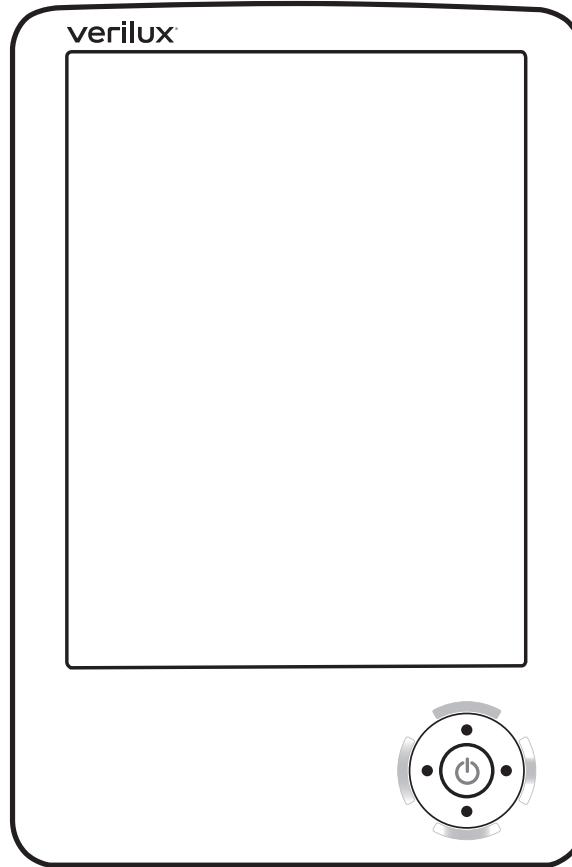


**verilux®**



# HappyLight® Touch

Natural Spectrum® **LED** Energy Lamp

**Model: VT23**

Job#: X.XXXX	Title: VT23 Manual Trim to A5
Date: 03/21/17	Version: Rev9

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## READ ALL INSTRUCTIONS BEFORE USING

### Important Safeguards

#### **⚠ DANGER:**

- To avoid electrocution, do not operate this device near water.

#### **⚠ WARNING:**

- Close supervision is recommended when these lamps are used by or near children, or others who may not understand the need for these precautions.
- Do not operate lamp in close proximity to flammable or combustible vapors, such as aerosol spray products, or where oxygen is being administered.
- To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp and allowed sufficient time for the lamp to cool.
- Do not shorten or cut the power cord.
- The lamp can become extremely hot. Allow 10 minutes for lamp to cool before handling.
- Certain medications (e.g., anti-depressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity, or hypomania. Consult with your healthcare provider before using this product.
- If you have a pre-existing eye condition, or are at risk for developing Age Related Macular Degeneration or other eye conditions, consult with your healthcare provider before using this product.
- Some people experience light sensitivity to bright light therapy or upon over-exposure to bright light therapy. Discontinue use if you experience any discomfort.

#### **⚠ CAUTION:**

- This lamp is for indoor use only.
- Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products such as heaters. Do not place the lamp on the top of appliances that radiate heat.
- Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where the power cord exits the lamp.
- Do not operate this lamp if it has been damaged in any way. For example, the power supply cord or plug has been damaged, liquid has been spilled on or objects have fallen onto the lamp, the lamp has been exposed to rain or moisture, the lamp does not operate normally or has been dropped.
- Do not disassemble. There are no user-serviceable parts in this lamp.
- Use only the power plug, cord and connector supplied with your HappyLight LED lamp. If other power plugs, cords or connectors are used, damage to your lamp or power adapter may occur.
- This lamp may cause interference with radios, cordless telephones or devices that use a wireless remote control, such as televisions. If interference occurs, move the lamp away from the device, plug the lamp or the device into a different outlet or move the lamp out of the line of sight of the remote control receiver.<sup>†</sup>
- Unplug lamp during lightning storms or when unused for long periods.
- Avoid placing the lamp in areas that are dusty, humid/moist, lack ventilation or are subject to constant vibration.
- This lamp is not for use with light dimmers, timers, motion detectors, voltage transformers or extension cords.
- Do not leave the lamp unattended during use.

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**▲CAUTION: — continued**

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- Never cover the lamp or place anything on top of it when it is in operation.
- Do not run the power cord over the top of the lamp. Always place it behind the lamp.
- Do not use solvents or cleaners containing abrasives, or ammonia-based cleaners on this product.
- After cleaning the lamp, all moisture should be properly wiped away and dried before restoring power.

