

CAREX[®]

day light ELITE

Natural and Effective Bright Light Therapy

USER GUIDE

No maintenance, UV-free bulbs!

Thank you for purchasing the Day-Light Elite.

For instructions on correct assembly and use of your Day-Light Elite, please read this manual in its entirety. For more information on bright light therapy and the entire Day-Light product line, please visit our website at: www.compasshealthbrands.com

You can rest assured that this high quality light therapy system was designed to meet all safety standards. With proper use, it will offer you many bright and cheerful winters!

Bright Light Benefits

Daily exposure to bright light helps to maintain your circadian rhythm, boost energy and manage sleeping patterns.

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

INCLUDED ITEMS

Day-Light Elite and User Guide

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



Day-Light Elite Light Therapy Lamp
Model Number: CCFDL93023

OPERATING INSTRUCTIONS

- ⚠ WARNING: RISK OF ELECTRICAL SHOCK**
- ⚠ WARNING: This product emits a bright light which may contribute to migraines in some individuals.**
- 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 Day-Light Elite in or near water.

- ⚠ CAUTION: RISK OF INJURY**
- Avoid direct eye exposure to the light source while it is on.

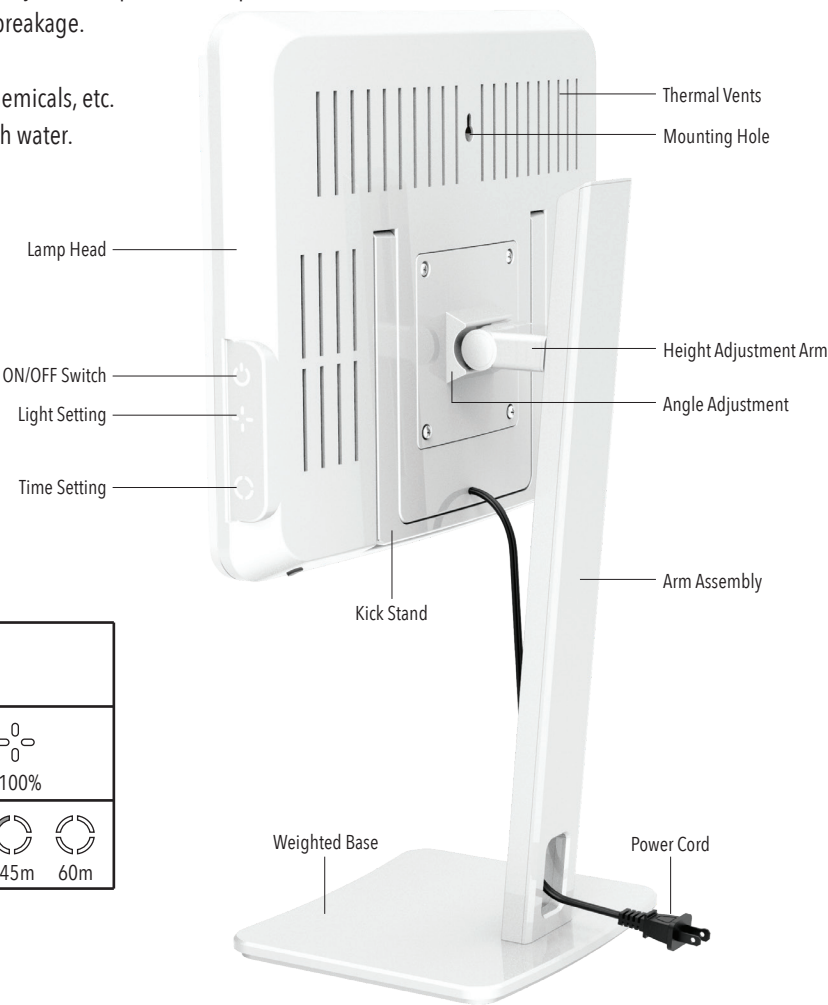
General Safety Information and Precautions

- This product is suitable for indoor use only.
- **DO NOT** overuse the Day-Light Elite. 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 Day-Light Elite may give off an odor; this is harmless, will **NOT** affect the use, and will quickly disappear.
- **DO NOT** leave your Day-Light Elite on for more than 60 minutes in Therapy mode.
- **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.

