

## CARE AND WARRANTY

This product is made from high quality materials that will last for many years with minimal care. Clean with a soft, dry or slightly damp cloth and ensure the lamp is turned off and has had sufficient time to cool. Do not use solvents or cleaners containing abrasives or ammonia.

## WARRANTY

This Warranty is subject to the Australian Competition and Consumer Act 2010 ("Australian Consumer Law"). The benefits provided in this Warranty are in addition to other rights and remedies of a consumer under the Australian Consumer Law, and any other laws in relation to the products to which this Warranty relates. The Warranty period commences from the date that the contract of sale is completed. The period of the Warranty is 12 months. This Warranty covers the replacement or repair of any product that has a manufacturing defect that is not the result of normal wear and tear.

**Exclusions:** This Warranty will not apply if:

- (a) Repairs to a product are made or attempted by a service provider other than HAPPYLAMP.
- (b) The product has not been used or maintained in accordance with the manufacturer's instructions as provided with the product.
- (c) The customer uses the product in an abnormal manner for example if the product is abused, misused, dropped, crushed, impacted with any hard surface, exposed to extreme heat (including fire) or cold, not maintained properly or used after partial failure.
- (d) The product has been modified, incorrectly adjusted or operated, subjected to incorrect electrical supply or inconsistent electrical supply or used with inappropriate accessories.
- (e) The product is tampered with in any way.

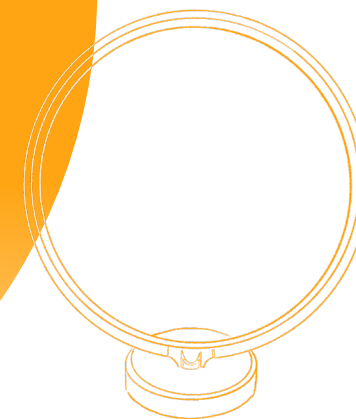
**Consumer guarantees:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

**How to make a claim:** To claim under this warranty or a consumer guarantee, please email [happy@happylamp.com.au](mailto:happy@happylamp.com.au). You will be requested to either return the product for inspection/repair and you will need to arrange and pay for the shipping of the product to an address advised by us. We will assess the product to determine the nature of the issue, whether you are entitled to a remedy, and in the case of a minor failure, the remedy that will be made available to you. Sometimes we may have to forward the product to the manufacturer or repair agent and liaise with them. Before a claim will be processed we require the sales docket receipt. We will do our best to resolve the issue in a timely manner.

See our website [www.happylamp.com.au](http://www.happylamp.com.au) for further details and exclusions.



HAPPYLAMP



## HAPPYLAMP COMPLETE - HAPPY ALL ROUND

Congratulations on purchasing your HAPPYLAMP Complete!  
To ensure your lamp is effective for many winters to come, please read all instructions carefully before using.

## SAFETY

- Do not use if the lamp is damaged. Damage can include spilt liquid, being dropped or hit, exposure to rain or moisture or power cord damage.
- Do not operate this device near water.
- Indoor use only.
- Close supervision is recommended for children.
- Do not disassemble the product or try to attempt to service this lamp or shorten or cut the power cord.
- Do not operate lamp close to flammable or combustible vapours such as aerosol cans or where oxygen is being administered.
- Always unplug the lamp and allow to cool before cleaning.
- Use only the mains power adaptor supplied and protect the power cord from being damaged.
- Do not place in direct sunlight or close to products radiating heat.
- Do not use other power cords or adaptors than supplied with this unit as they may cause damage.

## PRECAUTIONS

Research has shown that light therapy is safe. However, please advise a medical professional if you have any of the following conditions:

**DIAGNOSED DEPRESSION or SLEEP DISORDERS:** Light therapy can affect your mood and assist with depression and sleep disorders, however combined with medication can result in discomfort. Please consult your medical professional before using this product.

**EYE CONDITIONS:** Eye surgery, pre-existing eye conditions, or at risk of developing age related macular degeneration

**LIGHT SENSITIVITY:** Photosensitivity. Discontinue use immediately if you experience any discomfort or have been advised to avoid bright light by a medical professional.

**SIDE EFFECTS:** Headaches, eye strain, nausea and hyperactivity (mild). In this instance, switch off the light and gradually build up the time you spend in front of the lamp over the next few days until you find a treatment time that does not give these symptoms.

**DIFFICULTY SLEEPING:** Use this product only in the morning and not close to bed time.

## INSTRUCTIONS FOR USE

Insert the ring into the docking base fully, until it clicks.

Connect the main power adaptor into the back of the lamp and plug into an AC outlet. Switch on at the mains. Press the ON/OFF switch (middle switch).



- To choose your **BRIGHTNESS** hold down the ON/OFF switch. Light intensity ranges from 2000 (dim) to 10000 lux (bright).



- To choose your **COLOUR TEMPERATURE** tap the icon. Colour temperature ranges from 2700k (warm light) to 6500k (white light).



- To turn on the **TIMER**, tap the icon. The lamp will flash once to indicate the timer is on. To turn the timer off, tap again and the lamp will flash twice to indicate the timer is off. Timer is for 60 minutes. The lamp will stay

on continuously if the timer is not selected.

Position the lamp between 15 to 50 cm from your face and slightly off centre.

*NOTE: Do not look directly into the lamp.*

## RECOMMENDED DOSES

The light must reach your eyes to have any effect. Whilst using the lamp feel free to engage in activities such as reading, watching TV or working at your desk. Do not wear dark or tinted glasses or close your eyes as this will reduce effectiveness.

We recommend you *use the lamp regularly at the same time of the day*. If you find you are tired or sluggish in the mornings, using the lamp in the mornings for **30 minutes to 1 hour is beneficial**.

If you feel sleepy in the afternoons, use the lamp in the late afternoon, preferably a minimum of 3 hours before bedtime. If used too close to bedtime, it may cause insomnia.

It is preferable to use the lamp in one session, however it can be used on and off throughout the day.

Every person is different so find the right exposure time for you. Your exposure time will also be affected by the distance you are from the lamp. Please see below for examples of exposure times (guide only).

| DISTANCE | LIGHT SETTING | TREATMENT TIME |
|----------|---------------|----------------|
| 20 cm    | 10,000 lux    | 30 mins        |
| 30 cm    | 10,000 lux    | 30 - 60 mins   |
| 50 cm    | 10,000 lux    | 60 - 120 mins  |

The lower the lux setting and the further you are from the lamp, the longer treatment time required. After a few days, you should start to notice some positive effects.

HAPPY LAMP