

Carex DL2000

Carex Day-Light Sky Bright Sunlight Therapy Lamp DL2000 User Manual

Model: DL2000

INTRODUCTION

The Carex Day-Light Sky is an LED bright light therapy lamp designed to provide 10,000 LUX of glare-free white light. This device is intended to support well-being by mimicking natural sunlight, which can be beneficial for individuals experiencing low energy levels, sleep difficulties, problems concentrating, or general sunlight deprivation. It features adjustable height and brightness levels for personalized use.





Image: The Carex Day-Light Sky lamp in its upright position, showcasing its large light panel and adjustable arm.

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Video: An overview of the Carex Day-Light Sky lamp, highlighting its features and benefits for daily use.

SETUP

Unboxing and Initial Assembly

Carefully remove all components from the packaging. The package includes the lamp head, base, power cord, and a small screwdriver for assembly. Ensure all packing materials, including any rubber bands or inserts securing the light source, are removed before use. These are for shipping purposes only and can be discarded.

1. Lay the lamp head with the lens facing upwards on a flat, stable surface.
2. Position the base into the recessed groove of the base plate, aligning the hole in the base plate with the hole in the base.

3. Using the included screwdriver, insert and tighten the screws securely into the light base. Do not overtighten.
4. Carefully lift the assembled unit and stand it upright.



Image: Components of the Carex Day-Light Sky lamp, including the light panel, adjustable arm, and base, ready for assembly.

Adjusting the Lamp Head

The lamp head can be adjusted for optimal positioning. Hold the light head and push the silver buttons on the arm to adjust its height and angle. The light head can also be rotated 45 degrees clockwise or counter-clockwise. Avoid turning the light head beyond this range to prevent damage.



Image: A user demonstrating the adjustment of the lamp head's angle and height.

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Video: Demonstrates the assembly process and proper positioning of the lamp. Note: This video may show an older model with fluorescent bulbs; the current product uses long-lasting LED technology.

OPERATING INSTRUCTIONS

Powering On and Brightness Settings

Plug the power cord into a standard 120 VAC, 60Hz outlet. The lamp features two settings:

- **Setting 1 (Therapeutic Light):** Provides 10,000 LUX of glare-free white light for therapy sessions.
- **Setting 2 (Task Lighting):** Provides convenient glare-free task lighting.

Use the switch on the front of the lamp to select the desired brightness level.

Recommended Usage

For optimal therapeutic benefit, position your eyes approximately 12 inches from the lamp's lens, near the center of the light. The light should be shining down from slightly above your eyes. During therapy sessions, you should face the lamp with your eyes open, but you do not need to look directly at the light. Engage in other activities such as reading, eating breakfast, or working on a computer. Therapy sessions are typically between 20 to 30 minutes, but can be adjusted based

on individual response. Avoid using the lamp after 8 PM as it may interfere with sleep patterns.