**SAVE THESE INSTRUCTIONS**

<sup>†</sup> This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.”

This Class B digital apparatus complies with Canadian ICES-005.

**Features**

Your new Verilux HappyLight LED Energy Lamp is a remarkable product with many features and benefits. It:

- Delivers Natural Spectrum® light to your home, office, dorm room or apartment.
- Cues your body's own energy enhancers to make you more alert and productive.
- Has up to 10,000 LUX\* of bright Natural Spectrum light to lift spirits, sharpen concentration and improve energy levels.
- Is designed with a compact shape and small footprint to make it easy to place in a convenient location.
- Permits a customized session, with three light settings, and four time settings.

\*At high intensity setting: 10,000 (photopic measurement) at 6".

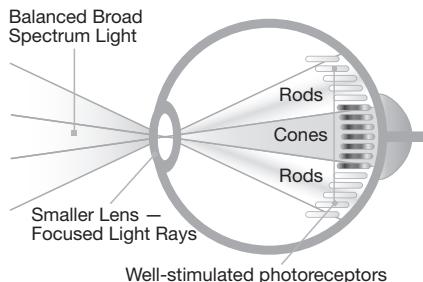
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## Benefits

Verilux HappyLights provide broad spectrum light therapy to stimulate all of the eye's photoreceptors: cones, rods and the newly discovered melanopsin. HappyLights offer photopic light (primarily stimulating the cones) and scotopic light (primarily stimulating the rods) to reduce the size of the pupil, relaxing the eye for more comfortable light therapy. Melanopsin helps set the body's daily cycles and is triggered by Natural Spectrum Light. Scientists have demonstrated that bright light therapy can act like daylight to restore balance, mood and energy.

For more information and research on light therapy, visit [www.verilux.com](http://www.verilux.com).

### Natural Spectrum® Light Therapy



## Device Pretest

To help determine if you have sensitivity to light treatment, we recommend that you perform this pretest upon first use of this device:

- Step 1 - Turn on the lamp and position it about 18 inches from your face. (Do not look directly into the lamp.)
- Step 2 - Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using the lamp and consult a doctor. If you have no discomfort, you may consider gradually decreasing the distance from the lamp and increasing the use time, which results in more lamp intensity and greater effect. For your initial sessions, you should monitor the degree of any discomfort and accordingly adjust the time used and lamp location.

**⚠ WARNING:** Certain medications (e.g., anti-depressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity, or hypomania. Consult with your healthcare provider before using this product.

**⚠ WARNING:** If you have a pre-existing eye condition, or are at risk for developing Age Related Macular Degeneration or other eye conditions consult with your healthcare provider before using this product.

**⚠ WARNING:** Individuals diagnosed with mental health issues should contact their physician prior to use of this product. Over exposure to light therapy may lead to hypomania.

## Operation

### Selecting a Location

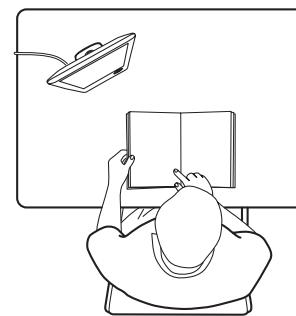
- Place your Verilux HappyLight LED Energy Lamp on a table or other flat surface above, at or below eye level depending on your desired result.
- For best performance, place the HappyLight as close as 6 inches but within 24 inches of your face.

**CAUTION:** Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products such as heaters. Do not place the lamp on top of appliances that radiate heat.

### Instructions for Use

Use consists of sitting close to the HappyLight LED Energy Lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, writing, hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk.

1. Insert the power jack connector end of the AC/DC adaptor into the power cord receptacle located on the back of the HappyLight. Then, connect the AC/DC adaptor to an AC outlet.
2. Turn on the lamp.
3. The HappyLight LED Energy Lamp should be positioned as close as 6 inches, but within 24 inches of your face and should be slightly off-center. (See diagram.) *Note: Do not look directly into the lamp.*
4. Consider using the lamp on the high setting in the morning and on the low setting in the afternoon.



The light from the HappyLight LED Energy Lamp must be directed at your eyes; therefore, your eyes must be open to achieve the full benefit. *Note: Tinted glasses reduce the amount of light reaching your eyes.*

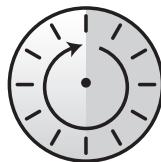
When you are feeling sluggish and lethargic, spend more time with the light, sit closer to it or adjust the settings to increase the intensity. If you experience edginess or are over-stimulated, move the light farther away or reduce session times.

