Verilux VT22WW3

Verilux HappyLight Lucent - User Manual

Model: VT22WW3

Introduction

The Verilux HappyLight Lucent is an innovative light therapy lamp designed to bring the benefits of natural daylight indoors. It delivers up to 10,000 lux of UV-free, LED full-spectrum light, which can help improve sleep, boost mood, increase energy, and enhance focus. This manual provides essential information for the safe and effective use of your HappyLight Lucent.

Important Safety Information

Please read all instructions carefully before using the HappyLight Lucent. Failure to follow these guidelines may result in injury or damage to the device.

- Do not immerse the device in water or other liquids.
- Keep the device away from heat sources and direct sunlight.
- Use only the power adapter supplied with the device.
- Do not attempt to open or repair the device yourself. Refer all servicing to qualified personnel.
- Avoid prolonged direct eye contact with the light source, especially at close distances.
- Consult a healthcare professional before use if you have a pre-existing eye condition, a history of mania, or are taking medications that increase light sensitivity.

Package Contents

Verify that all items are present in your package:

- Verilux HappyLight Lucent Lamp
- Detachable Stand
- Power Cable

Product Overview

The HappyLight Lucent features a sleek, ultra-thin design with a bright LED panel and a simple one-touch control.



Figure 1: The Verilux HappyLight Lucent lamp with its detachable stand, showcasing its minimalist design.

This light therapy lamp is designed for ease of use and portability, making it suitable for various environments.



Figure 2: A woman using the HappyLight Lucent on a kitchen counter while enjoying a beverage, illustrating its integration into daily routines to improve sleep, boost mood, increase energy, and enhance focus.

Its compact size and detachable stand allow for convenient transport and storage.



Figure 3: A person placing the HappyLight Lucent into a travel bag, demonstrating its portability and ease of transport for use on-the-go.

The lamp's dimensions are optimized for placement on desks, nightstands, or other small surfaces.



Figure 4: A diagram illustrating the dimensions of the HappyLight Lucent: 8.5 inches (21.6 cm) height, 6.5 inches (16.5 cm) width, and 0.8 inches (2 cm) depth, including the detachable stand.

Setup

To set up your HappyLight Lucent:

1. Unpack all components from the box.
2. Attach the detachable stand to the back of the HappyLight Lucent. The stand allows for bidirectional use, enabling you to position the lamp vertically or horizontally.
3. Place the lamp on a stable, flat surface.
4. Connect the power cable to the lamp and then plug it into a standard electrical outlet.

Operating Instructions

Basic Operation

The HappyLight Lucent features a simple one-touch operation:

- To turn the lamp ON, press the power button located on the device.
- To turn the lamp OFF, press the power button again.

Recommended Usage

For optimal results, consider the following:

- **Duration:** Start with 20-30 minutes of use per day. You may gradually increase the duration as needed, up to 60 minutes.
- **Distance:** Position the lamp approximately 6-24 inches (15-60 cm) from your face. The closer the lamp, the more intense the light therapy.
- **Time of Day:** Use the HappyLight Lucent primarily in the morning, shortly after waking up. Avoid using it late in the evening, as this may interfere with sleep patterns.
- **Positioning:** Place the lamp to the side of your face, allowing the light to reach your eyes indirectly. Avoid staring directly into the light.

Maintenance and Care

To ensure the longevity and performance of your HappyLight Lucent:

- Always unplug the device before cleaning.
- Wipe the lamp and stand with a soft, dry cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- Store the device in a cool, dry place when not in use.

Troubleshooting

If you encounter issues with your HappyLight Lucent, refer to the table below:

Problem	Possible Cause	Solution
Lamp does not turn on.	Not plugged in or power outlet is not working.	Ensure the power cable is securely plugged into the lamp and a working electrical outlet. Test the outlet with another device.
Light flickers or is dim.	Power connection issue or internal fault.	Check power connections. If the problem persists, contact Verilux customer support.
Stand is unstable.	Stand not properly attached.	Ensure the detachable stand is firmly clicked into place on the back of the lamp.

Technical Specifications

Detailed specifications for the HappyLight Lucent:

Feature	Specification
Product Dimensions	6.6"D x 6.5"W x 8.58"H
Item Weight	1 Pound
Lamp Type	Desk Lamp

Feature	Specification
Shade Color	White
Shade Material	Plastic
Switch Type	Push Button
Light Source Type	LED
Power Source	Corded Electric
Brightness	10,000 Lux
Voltage	240 Volts
Wattage	40 watts
Model Number	VT22WW3
Connectivity Technology	USB

Warranty and Support

The Verilux HappyLight Lucent comes with an industry-leading **3-Year Manufacturer's Warranty**. This warranty covers defects in materials and workmanship under normal use.
For technical assistance, warranty claims, or any questions regarding your product, please contact our U.S.-based support team. Contact information can be found on the official Verilux website or on your product packaging.

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Ask a question about this manual

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Question

Example: How do I reset this device or fix this error?

Details

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