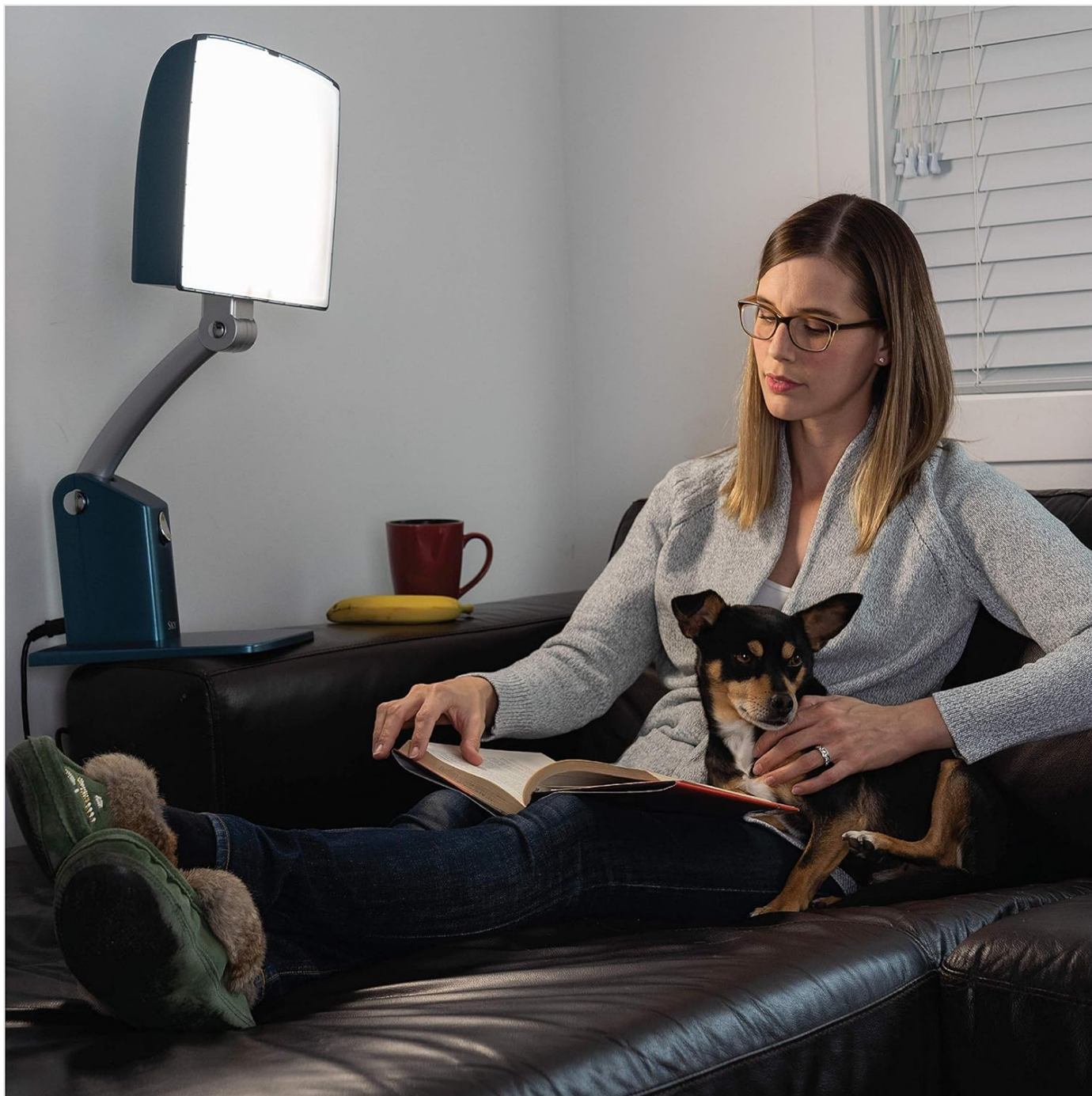


Image: A woman comfortably using the Carex Day-Light Sky lamp while reading on a couch, demonstrating proper distance and angle.



Image: A woman using the Carex Day-Light Sky lamp as task lighting while working on her laptop at a desk.

MAINTENANCE

Cleaning

To clean the lamp, ensure it is unplugged from the power outlet. Use a soft, dry cloth to wipe down the exterior surfaces. Do not use abrasive cleaners or solvents, as these may damage the finish or the lens.

Light Source

The Carex Day-Light Sky utilizes high-efficiency LED diodes, which are designed for long-lasting performance and typically do not require user replacement. If you experience any issues with the light output, please refer to the troubleshooting section or contact customer support.

TROUBLESHOOTING

Light Not Turning On or Flickering

- Ensure the power cord is securely plugged into both the lamp and a functional wall outlet.
- Verify that the selected brightness setting is active.
- If the issue persists after checking connections, contact customer support.

SPECIFICATIONS

- **Model Number:** DL2000
- **Light Output:** 10,000 LUX at 12 inches
- **Light Type:** LED Bright White Light
- **UV Filtration:** Filters 100% of harmful UV rays
- **Power Requirements:** 120 VAC, 60Hz, 1.5A
- **Product Dimensions:** 10.75"D x 13.69"W x 27.25"H
- **Item Weight:** 8.2 Pounds
- **Base Material:** Polycarbonate (PC)
- **Finish Type:** Polished





Image: A diagram illustrating the dimensions of the Carex Day-Light Sky lamp.

SAFETY INFORMATION



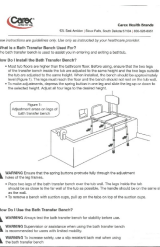
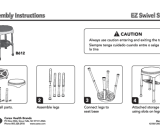


- The light box is made of Hi-impact polycarbonate and the lens filters 100% of harmful UV rays, meeting standards for safe light therapy.
- Do not stare directly into the light for extended periods during therapy sessions.
- Keep the device away from water or excessive moisture.
- Ensure the device is unplugged before cleaning or performing any maintenance.
- Consult a healthcare professional if you have any concerns about using light therapy, especially if you have pre-existing eye conditions or are taking medications that may increase light sensitivity.

WARRANTY AND SUPPORT

The Carex Day-Light Sky is backed by an industry-best 5-year limited warranty. For further information, replacement parts, or service, please contact Carex customer support or visit the official website.

- **Manufacturer:** Uplift Technologies Inc. (Carex)
- **Website:** www.day-lights.com
- **Phone:** 1-800-387-0896

Related Documents - DL2000

	<p>Carex Day-Light Lamp (Model DL93011) User Guide</p> <p>User guide for the Carex Day-Light Lamp (Model DL93011), providing safety precautions, benefits, assembly instructions, and usage guidelines for light therapy.</p>
	<p>Carex SunLite User Guide: Bright Light Therapy Lamp Instructions and Benefits</p> <p>Official user guide for the Carex SunLite bright light therapy lamp. Learn about its benefits for mood, sleep, and circadian rhythm, safety precautions, specifications, and recommended usage for conditions like the Winter Blues.</p>
	<p>Carex Bath Transfer Bench User Instructions</p> <p>Comprehensive instructions for the Carex Bath Transfer Bench, covering installation, safe usage for transferring into and out of bathtubs, and maintenance. Designed for enhanced bathroom safety and accessibility.</p>
	<p>EZ Swivel Stool Assembly Instructions - Carex B612</p> <p>Detailed assembly guide for the Carex EZ Swivel Stool (Model B612). Learn how to check parts, assemble legs, and attach the storage shelf for safe use in the bath or shower.</p>
	<p>Carex B660-00 Bath Safety Rail Assembly and Usage Instructions</p> <p>A comprehensive guide detailing the assembly and safe usage of the Carex B660-00 Bath Safety Rail, including instructions for use as a toilet safety frame and for balance at a sink.</p>
	<p>Carex Trio Rolling Walker User Manual and Assembly Guide</p> <p>Official user manual and assembly instructions for the Carex Trio Rolling Walker (Item# A33300 0000). Includes safety warnings, usage guidelines, assembly steps, and maintenance tips.</p>