**CAUTION:** Do not run the power cord over the top of the lamp. Always place it behind the lamp.



## Operation — continued

### Minimum Recommended Program



30 minutes  
to  
1 hour\*/day

Researchers at the National Institute of Health demonstrated that white light, in a range of 2,500 to 10,000 LUX (a measurement of light intensity), helped to reverse the symptoms of “Winter Blues.”

Exposure strategies affect people differently. We all have different reactions to our environment. It is important to establish a distance and schedule that is comfortable for you. We recommend you use the light regularly and at about the same time each day. It is not necessary to sit in front of the lamp continuously. You can divide the time into several mini-sessions. Continue to use the HappyLight daily to feel an improvement in your mood and activity level.

When you are feeling sluggish and lethargic, spend more time with the light, sit closer to it or increase the light intensity. If you feel a sort of edginess, as though you have consumed too much coffee, it may be time to turn off the unit or reduce the intensity of the light.

\* Recommended exposure time is a function of output and distance. Individual results may vary. Also, refer to the warnings at the bottom of page 6 of this manual.

**⚠ WARNING:** Certain medications (e.g., anti-depressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity, or hypomania. Consult with your healthcare provider before using this product.

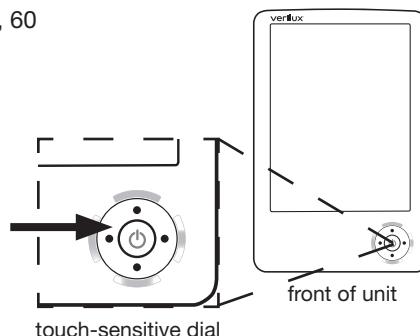
**⚠ WARNING:** If you have a pre-existing eye condition, or are at risk for developing Age Related Macular Degeneration or other eye conditions consult with your healthcare provider before using this product.

## Touch-Sensitive Intensity Dial and Timer

The touch-sensitive dial allows you to choose from 3300, 6600, or 10,000 LUX light intensities. The dial also enables you to choose from 15, 30, 45, 60 minute session durations, or continuous.

To choose your light intensity, place your finger on the dial located on the front, bottom right of the HappyLight. As you depress the dial, the lamp will cycle through the three different intensities. Simply release your finger when the intensity you desire is illuminated. Tapping the center dial will turn the light on (most recently used intensity) or off.

To select either a 15, 30, 45 or 60 minute or continuous light therapy session, place your finger on the dial and move in a clockwise, circular motion. As you do, lights will illuminate on the dial to indicate your chosen session length.



## Care and Cleaning

Your lamp is made from high-quality materials that will last for many years with minimum care. You may want to periodically clean the lamp using a mild non-abrasive cleaner and soft cloth. When cleaning, make sure you have turned off and unplugged the unit and allowed sufficient time for the unit to cool.

**⚠WARNING:** To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp and allowed sufficient time for the lamp to cool.

**⚠CAUTION:** Clean only with a soft dry cloth – do not use solvents or cleaners containing abrasives or ammonia.

**⚠CAUTION:** After cleaning the lamp, wipe away all moisture and let the lamp dry completely before restoring power.

## Troubleshooting

Before requesting service on your Verilux lamp, please:

- Make sure all power connectors, cords and plugs are inserted fully and securely.
- Make sure there is power to the wall outlet, or try another outlet – one that is not connected to a dimmer.

PROBLEM	CHECK	SOLUTION
Light Won't Come On	Has the plug come loose?	Insert plug securely into wall outlet. Insert plug securely into the back of the unit.
Light Flickers	Has the plug come loose?	Insert plug securely into wall outlet. Insert plug securely into the back of the unit.
	Is the lamp connected to a dimmer switch?	Connect lamp plug only to wall outlet without dimmer switch.

## Technical Specifications

### HappyLight Touch Natural Spectrum LED Energy Lamp

**Environment:** Operating Temperature: 10 to 35°C (50 to 95°F) Storage Temperature: -20 to 50°C (-4 to 122°F) Relative Humidity: 10 to 90% non-condensing

**Power:** Input Power to the Adapter: 100-240 VAC, 0.4A, 50/60Hz  
Input Power to the Unit: DC20V, 900mA

**ETL Listed in Canada and the USA**