



# Mood and Energy Enhancing Light



## USER GUIDE

Thank you for purchasing the TheraLite.

Please read this manual in its entirety. For more information on light therapy, please visit [carex.com](http://carex.com).

### 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 TheraLite is a bright light therapy lamp designed to fill this gap.

### INCLUDED ITEMS

TheraLite Lamp, AC Power Supply and User Guide

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

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TheraLite Lamp  
Model Number: FGP80500 0000

## 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 TheraLite 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 TheraLite. 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 TheraLite 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!**
- Young children should be supervised to ensure that they **DO NOT** play with the portable lamp.
- 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.

-  **WARNING:** This product emits a bright light which may contribute to migraines in some individuals.

### **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.

### **Before Using Your TheraLite**

1. Remove all packaging material from the product.
2. Select a suitable location for the light fitting. See the *Installation Requirements* above.
3. Check that unit is in good condition.
4. Unfasten the travel cover and set-up the stand.
5. Insert the power adapter into the TheraLite and plug into a standard power outlet to ensure that it is working properly.



## Assembly Instructions

1. Open the cover by gently detaching the 2 retention clips.
2. Swing the hinged cover so it flips under the lamp.



3. Select one of the 3 angle slots and insert the stand tab. Lowest is 20°, middle is 25° and the top angle of the lamp is 30° from vertical.
4. Loosen the back knob to adjust the height and orientation of the lamp and re-tighten at desired position. Be careful not to overtighten and damage the lamp.
5. When the lamp is no longer needed, it may closed and stored. **ALWAYS** ensure that the both the lamp and plug are cool before storage.

## Using Your TheraLite for Therapy

For those with sleep or circadian rhythm issues, regular daily use of the TheraLite can help provide relief. For most conditions, use shortly after waking or in the morning.

Place the TheraLite in 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 on the right details the average treatment times based on your eyes' proximity to the lamp.

## Specifications

### UL Listed Power Supply

**Power:** 24V, 1A output, 100-240V power adapter

**Size:** 9.2" x 5.3" x 2.1" / 23.3cm x 13.5cm x 5.2cm

**Lens:** High-impact polycarbonate

**Light Intensity:** 10,000 LUX at 8.5" / 22cm

**Light Source:** 104 LED's, 3000 Kelvin, CRI - 80, UV-free

**Angles:** 20°, 25°, 30° from vertical

## Warranty

Your lamp is maintenance-free and should provide years of service. The TheraLite 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

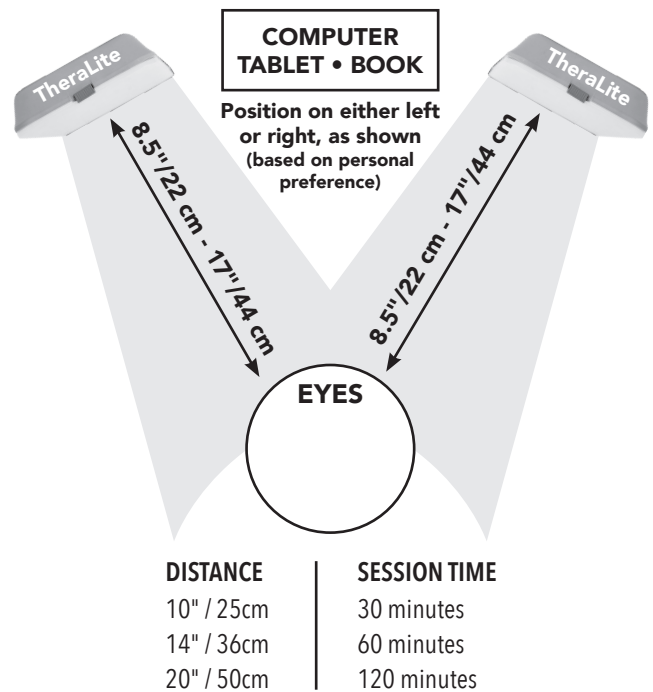
Manufactured for: Compass Health Brands Corp.

6753 Engle Rd., Middleburg Heights, OH 44130

www.compasshealthbrands.com

800.376.7263 • Made in China

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## Disclaimer

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

**READ USER GUIDE PRIOR TO USE.**