Your Day-Light Elite includes the following components:

- Lamp Head
- Adjustable Height / Arm Assembly
- Weighted Lamp Base
- Power Cord
- #2 Philips Screwdriver
- 6 Philips Screws
- User Guide

ON/OFF SWITCH								
	OFF				ON			
LIGHTING SETTING								
	25%		50%		75%		100%	
TIME SETTING								
	OFF		15m		30m		45m	
								
							60m	



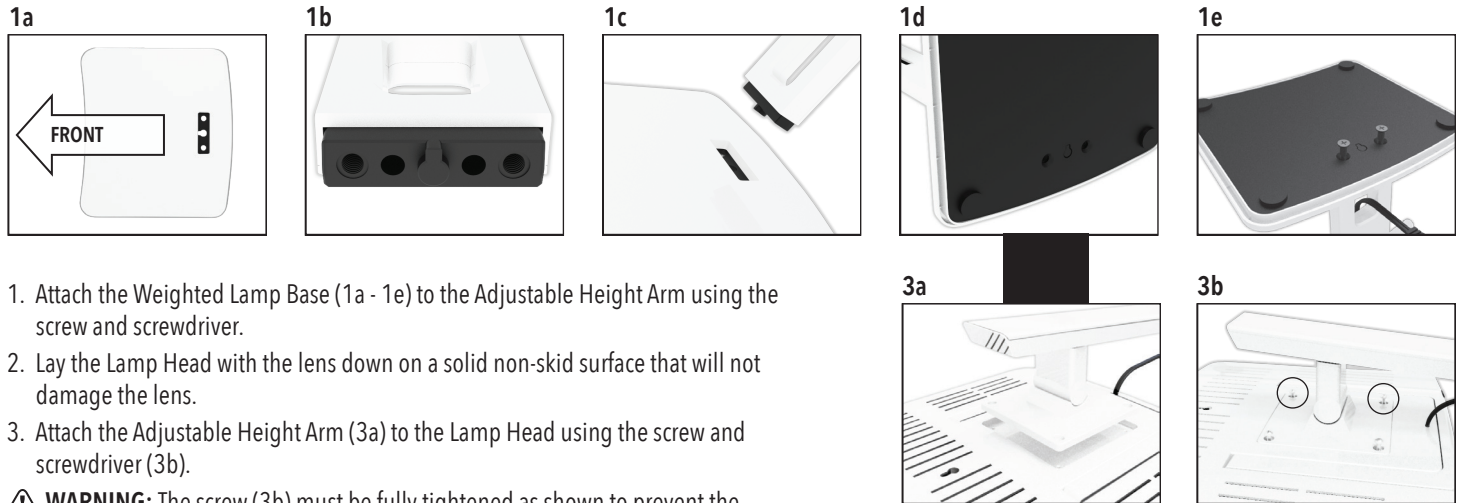
Before Using your Day-Light

Task light, reading lamp, or simply for glare-free ambient light, your Day-Light Elite can be used for much more than light therapy.

1. Check contents to ensure all parts are enclosed and in good condition.
2. Review this guide in its entirety.
3. Assemble the lamp and test the light tubes.

Complete your Warranty Registration online at www.carex.com to ensure you are registered. Contact your dealer if any product parts are missing or damaged.

Assembly Instructions



1. Attach the Weighted Lamp Base (1a - 1e) to the Adjustable Height Arm using the screw and screwdriver.
 2. Lay the Lamp Head with the lens down on a solid non-skid surface that will not damage the lens.
 3. Attach the Adjustable Height Arm (3a) to the Lamp Head using the screw and screwdriver (3b).
- ⚠ WARNING:** The screw (3b) must be fully tightened as shown to prevent the Arm and Base from detaching from the Lamp Head and causing possible injury.
4. Plug into a standard 120 VAC grounded outlet.

