

Verilux VT43WW3

Verilux HappyLight Luxe User Manual

Model: VT43WW3 | Brand: Verilux

1. INTRODUCTION

The Verilux HappyLight Luxe is a light therapy lamp designed to deliver up to 10,000 Lux of UV-Free, LED, full-spectrum light. This device aims to support well-being by improving sleep, boosting mood, increasing energy, and enhancing focus. It features adjustable brightness levels, color temperature options, and a programmable countdown timer for a personalized experience.



Figure 1: Front view of the Verilux HappyLight Luxe light therapy lamp, showcasing its sleek white design and control buttons.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions before using the HappyLight Luxe. Keep this manual for future reference.

- Do not immerse the device in water or other liquids.

- Do not use if the power cord or plug is damaged.
- Keep out of reach of children.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, especially eye conditions or light sensitivity.
- Avoid direct, prolonged eye contact with the light source.
- Use only with the provided power adapter.

Note: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a light therapy device.

3. PACKAGE CONTENTS

- Verilux HappyLight Luxe Light Therapy Lamp
- Detachable Stand
- Power Adapter
- User Manual



Figure 2: The Verilux HappyLight Luxe product box, indicating the contents.

4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Attach Stand:** Insert the detachable stand into the slot on the back of the HappyLight Luxe until it clicks securely into place. The stand allows for upright positioning.
3. **Wall Mount (Optional):** The detachable stand can also be used as a wall mount. Secure the stand to a wall using appropriate hardware (not included), then slide the HappyLight Luxe onto the mounted stand.
4. **Connect Power:** Plug the power adapter into the DC input port on the back of the lamp, then plug the adapter into a standard electrical outlet.



Figure 3: Diagram illustrating the dimensions of the HappyLight Luxe and its versatile detachable stand, which doubles as a wall mount.

5. OPERATING INSTRUCTIONS

The HappyLight Luxe features intuitive touch controls located at the bottom of the device.

5.1 Power On/Off

- Press the power button (usually the leftmost button) on the top edge of the device to turn the lamp on or off.

5.2 Adjusting Brightness

- The HappyLight Luxe offers 4 brightness levels.
- Press the brightness control button (often indicated by a sun or light icon) to cycle through the available brightness settings.

5.3 Changing Color Temperature

- Choose from 3 HappyHue color temperature options (e.g., warm white, natural white, cool white).
- Press the color temperature button (often indicated by a rainbow or color spectrum icon) to switch between the different hues.



Figure 4: Close-up of the HappyLight Luxe demonstrating different light color temperatures (warm, natural, cool) and indicating adjustable brightness levels.

5.4 Using the Countdown Timer

- The convenient countdown timer is programmable up to 1 hour, in 5-minute increments.
- Press the timer button (often indicated by a clock icon) repeatedly to set your desired session duration. The light will automatically turn off after the set time.



Figure 5: A hand interacting with the countdown timer button on the HappyLight Luxe, highlighting its programmable timer function.

5.5 Recommended Usage

- Position the lamp approximately 6-24 inches from your face.
- Angle the light so it shines towards your eyes, but not directly into them.
- Start with shorter sessions (e.g., 15-20 minutes) and gradually increase duration as needed, up to 60 minutes.
- Use daily, preferably in the morning, to help regulate your circadian rhythm.

BRING DAYLIGHT INDOORS

Light therapy stimulates the body's hormones to improve well-being.



Figure 6: A person using the HappyLight Luxe on a desk, illustrating its use for improving sleep, mood, energy, and focus.

6. MAINTENANCE

- **Cleaning:** Ensure the device is unplugged before cleaning. Wipe the surface with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the HappyLight Luxe in a cool, dry place when not in use.

7. TROUBLESHOOTING

- **Device not turning on:** Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet. Check if the outlet is functional.
- **Light flickering:** Unplug the device, wait a few minutes, and plug it back in. If flickering persists, contact customer support.
- **Buttons unresponsive:** Unplug the device and plug it back in to reset. Ensure your hands are clean and dry when operating touch controls.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	0.51"D x 7.48"W x 11.73"H (7.48 x 0.2 x 11.73 inches)
Item Model Number	VT43WW3
Item Weight	2 Pounds
Lamp Type	Light Therapy (LED, UV-Free, Full-Spectrum)
Brightness	Up to 10,000 Lux
Brightness Levels	4
Color Temperature Options	3 (HappyHue)
Countdown Timer	Programmable up to 1 hour (in 5-minute increments)
Finish Type	Painted
Color	White
Manufacturer	Verilux

9. WARRANTY & SUPPORT

The Verilux HappyLight Luxe comes with an industry-leading **3-Year Manufacturer's Warranty**.

For technical assistance, troubleshooting, or warranty claims, please contact Verilux customer support. Live support is available from our U.S.-based team.

Please refer to the official Verilux website or your product packaging for the most current contact information.