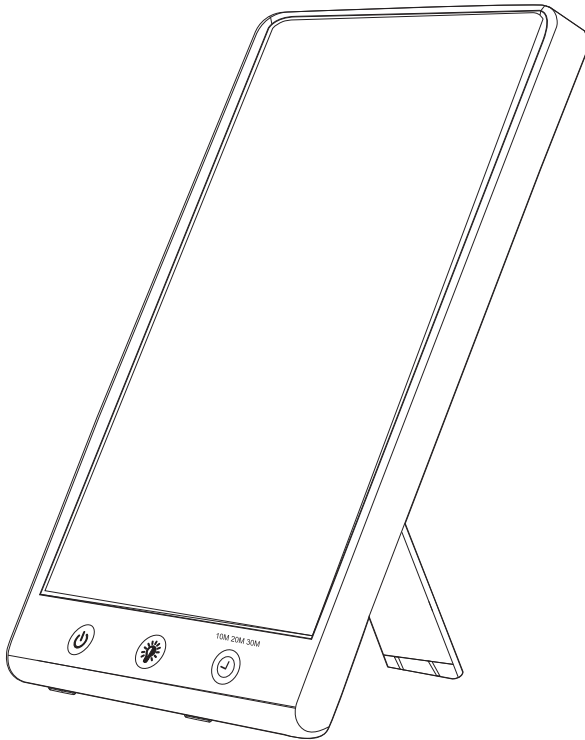


SECOND  **SUN**



Light Therapy Lamp

Instruction Manual

Important Safety Information Before Use

- Keep your Second Sun unit away from water and damp environments
- For indoor use only
- Do not cover while in use
- Only use the power adapter that is provided with the device
- Do not attempt to disassemble the device
- Device is not a toy, keep away from children
- Do not use Second Sun if:
 - You have a major eye condition or have had eye surgery in the past
 - You have been advised to avoid bright light or are taking medication that may cause photosensitivity

Please consult with your doctor if you have any medical conditions or medications that may conflict with light therapy.

If you are experiencing any mild side effects (headaches, eye strain, nausea, or hyperactivity), it's best to switch off the light. For the next few days, we recommend gradually increasing the amount of time spent in front of the light to find what works best for you.

Again, if you are having difficulty, it's always best to consult with your doctor.

Introduction

Second Sun is useful for combatting Seasonal Affective Disorder (SAD), otherwise known as the “Winter Blues”. Spending too much time indoors or away from natural sunlight is difficult and can cause negative symptoms such as depression, fatigue, and irritability.

If you find yourself feeling down (especially in the fall or after spending long periods indoors), it would be a great idea to try using Second Sun.

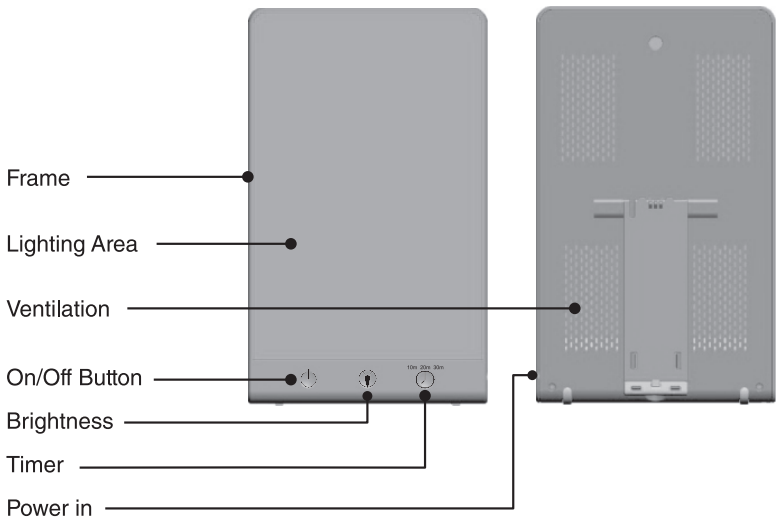
When you use Second Sun is entirely up to you. It can be used on consecutive days, or days can be skipped if you feel you have been getting adequate sunshine. Once springtime rolls around, you may find yourself reducing your usage.

When to Use Second Sun

Use Second Sun whenever you need it to give yourself the boost you need to get your through your day.

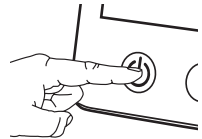
For instance, if you're having trouble to get going in the morning, switch it on as soon as you wake up. If you don't have time in the morning, you can always give yourself a quick top-up in the afternoon.

If you're losing focus or feeling drowsy throughout the day, you can use it for a quick boost in the late afternoon or early evening. However, it's best to avoid using it too soon before bedtime as you may find it difficult to fall asleep. Thus, we recommend that you avoid using it within 3 hours of your planned bedtime.



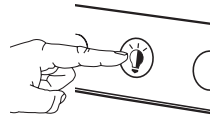
1. On/Off Button

Press this button to turn on the device. Hold it for 2 seconds to use the current brightness next time it's switched on. If this is not set, the device will use the 15% brightness setting as default.



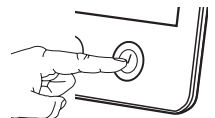
2. Brightness Button

Use this button to toggle between the brightness settings. You can choose between 15%, 30%, 60%, and 100%. You can also hold it for 1 second to get a custom level of brightness. Just hold the button down, and Second Sun will fade and dim. Release the button when you have your desired level of light.



3. Timer Button

You can set the duration of your light therapy by using this button. Choose between 10, 20, 30, 40, 50, or 60 minutes. The LED indicators will light up to notify you of your choice.



Getting Started

- Connect the power adapter to the socket at the back of your Second Sun device.
- Position at an arm's length from your body.
- The detachable stand makes for convenient use in both landscape and portrait modes.
- You can set the brightness and timer for a fully-customizable experience by referring to the instructions above.


That's all there is to it! You do not need to stare at the light, but the light must be able to reach your eyes unobstructed to work best. Wearing sunglasses or closing your eyes will greatly reduce the effectiveness of Second Sun.

You should notice positive effects after using the lamp for 3 or 4 days, but as everyone is different, you may start seeing results a bit later or perhaps even earlier.

Specifications

Rated Power:	16W
Input:	100-240V
Output:	24V/1A
USB Cord:	1.5M, 1A
Material:	PC + ABS
Temperature:	6000-6500K
Product size:	235 × 147 × 16mm

 The device complies with the European Directives 2014/30/EU.

 At the end of its service life, this product may not be disposed of in the normal household waste, but rather must be disposed of at a collection point for recycling electrical and electronic devices. The materials are recyclable according to their labelling. You make an important contribution to protecting administration where the appropriate disposal facility is located. Subject to change.