



14" LIGHT THERAPY LAMP

Mood and Energy
Enhancing Light

USER GUIDE

Thank you for purchasing the 14" Light Therapy Lamp. Please read this manual in its entirety. For more information on light therapy, please visit carex.com.

The 14" 360 degree light therapy lamp has been designed with your needs in mind. UV-free LED technology and a comfortable color temperature ensures you experience a safe, comfortable therapeutic light.

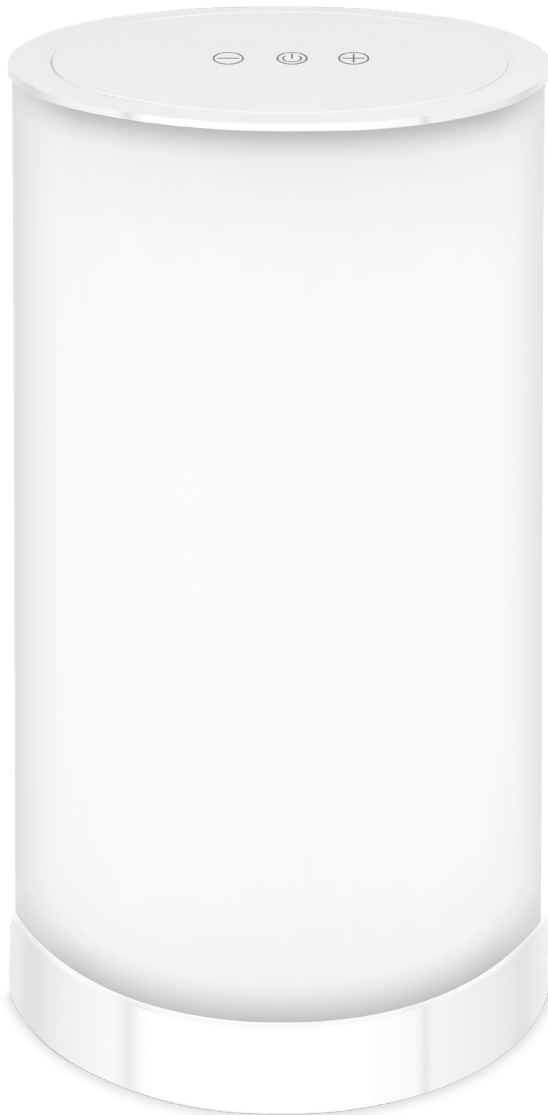
Bright Light Benefits

Daily exposure to bright light helps to maintain your circadian rhythm, boost energy and manage sleeping patterns. Light therapy is also the first line of recommended treatment for the Winter Blues.

For many, morning sun exposure is limited by work, school or other commitments, even in the summer. This 14" light is a bright light therapy lamp designed to fill this gap.

INCLUDED ITEMS

14" Light Therapy Lamp and User Guide



⚠ WARNING: This light **SHOULD NOT** be used on patients with macular degeneration. **ALWAYS** consult a physician before using this product.

14" Light Therapy Lamp
Model Number: BH9030

OPERATING INSTRUCTIONS

⚠ WARNING: RISK OF ELECTRICAL SHOCK

- Turn off the power before performing any maintenance.
- Verify that supply voltage is correct by comparing it with the lamp label information.
- If you have eye problems or have had eye surgery, you should consult your doctor or ophthalmologist before you use any form of light therapy. Certain eye and eye-related conditions may respond unfavorably to light therapy.
- As with any electrical device, **DO NOT** use the lamp in or near water.

⚠ CAUTION: RISK OF INJURY

- Avoid direct eye exposure to the light source while it is on.