Adjusting the Light Mode

High Intensity Setting - Therapy Mode

Switch the light to Max and the Day-Light Elite emits 10,000 LUX of light at 12" - 14" from the lamp. Do not use for more than 60 minutes per session in Therapy Mode.

Low Intensity Setting - Task/Ambient Mode

Switch the light to middle and 5,000 LUX will be emitted at 12" - 14" from the lamp.

NOTE: After switching the Day-Light Elite on, it takes about 30 seconds before reaching full intensity.

Adjusting Light Angle and Height

For optimum light therapy, adjust the lamp so that:

- Lamp Head is angled at about 15° from vertical;
- Eyes face the approximate center of the lamp.

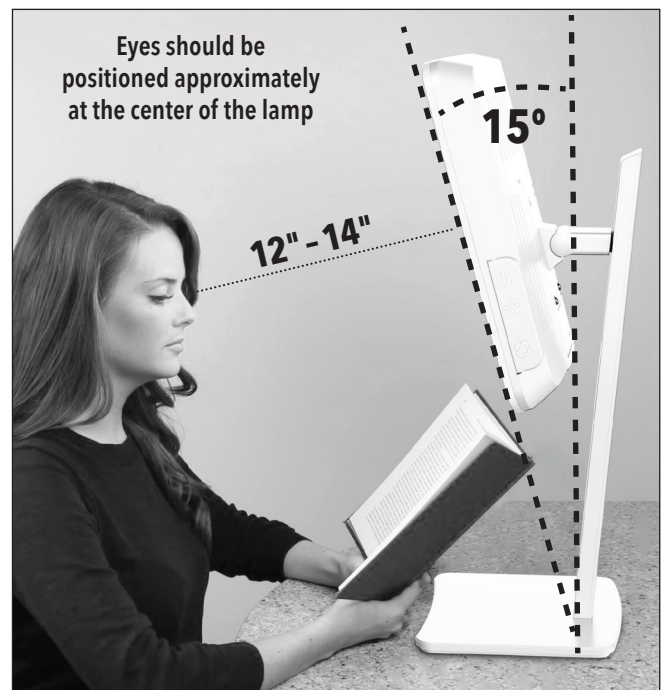
Angle of the Light

To set the angle of the lamp at about 15°, hold at the Arm and rotate the Lamp Head at the desired angle.

Height of the Light

Lift the Lamp Head to the desired height and release. Before lowering the Lamp Head, lift the Lamp Head to the top of the Arm.

NOTE: Face toward the Day-Light Elite with eyes open during therapy. It is not necessary – nor recommended – to look directly into the light.



Additional Light Positions

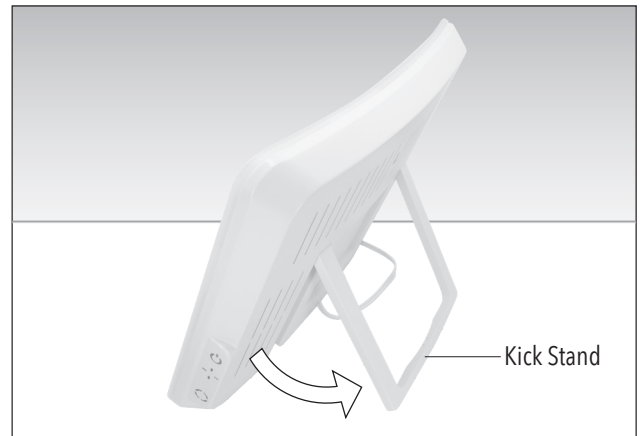
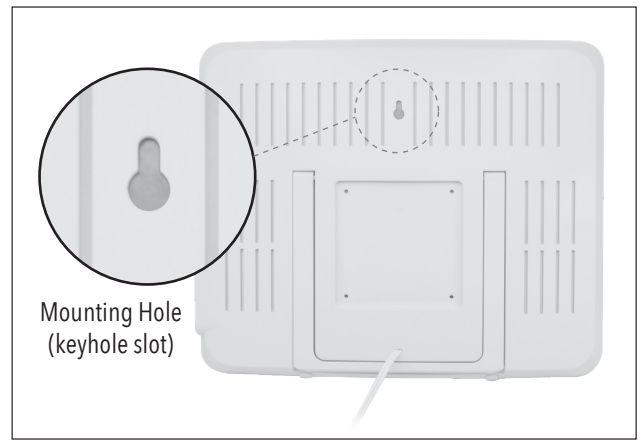
Mounting

NOTE: When used in this position, therapeutic results may vary.

