

Luminette 0745844429340

Luminette 3 Light Therapy Glasses User Manual

Model: 0745844429340

1. INTRODUCTION

The Luminette 3 Light Therapy Glasses are designed to provide portable light therapy, assisting with sleep patterns, mood regulation, and combating effects of seasonal changes or jet lag. This device emits a blue-enriched white LED light to stimulate the body's natural response to daylight.

Key features include:

- Wearable design for use during daily activities.
- Three adjustable light intensities (500, 1000, and 1500 lux).
- Patented optical system for comfortable and effective light exposure.
- Compatibility with prescription eyeglasses or contact lenses.
- Certified for photobiological safety.



Image: The Luminette 3 Light Therapy Glasses, shown both as a standalone unit and being worn by a user.

2. SETUP AND FIRST USE

2.1 Charging the Device

Before first use, fully charge your Luminette 3 glasses. Connect the provided micro-USB cable to the charging port on the glasses and the other end to the UK plug charger or a compatible USB power source. A full charge typically provides 5-10 light therapy sessions.

2.2 Adjusting for Comfort

The Luminette 3 glasses are designed to be one-size-fits-all. The flexible arms can be gently bent to ensure a comfortable and secure fit on your head. The device is also compatible with most prescription eyeglasses or contact lenses, allowing for simultaneous use.



Compatible with glasses



Image: An older woman wearing the Luminette 3 glasses over her standard prescription glasses while using a tablet, demonstrating compatibility.

3. OPERATING INSTRUCTIONS

3.1 Powering On and Selecting Intensity

To begin a session, press the power button located on the device. Each press cycles through the three available light intensities:

1. **Low Intensity:** 500 lux (session duration: 60 minutes)
2. **Medium Intensity:** 1000 lux (session duration: 30 minutes)
3. **High Intensity:** 1500 lux (session duration: 20 minutes)

The device will automatically turn off once the selected session duration is complete.



**Just push the button,
Luminette does the rest**



Automatically turns off when the session ends,
⌚ 20-30-60 min depending on light intensity

Image: A close-up view of the Luminette 3 glasses, highlighting the power button and indicating the 20, 30, and 60-minute session durations corresponding to different light intensities.

3.2 Recommended Usage

Wear the Luminette 3 glasses during your regular morning routine, such as preparing breakfast, brushing teeth, working from home, or commuting. The wearable design allows for flexibility and does not require you to remain stationary.

Use it anywhere

Use Luminette
wherever you go,
whatever you do



Image: A man wearing the Luminette 3 glasses while focused on a computer screen, illustrating the device's use during daily activities.

4. MAINTENANCE

4.1 Cleaning

To clean your Luminette 3 glasses, gently wipe them with a soft, dry cloth. Avoid using abrasive cleaners or solvents that could damage the device's surface or optical components.

4.2 Storage

Store the Luminette 3 glasses in their provided carry case when not in use to protect them from dust and damage. Keep the device in a cool, dry place.

4.3 Nose Piece Replacement

The product includes extra nose pieces. If the current nose piece becomes worn or damaged, it can be replaced by gently detaching the old one and attaching a new one.

5. TROUBLESHOOTING

If you experience any issues with your Luminette 3 glasses, please consider the following:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait for a few minutes before attempting to power it on again.
- **Inconsistent light output:** Check for any obstructions on the light-emitting surface. Ensure the device is clean.
- **Discomfort during use:** Adjust the flexible arms for a better fit. If discomfort persists, discontinue use and consult the manufacturer.

For further assistance, please refer to the manufacturer's official support channels.

6. SPECIFICATIONS

Feature	Detail
Model Number	0745844429340
Product Dimensions	3.57 x 3 x 2.46 inches
Item Weight	1.76 ounces (49.9 Grams)
Light Intensities	500, 1000, 1500 lux
Wattage	3 watts
Batteries	2 Lithium Metal batteries (included)
Base Material	Polycarbonate (PC)
Finish Type	Matte
Manufacturer	Lucimed

7. SAFETY INFORMATION

The Luminette 3 Light Therapy Glasses are designed with user safety in mind and adhere to strict standards:

- **Certified Safety:** The device is certified as a "zero-risk" device according to European Standard IEC62471 on photobiological safety. It is compliant with international standards IEC 6247 and ANSI Z80.36.
- **Light Spectrum:** Luminette emits blue-enriched white light peaking at 468nm, which is safely away from harmful UV and infrared radiation. This specific wavelength is optimized to trigger the body's natural response to sunlight.
- **Legal Disclaimer:** Statements regarding light therapy products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult with a healthcare professional for medical advice.

A patented optical system

Placed above your field of vision, the Luminette does not dazzle or obstruct your view



Light and comfortable



Doesn't hinder vision

Image: A close-up showing the patented optical system of the Luminette 3 glasses, illustrating how light is directed into the eyes without obstructing vision.

8. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the documentation included with your purchase or visit the official Luminette website. For technical support or inquiries, please contact the manufacturer, Lucimed, directly through their customer service channels.

Manufacturer: Lucimed