General Safety Information and Precautions

- This product is suitable for indoor use only.
- **DO NOT** overuse the light. Overuse may cause irritability, excessive energy or difficulty falling asleep at bedtime.
- It is not necessary to stare into the light. Read, work or talk on the phone during your light therapy session.
- During the first few uses, your light may give off an odor; this is harmless, will not affect the use, and will quickly disappear.
- **ALWAYS** use in a well-ventilated area away from other heat sources and ensure that air can flow freely around the lamphead when the product is in use.
- To reduce the risk of death, personal injury or property damage from fire, electric shock, falling parts, cuts/abrasions and other hazards, read all warnings and instructions included with and on the fixture box and all fixture labels.
- For residential installation: If you are unsure about the installation or maintenance of the lamps, consult a qualified licensed electrician and check your local electrical code.
- **DO NOT INSTALL DAMAGED PRODUCT!**
- The external flexible cable or cord of this lamp cannot be replaced; if the cable or cord is damaged, the lamp will be destroyed.
- To avoid injury or damage to the fitting, ensure that power leads and screws are secure before connecting the power.
- Young children should be supervised to ensure that they **DO NOT** play with the portable lamp.
- Handle the fitting and/or shade with care to avoid any damage or breakage.
- Select a suitable location away from liquids and hazards.
- Ensure that the fitting **DOES NOT** come in contact with corrosive chemicals, etc.
- To clean, wipe with a damp clean cloth. **NEVER** soak the fixture with water.

Installation Requirements

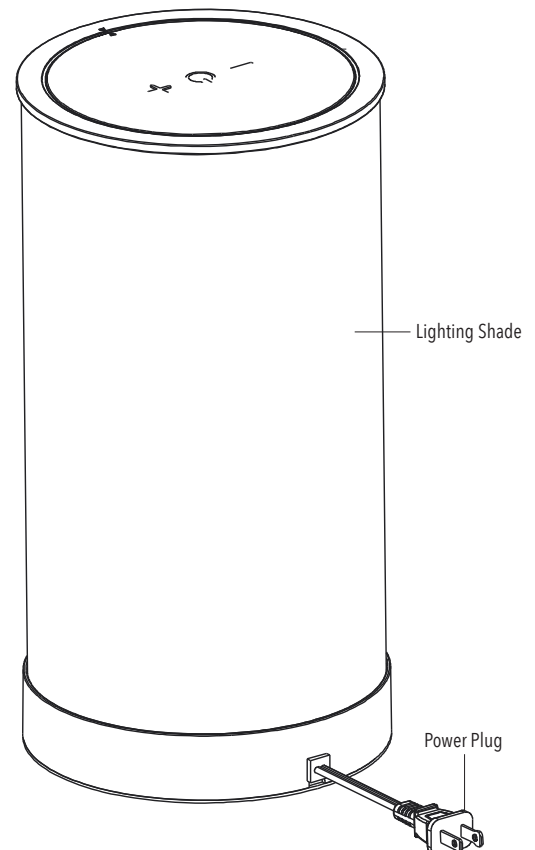
1. Select a suitable location for the lamp.
 - Ensure it is on a flat and stable surface.
 - This product is suitable for indoor use **ONLY**.
 - **DO NOT** place flammable material near or over the fixture.
 - Ensure the fixture is not installed next to any air vents and is **NOT** in any moist or damp areas.
2. Take care **NOT** to pull any electrical wires during unpacking as this may damage the connection.
3. Check whether the fitting has been damaged during transport.

DO NOT operate/install any product which appears damaged in any way. Return the complete product to the place of purchase for inspection, repair or replacement.

DO NOT plug into the main power socket outlet before or during assembly. Only do so after the portable lamp is fully assembled and ready to use for the first time.

Installation Directions

1. Remove all packaging material from the product.
2. Select a suitable location for the light fitting. See the *Installation Requirements* above.
3. Insert the fixture plug into a properly grounded outlet. Ensure it is fully plugged in.
4. Use switch to turn the lamp on/off.



Operating the Light

1. Use the Light ON/OFF [☉] touch button to turn the lamp on.
2. Use the Light Up [⊕] / Light Down [⊖] touch buttons to increase or decrease the brightness.

Using Your 14" Light for Therapy

For those with mild to moderate Winter Blues, sleep or circadian rhythm issues, regular daily use of the lamp can help provide relief. For most conditions, use shortly after waking or in the morning.

