

Carex CCFDL93011

Carex Day-Light Classic Plus Sunlight Therapy Lamp Instruction Manual

Model: CCFDL93011

1. INTRODUCTION

The Carex Day-Light Classic Plus Sunlight Therapy Lamp is designed to provide effective light therapy, mimicking natural sunlight to support overall well-being. This lamp delivers 10,000 LUX of glare-free white light at a comfortable distance of 12 inches, adhering to clinical recommendations for bright light therapy. It features adjustable height and angle settings for personalized use and offers two light settings for optimal effectiveness. Regular use can assist in improving mood, boosting energy levels, regulating sleep patterns, and enhancing concentration.

2. IMPORTANT SAFETY INFORMATION

- **Electrical Safety:** Always ensure the lamp is plugged into a properly grounded outlet. Do not operate the lamp with a damaged cord or plug. Keep the power cord away from heated surfaces.
- **Placement:** Position the lamp on a stable, flat surface to prevent tipping. Ensure adequate ventilation around the lamp to prevent overheating.
- **Eye Protection:** While the lamp is designed to be glare-free and block 99.3% of UV rays, avoid staring directly into the light source for extended periods. Position the lamp so the light enters your eyes indirectly, typically from above or to the side.
- **Medical Conditions:** Consult a healthcare professional before using this lamp if you have any eye conditions (e.g., glaucoma, cataracts, retinal disease), skin conditions, or are taking medications that increase light sensitivity (e.g., certain antidepressants, antipsychotics, or antibiotics). Discontinue use and consult a doctor if you experience eye strain, headaches, or other adverse reactions.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.
- **Legal Disclaimer:** Statements regarding dietary supplements and therapy devices have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Carex Day-Light Classic Plus lamp:

