

[Manuals.plus](#) /

› [SMY Lighting](#) /

› SMY Blue Light Therapy Lamp LTL-101G-WHI User Manual

SMY Lighting LTL-101G-WHI

SMY Blue Light Therapy Lamp LTL-101G-WHI User Manual

1. INTRODUCTION

The SMY Blue Light Therapy Lamp is designed to provide effective light therapy, mimicking a bright, sunny blue sky. This UV-free LED lamp offers adjustable brightness and a convenient auto shut-off timer, making it a suitable choice for daily light intake, especially when natural light is limited. It aims to help combat energy dips, fatigue, and seasonal blues.

2. PACKAGE CONTENTS

Please ensure all items listed below are present in your package:

- 1 x SMY Blue Light Therapy Lamp (Model: LTL-101G-WHI)
- 1 x AC Adapter
- 1 x USB Cable
- 1 x User Guide



Figure 1: Back view of the SMY Blue Light Therapy Lamp, illustrating the adjustable stand, USB-C port, and the included AC adapter and USB cable.

3. SETUP

1. **Unpack:** Carefully remove the light therapy lamp and all accessories from the packaging.
2. **Position the Stand:** Extend the adjustable stand on the back of the lamp to your desired angle. The stand is designed with rubberized feet to prevent slipping.
3. **Connect Power:** Insert the USB cable into the USB-C port on the back of the lamp. Connect the other end of the USB cable to the provided AC adapter, then plug the AC adapter into a standard electrical outlet.
4. **Placement:** Place the lamp on a stable surface such as a desk or table. Refer to the "Important Usage Guidelines" section for optimal placement.

4. OPERATING INSTRUCTIONS

The SMY Blue Light Therapy Lamp features intuitive touch controls for easy operation.

- **Power On/Off & Brightness Adjustment:**

Locate the capacitive touch button on the front of the lamp.

- Press once to turn the lamp on at 100% brightness.
- Press a second time to switch to 50% brightness.
- Press a third time to turn the lamp off.



Figure 2: The lamp offers two brightness levels: 50% and 100%, easily toggled with the front touch button.

- **Auto Shut-Off Timer:**

The lamp includes a built-in timer for session control. The timer buttons are located on the side of the lamp.

- Press the timer button once for a 10-minute session.
- Press twice for a 20-minute session.
- Press three times for a 30-minute session.

- The lamp will automatically turn off after the selected duration.



Figure 3: The lamp features a side panel with indicator lights for 10, 20, and 30-minute timer settings.

5. IMPORTANT USAGE GUIDELINES

To maximize the effectiveness and safety of your light therapy lamp, please follow these guidelines:

- **Optimal Placement:** Place the lamp at an angle to your eyes (approximately 45°). Avoid looking directly into the light.
- **Distance:** Keep the lamp 12-20 inches (30-50 cm) from your eyes.
- **Session Duration:** Begin with 50% light intensity for 10 minutes. After a few days, increase to 50% for 20 minutes, then 50% for 30 minutes. Once comfortable, you may experiment with 100% intensity for 10, 20, or 30 minutes. Adjust the intensity and time to suit your personal comfort and therapy objectives.
- **Recommended Use:** Use the lamp for 20-30 minutes daily, ideally in the morning, while reading, working, or engaging in other activities.



- Portable size and weight
- Blue similar as sunny blue sky
- Larger light area
- 3 Time settings
- Flicker-free
- UV-free

Figure 4: The SMY Blue Light Therapy Lamp positioned on a desk, providing blue light during work.

6. KEY FEATURES

- **LED, UV-Free Blue Light:** Emits blue light that is as effective as 10,000 lux white light, designed to mimic a bright, sunny blue sky without harmful UV rays.
- **Two Brightness Levels:** Easily adjust the light intensity between 50% and 100% to match your environment and preference.
- **Auto Shut-Off Timer:** Features a built-in timer with settings for 10, 20, and 30 minutes, allowing for controlled therapy sessions.
- **Modern and Portable Design:** Its compact tablet-like design makes it suitable for any desk or work surface, blending seamlessly into your home or office, and convenient for travel.
- **Flicker-Free Operation:** Engineered to provide consistent illumination without visible or invisible flicker, reducing potential eye strain and headaches.

7. SPECIFICATIONS

Feature	Specification
Model	LTL-101G-WHI
Rated Power	5W
Adapter Input	100-240V
Adapter Output	5V 1A
USB Cable Length	1.5 Meters
Material	PC+ABS
Color	Blue
Item Size (D x W x H)	0.71" x 5.59" x 9.45"
Item Weight	1.1 Pounds
Light Source Type	LED
Special Feature	Dimmable
Control Method	Touch
Power Source	AC adapter
Is Cordless?	No
Water Resistance Level	Not Water Resistant

8. MAINTENANCE

To ensure the longevity and optimal performance of your SMY Blue Light Therapy Lamp, follow these simple maintenance steps:

- **Cleaning:** Gently wipe the lamp's surface with a soft, dry cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish or the light panel.
- **Storage:** When not in use for extended periods, store the lamp in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Handle the lamp with care to avoid dropping or impacting it, which could damage internal components.
- **Power Cord:** Regularly inspect the power cord and adapter for any signs of damage. If damaged, discontinue use and contact customer support.

9. TROUBLESHOOTING

If you encounter any issues with your SMY Blue Light Therapy Lamp, please refer to the following common troubleshooting tips:

- **Lamp Does Not Turn On:**
 - Ensure the AC adapter is securely plugged into both the lamp and a working electrical outlet.

- Verify that the power outlet is functional by plugging in another device.
- Check the USB cable for any visible damage.

- **Light Intensity Issues:**

- If the light is too dim or too bright, press the front capacitive touch button to cycle through the 50% and 100% brightness settings.

- **Timer Not Functioning:**

- Ensure the lamp is powered on before attempting to set the timer.
- Press the timer button on the side of the lamp to select 10, 20, or 30 minutes. The corresponding indicator light should illuminate.

- **Unusual Odor or Noise:**

- Immediately unplug the device and discontinue use. Contact customer support for assistance.

If these steps do not resolve the issue, please contact SMY Lighting customer support.

10. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video 1: An official product video demonstrating the features and usage of the SMY Blue Light Therapy Lamp, including its compact design, brightness settings, and timer function.

11. WARRANTY AND SUPPORT

SMY Lighting products are manufactured to high-quality standards. For information regarding warranty coverage, technical support, or service inquiries, please refer to the contact details provided in your product packaging or visit the official SMY Lighting website. Please retain your proof of purchase for warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question