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› Verilux HappyLight Lumi - UV-Free LED Therapy Lamp Instruction Manual

Verilux VT31WW3

Verilux HappyLight Lumi - UV-Free LED Therapy Lamp

Model: VT31WW3

PRODUCT OVERVIEW

The Verilux HappyLight Lumi is a UV-free LED therapy lamp designed to provide bright white light, mimicking natural daylight. This lamp delivers up to 10,000 lux, offering an effective, safe, and natural way to improve mood, energy, sleep, and focus.





Image: The Verilux HappyLight Lumi lamp, a sleek white tablet-style device with a bright light panel.

Key Features:

- **UV-Free, LED, Full Spectrum Light:** Delivers 10,000 lux for effective and safe light therapy.
- **Personalized Settings:** Features 3 adjustable brightness levels.
- **Versatile Placement:** Includes a detachable stand and is wall-mountable.
- **Portable & Practical:** Ultra-thin tablet design for use at home or on-the-go.
- **Benefits:** Designed to improve sleep, boost mood, increase energy, and enhance focus.



Improve Sleep



Boost Mood



Increase Energy

Enhance Focus

SETUP

Follow these steps to set up your HappyLight Lumi for first use:

1. **Attach the Stand:** The detachable stand slides onto the bottom of the lamp. Ensure it clicks securely into place for stable upright positioning. The stand also locks onto the back of the unit for convenient storage when not in use.
2. **Connect Power:** Plug the provided AC adapter into the power port on the back of the HappyLight Lumi. Then, plug the adapter into a standard 120-volt electrical outlet.
3. **Positioning:** Place the lamp on a flat, stable surface. For optimal results, position the light approximately 6 to 24 inches from your face. Avoid staring directly into the light. It is often effective to angle the light or place it slightly above your eye level so that the light enters your peripheral vision.



Image: A person placing the Verilux HappyLight Lumi on a bathroom counter, demonstrating a typical setup location.

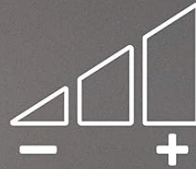


Image: Diagram showing the dimensions of the Verilux HappyLight Lumi, including its height (9.01 in), width (5.63 in), and depth with the stand (0.98 in).

OPERATING INSTRUCTIONS

The HappyLight Lumi is designed for simple and intuitive operation.

1. **Power On/Off:** Locate the power button on the top of the unit. Press it once to turn the lamp on. Press it again to turn it off.
2. **Adjust Brightness:** The lamp features a touch-responsive brightness circle on the front. Tap this circle to cycle through the 3 available brightness levels. Choose the level that feels most comfortable and effective for you.
3. **Recommended Usage:** For best results, use the HappyLight Lumi for 20-60 minutes daily, preferably in the morning. Consistency is key. You can use it while reading, working, eating, or engaging in other activities.



ADJUSTABLE BRIGHTNESS



Image: The Verilux HappyLight Lumi displaying its adjustable brightness feature, with an icon indicating increasing brightness levels.



Improve Sleep



Boost Mood



Increase Energy



Enhance Focus

Image: A woman comfortably using the Verilux HappyLight Lumi while relaxing in bed, demonstrating typical usage.