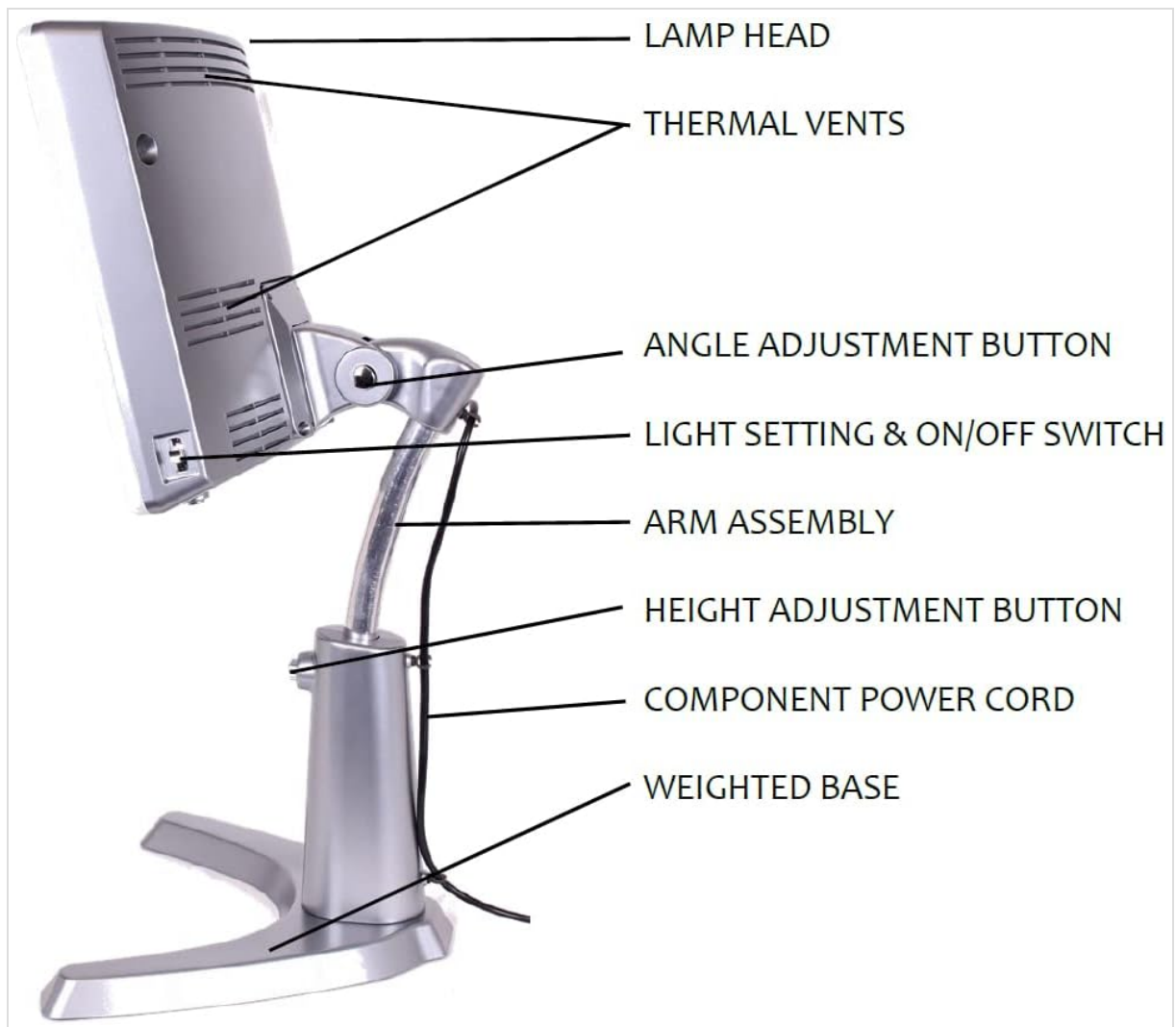


Figure 1: Diagram illustrating the components of the Carex Day-Light Classic Plus lamp, including the lamp head, thermal vents, angle adjustment button, light setting/on-off switch, arm assembly, height adjustment button, component power cord, and weighted base.

- **Lamp Head:** The main light-emitting panel.
- **Thermal Vents:** Located on the back of the lamp head to dissipate heat.
- **Angle Adjustment Button:** Allows adjustment of the lamp head's tilt.
- **Light Setting & ON/OFF Switch:** Controls power and selects between available light intensity settings.
- **Arm Assembly:** Connects the lamp head to the base and allows for height adjustment.
- **Height Adjustment Button:** Used to raise or lower the lamp head.
- **Component Power Cord:** Connects the lamp to an electrical outlet.
- **Weighted Base:** Provides stability for the lamp.

4. SETUP INSTRUCTIONS

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Assemble (if necessary):** The lamp typically comes largely pre-assembled. If any minor assembly is required for the stand or arm, follow the visual cues from the product overview diagram to securely connect parts.
3. **Placement:** Place the lamp on a flat, stable surface such as a desk or table. Ensure there is enough space

around the lamp for proper ventilation and to accommodate its dimensions.

4. **Connect Power:** Plug the power cord into a standard electrical outlet.



Figure 2: Front view of the Carex Day-Light Classic Plus Sunlight Therapy Lamp, ready for use.

