light consistently at the same time every day when first starting to use the lamp. Multiple shorter sessions can take the place of a single long one.

If you are still feeling lethargic, extend the use of the light or increase its intensity. If you feel edgy, turn down the intensity or shorten the use duration.

We recommend that you use the light for between 30 - 60 minutes a day.*

*Individual results may vary. Please heed the instructions and warnings stated in this manual.

FAQ

Can I wear glasses while using the lamp?

- Yes, non-tinted glasses will not interfere with the effectiveness of the lamp.

Can I use the lamp daily?

- Yes, you can use the lamp daily.

Trouble-shooting

1. If your lamp isn't turning on or is flickering, check:

- The connection: Is the cord fully inserted to the back of the lamp and to the power outlet?
- The adapter: Is it properly and fully inserted into the power outlet?
- The outlet: Is it receiving power and functioning properly?
- Is the lamp connected to a non-dimming outlet?