User Guide

Circadian Optics
Bright Light Therapy Lamp
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.
Please feel free to contact us at info@circadianoptics.com with any questions or concerns.

The Team at Circadian Optics
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.
• 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 place the lamp closer than the recommended distance.
• Do not leave the lamp unattended during use.
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
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.
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.
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.
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.
Bright light enters the eyes

Bright light regulates our circadian rhythm

May boost energy, improve mood, and help sleep.
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 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.
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.
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?
- Power Source: Two-Prong Corded Electric
- Material(s): Plastic
- Lamp Type: LED
- Color temperature: 5500K
- Operating Temperature: 10°C to 35°C
- Storage Temperature: 10°C to +50°C
- Relative Humidity: 15% to 90% (no condensation)
- Rated input voltage adapter: 100-240 Vac
Once opened, please do not return this product to the store where it was purchased for repair or replacement. Many questions can be answered by visiting www.circadianoptics.com or contacting us at info@circadianoptics.com.

Circadian Optics warrants this product to be free from defects in material and workmanship for a period of two years from the date of the original retail purchase from an authorized Circadian Optics distributor.

If, during the first year of ownership, this product fails to operate properly, return it by contacting info@circadianoptics.com.

Proof of purchase is required for all warranty claims. During the limited warranty period, we will, at our option, repair or replace defective parts of this product, at no charge to the customer, subject to these limitations. This limited warranty does not include any postage, freight, handling, insurance, or delivery fees.
This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product. This warranty does not cover damage to the product resulting from return shipping or handling, so consider shipping insurance to protect your investment in this product.

Return Authorization is required for all returns. To obtain a Return Authorization, please contact us at info@circadianoptics.com.