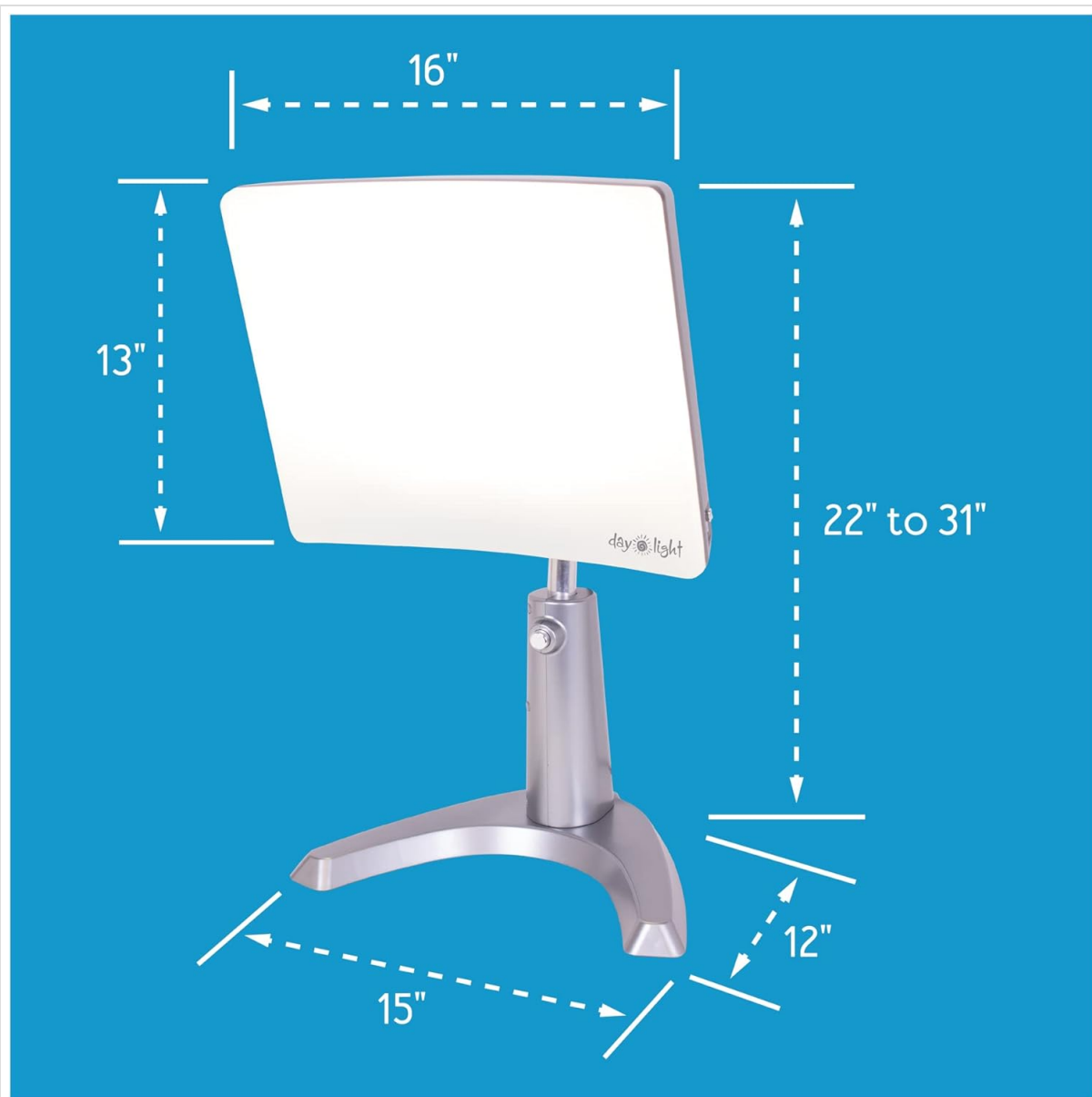


Figure 3: Dimensions of the lamp, important for placement: 16 inches wide, 13 inches high for the lamp head, adjustable height from 22 to 31 inches, and a base of 15 inches deep by 12 inches wide.

5. OPERATING INSTRUCTIONS

1. **Power On:** Locate the Light Setting & ON/OFF Switch on the side of the lamp head. Press it to turn the lamp on.
2. **Select Light Setting:** The lamp offers two light settings. Press the Light Setting & ON/OFF Switch again to cycle between the available brightness levels. Choose the setting that is most comfortable for you.
3. **Adjust Height:** Press the Height Adjustment Button on the arm assembly to raise or lower the lamp to your desired height. Release the button to lock it in place.
4. **Adjust Angle:** Press the Angle Adjustment Button near the lamp head to tilt the lamp head up or down. Release the button to secure the angle.
5. **Positioning for Therapy:** For optimal effectiveness, position the lamp approximately 12 inches from your face. The light should be directed towards your eyes from above or to the side, not directly into your eyes.
6. **Recommended Usage:** Begin with 20-30 minutes of therapy each day, preferably in the morning. You may gradually increase the duration as needed, based on personal comfort and professional advice.
7. **Power Off:** Press the Light Setting & ON/OFF Switch until the lamp turns off.



Figure 4: A person using the Carex Day-Light Classic Plus lamp at a desk while working on a laptop, demonstrating typical usage and positioning.

6. MAINTENANCE AND CARE

- **Cleaning:** Disconnect the lamp from the power source before cleaning. Use a soft, dry cloth to wipe the lamp head and base. For stubborn marks, a slightly damp cloth with mild soap can be used, followed by a dry cloth. Avoid abrasive cleaners or solvents.
- **Storage:** When not in use for extended periods, store the lamp in a cool, dry place, ideally in its original packaging to protect it from dust and damage.
- **Bulb Replacement:** This lamp uses LED technology, which has a long lifespan and typically does not require bulb replacement. If you experience issues with the light output, refer to the troubleshooting section or contact customer support.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Lamp does not turn on.	Not plugged in; power outlet malfunction; switch off.	Ensure power cord is securely plugged into a working outlet. Check the ON/OFF switch. Test the outlet with another device.
Light output is dim or inconsistent.	Incorrect light setting; internal component issue.	Cycle through the light settings using the switch. If the problem persists, contact customer support.
Lamp is unstable.	Uneven surface; loose base connection.	Place the lamp on a flat, stable surface. Ensure the arm assembly is securely attached to the weighted base.
Lamp makes unusual noise or smells.	Internal malfunction.	Immediately unplug the lamp and discontinue use. Contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	CCFDL93011
Light Output	10,000 LUX at 12 inches (30 cm)
Light Type	LED, Full Spectrum White Light
UV Filtration	Blocks 99.3% of UV rays
Color Temperature	4000 Kelvin
Wattage	300 watts (Bulb Wattage)
Bulb Voltage	120 volts
Product Dimensions (D x W x H)	12" x 15.75" x 31.13" (adjustable height)
Item Weight	9.4 Pounds
Material	Metal / Plastic
Manufacturer	Carex Health Brands

9. WARRANTY AND SUPPORT

The Carex Day-Light Classic Plus Sunlight Therapy Lamp is backed by a **5-year warranty**, ensuring peace of mind regarding its quality and performance.

For technical assistance, warranty claims, or further inquiries, please contact Carex customer support. Refer to the product packaging or the official Carex website for the most current contact information.

10. OFFICIAL PRODUCT VIDEOS

Related Documents - CCFDL93011

Documents - Carex – CCFDL93011