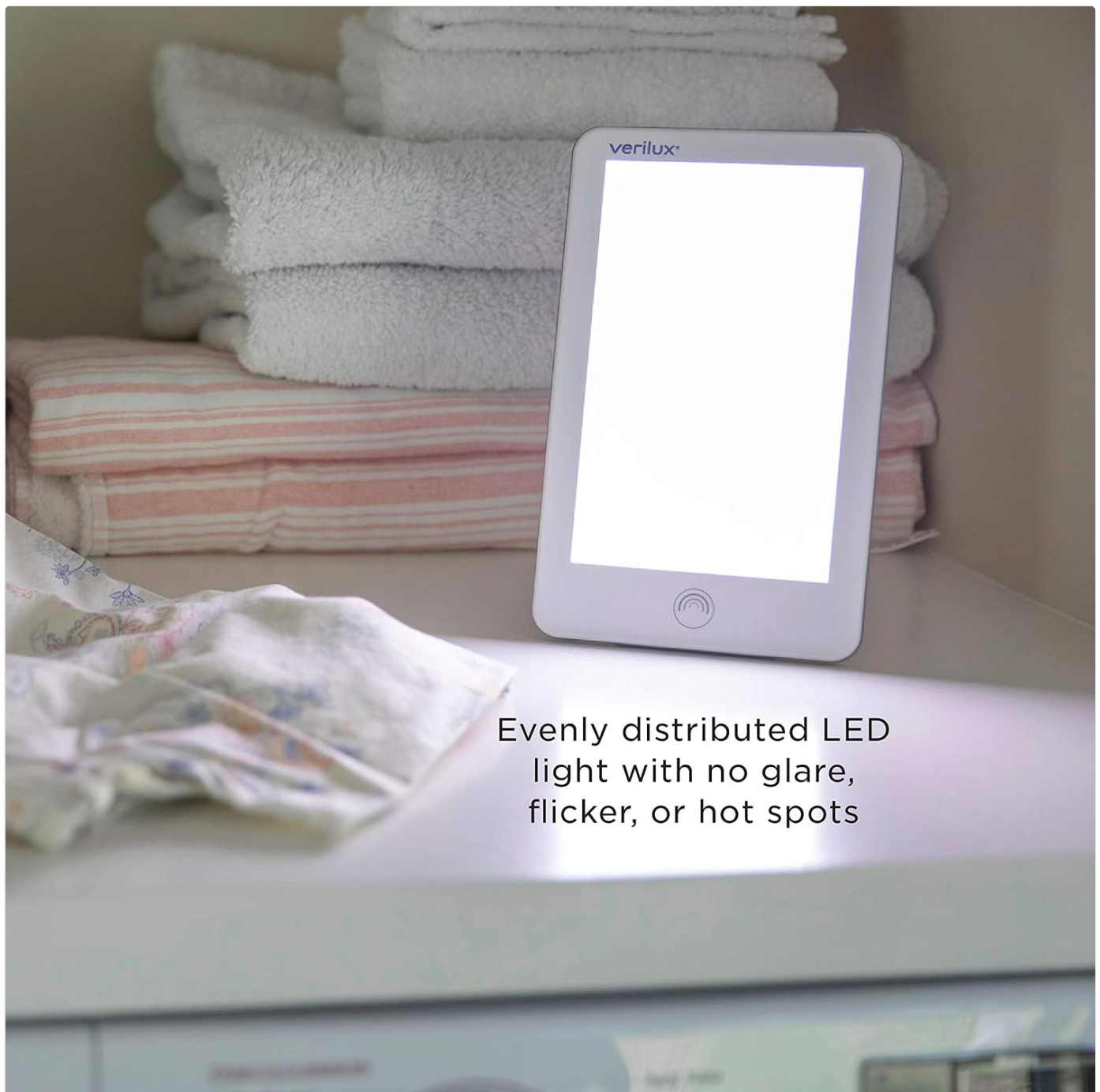


Image: The Verilux HappyLight Lumi positioned on a shelf, illustrating its evenly distributed LED light without glare, flicker, or hot spots.

CARE AND MAINTENANCE

To ensure the longevity and optimal performance of your HappyLight Lumi, follow these simple care instructions:

- **Cleaning:** Always unplug the lamp before cleaning. Use a soft, dry cloth to wipe the surface of the lamp. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish or internal components.
- **Storage:** When not in use, store the lamp in a cool, dry place. The detachable stand can be secured to the back of the unit for compact storage.
- **Handling:** Handle the lamp with care. Avoid dropping it or subjecting it to strong impacts.

TROUBLESHOOTING

If you encounter any issues with your HappyLight Lumi, refer to the following common solutions:

Problem	Possible Cause	Solution
Lamp does not turn on.	Not plugged in correctly or power outlet issue.	Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet. Test the outlet with another device.
Light is too bright or too dim.	Brightness setting needs adjustment.	Tap the brightness control circle on the front of the lamp to cycle through the 3 brightness levels until you find a comfortable setting.
Lamp feels warm.	Normal operation.	It is normal for the lamp to feel slightly warm during operation. If it becomes excessively hot, unplug it and contact customer support.

If the problem persists after trying these solutions, please contact Verilux customer support for further assistance.

PRODUCT SPECIFICATIONS

Specification	Detail
Model Number	VT31WW3
Product Dimensions	5.63 x 0.98 x 9.01 inches (0.98"D x 5.63"W x 9.01"H)
Item Weight	1.1 Pounds
Light Source	LED, UV-Free, Full Spectrum
Light Output	Up to 10,000 Lux
Brightness Levels	3
Power Input	120 volts AC
Base Material	Plastic
Finish Type	Painted
Lamp Type	Table Lamp
Manufacturer	Verilux
Date First Available	July 14, 2019

WARRANTY AND SUPPORT

Verilux is committed to providing quality products and excellent customer service.

- **Manufacturer's Warranty:** The Verilux HappyLight Lumi comes with a 3-Year Manufacturer's Warranty. Please retain your proof of purchase for warranty claims.
- **Customer Support:** Our US-based team is available to provide live support for any questions or issues you may have.

For more information or to contact support, please visit the official Verilux store:[Verilux Store on Amazon](#).