- Select a wall location that has easy access to a power outlet without the use of an extension cord.
- Avoid direct sunlight, heat, vibrations, and **DO NOT** place in direct flow of traffic.
- Position Day-Light Elite so the bottom of the light is **NOT** higher than eye level when sitting and/or the top of the light head is **NOT** higher than eye level when standing. Any position outside these limits will not provide an effective light therapy session.
- Once you've selected an ideal location for hanging the Day-Light Elite, it is best to use a screw and hook that is securely installed into a stud. The screw fastener should be size #8 or #10 and a minimum of 2.5" long. Test that screw and hook fit in the keyhole slot properly **BEFORE** installing the fastener in the wall and stud.
- If a stud cannot be located and a drywall anchor system is used, the anchor must be rated for a minimum of 25 lbs. Test that the hook fits in the keyhole slot properly **BEFORE** installing the fastener in the wall.

Tabletop

- Lay Day-Light Elite down.
- Unscrew the 4 screws, carefully remove light from the stand.
- Extend Kick Stand back, be sure Kick Stand is stable before using light on the tabletop.



Timing and Duration of Session

For best results use your Day-Light Elite soon after waking, preferably before 9 a.m. Begin with a 30 minute session and read, eat breakfast, etc. during therapy.

Benefits usually take a few days to appear. Since each person's response varies, 30 minutes may not produce the desired level of therapeutic response or may cause unwanted side effects. Studies have shown that up to 85% of those who try bright light therapy have a clinical response. Based on your response, tailor the session time, up or down, in five minute increments to find the optimal session length. We recommend that you don't use therapy mode for more than 60 minutes per session. You may also add a short session (15-20 min.) later in the day, if experiencing a slump in energy. However, using the Day-Light Elite for therapy after 8 p.m. is not recommended as it may delay your onset of sleep.

Helpful Resource

For a personalized profile of your Day-Light needs, we recommend completing the free online user assessments found at www.cet.org.

Adjusting to Light Intensity

Some users prefer to adjust to the brightness before therapy sessions. Turn the lamp on just before sitting in front of the lamp, so your eyes can adjust to the bright light.

Daily Use

If you miss a session(s) or discontinue use of the Day-Light, your body may return to its previous circadian rhythm. Benefits should reappear a few days after resuming use.

Other Conditions

Increasing evidence demonstrates that using bright light therapy lamps may also help alleviate jet lag, shift work adjustment, improve sleeping patterns and ease low energy.

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.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Specifications

Safety: ETL Listed

Electrical: 120V, 60Hz, 0.35A

Enclosure Size: 15.75" x 13" x 2.4" / 40 cm x 33 cm x 6 cm

Product Height: 26" / 66 cm

Product Weight: 9.35 lbs / 4.24 kg

Angle: Adjustable

CAN ICES-005 (B) / NMB-005 (B)

Light Source: 528 LED bulbs, UV Free, 4,000 Kelvin

Light Settings:

1) 10,000 LUX at 12" / 30 cm

2) 5,000 LUX at 12" / 30 cm

3) 2,500 LUX at 12" / 30 cm

4) 1,000 LUX at 12" / 30 cm

Time Settings: 15 / 30 / 45 / 60 minutes

Limited Warranty

Compass Health Brands warrants your Day-Light Elite system against product failure during normal use for five years from the date of delivery. Damage due to neglect or misuse is not warranted, nor is this warranty transferable.

COMPASSHEALTH

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Disclaimer

The Day-Light Elite is an innovative light supply system and is not a listed medical device in the USA.