Place the 14" Light Therapy Lamp above your line of sight, where possible, to maximize the light reaching your eyes. You should be facing the lamp with eyes open during sessions, but you do not need to look directly at the light.

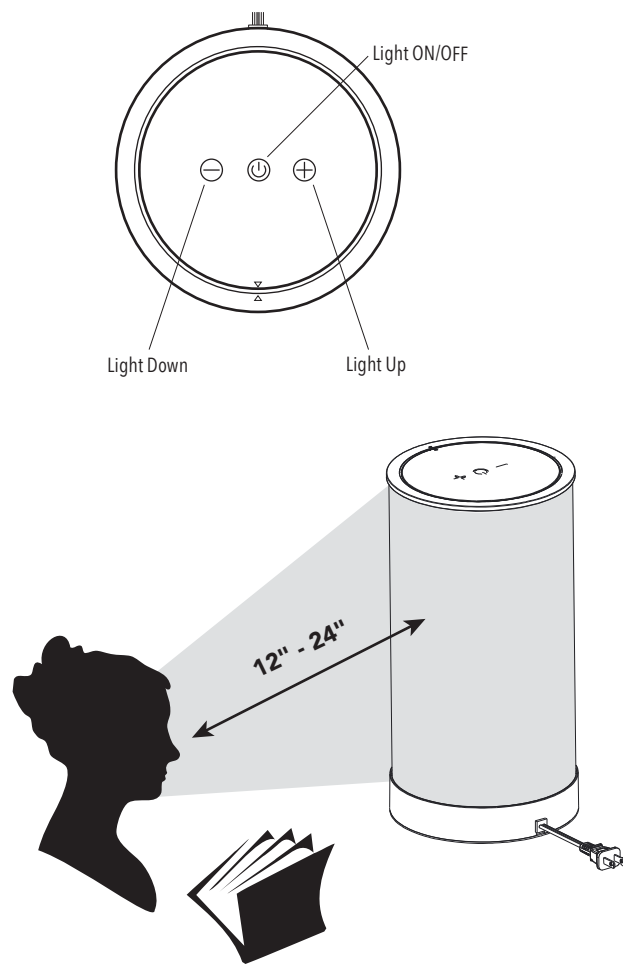
Over the first few days of use, assess the effect and, if necessary, lengthen or shorten the session time based on your response.

Symptoms of Overuse

Negative effects are rare with light therapy. However, if you experience increased irritability, excessive energy, and/or any consistent discomfort during or after use, decrease session time or move the light further away. Using the lamp late in the afternoon or in the evening is not advised, as this may disrupt your sleep. It is recommended that you consult your doctor before beginning any bright light regimen.

Light Therapy Basics

LUX or the light intensity at a specific distance from the light is the common term used in bright light therapy. The chart below details the average treatment times for the Winter Blues based on your eyes' proximity to the lamp.



DISTANCE	SESSION TIME
8" / 20cm	30 minutes
12" / 30cm	60 minutes
16" / 41cm	120 minutes

Specifications

Power: 120V, 60Hz, 40W

Size: 7.3" x 7.3" x 14.0" / 18.5cm x 18.5cm x 35.5cm

Lens: High-impact polycarbonate

Light Intensity: 10,000 LUX at 4" / 10cm

Light Source: 72 LEDs, 4000K, 100% UV Free

Angles: 360 Degree

Disclaimer

Bright Health™ is an innovative light supply system and is not a listed medical device in the USA.

Warranty

Your lamp is maintenance-free and should provide years of service. The 14" Light has a one-year limited warranty from the date of purchase by the original purchaser. Please retain proof of purchase to ensure eligibility for warranty coverage. Compass Health Brands may choose to repair or replace a defective unit. Shipping costs are the responsibility of the product owner. Misuse, abuse, accidental or incorrect operation, contrary to the instructions, will void a warranty claim.

COMPASSHEALTH

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Made in China

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Intertek

READ USER GUIDE PRIOR TO USE.