

Verilux VT42WW3

Verilux HappyLight Touch Plus Instruction Manual

Model: VT42WW3

Brand: Verilux

1. ABOUT YOUR HAPPYLIGHT TOUCH PLUS

The Verilux HappyLight Touch Plus is a 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 is essential for effective light therapy. This device is engineered to help improve sleep, boost mood, increase energy, and enhance focus, providing a natural way to revitalize your day, especially during periods of limited natural light.



The Verilux HappyLight Touch Plus, a compact and modern light therapy lamp.

2. KEY FEATURES

- **10,000 Lux Brightness:** Provides the recommended intensity for effective light therapy.
- **UV-Free LED Light:** Ensures safe usage without harmful UV radiation.
- **Adjustable Brightness:** Features 3 distinct brightness levels to suit your preference and environment.
- **HappyHue Color Temperature Options:** Offers 2 color temperature settings for personalized comfort.
- **Countdown Timer:** Programmable for up to 1 hour in 10-minute increments, allowing for precise session control.
- **Portable Design:** Ultra-thin tablet design for easy portability.
- **Detachable Stand & Wall Mount:** Provides versatile placement options for use on a desk or mounted on a wall.



THE ORIGINAL CREATOR
OF THE HAPPYLIGHT®









CLINICALLY
PROVEN

10,000
LUX

UV
FREE

PORTABLE
DESIGN

The HappyLight Touch Plus is clinically proven, provides 10,000 Lux, is UV-free, and features a portable design.

CUSTOMIZE YOUR LIGHT

3 Brightness Settings
& Adjustable Color
Temperature



Customize your light therapy experience with adjustable brightness and color temperature.



COUNTDOWN TIMER

Programmable up to 1 hour,
in 10-minute increments.

The integrated countdown timer can be programmed for up to 1 hour in 10-minute increments.

3. BENEFITS OF LIGHT THERAPY

Light therapy with the HappyLight Touch Plus can provide numerous benefits, particularly for those experiencing symptoms related to seasonal changes or irregular schedules:

- **Improved Sleep:** Helps regulate the body's natural sleep-wake cycle.
- **Boosted Mood:** Can alleviate symptoms of winter blues and improve overall well-being.
- **Increased Energy:** Stimulates natural energy enhancers to reduce sluggishness.
- **Enhanced Focus:** Illuminates your space to support proper body function and concentration.

BRING DAYLIGHT INDOORS

Enjoy the benefits of
light therapy:



Bring daylight indoors and enjoy the benefits of light therapy for improved well-being.

4. SETUP

To set up your HappyLight Touch Plus:

1. Unpack all components: the HappyLight Touch Plus unit, power cord, and detachable stand.
2. **For Desk Use:** Attach the detachable stand to the back of the unit. Ensure it is securely in place to provide stable support.
3. **For Wall Mount:** The detachable stand also functions as a wall mount. Securely attach the stand to a wall using appropriate hardware (not included), then slide the HappyLight unit onto the mounted stand.
4. Connect the power cord to the unit and then plug it into a standard 100-volt electrical outlet.
5. Place the HappyLight Touch Plus on a flat, stable surface or mount it in a location where the light can comfortably reach you. For optimal results, position the light approximately 6-24 inches from your face, slightly off to the side.



The HappyLight Touch Plus comes with a power cord and a versatile detachable stand that doubles as a wall mount.

5. OPERATING INSTRUCTIONS

The HappyLight Touch Plus features intuitive touch controls for easy operation:

1. **Power On/Off:** Press the power button (usually the leftmost button with a circle icon) to turn the light on or off.
2. **Adjust Brightness:** Use the brightness control button (often indicated by a sun icon or multiple lines) to cycle through the 3 available brightness levels.
3. **Change Color Temperature:** Press the HappyHue color temperature button (typically a rainbow or color wheel icon) to switch between the 2 available color temperature options.
4. **Set Countdown Timer:** Activate the timer by pressing the timer button (often a clock icon). Each press will increase the timer setting in 10-minute increments, up to a maximum of 1 hour. The light will automatically turn off when the timer expires.

It is recommended to start with shorter sessions (e.g., 20-30 minutes) and gradually increase duration as needed, typically in the morning.

6. MAINTENANCE

Maintaining your HappyLight Touch Plus is simple:

- Ensure the device is unplugged before cleaning.
- Wipe the surface of the lamp with a soft, dry cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the unit.
- The LED lights are designed for long-lasting performance and do not require replacement.

7. TROUBLESHOOTING

If you encounter issues with your HappyLight Touch Plus, consider the following:

- **Light Not Turning On:** Ensure the power cord is securely plugged into both the unit and a working electrical outlet.
- **Flickering Light:** Verify the power connection. If flickering persists, try plugging the unit into a different outlet.
- **Controls Unresponsive:** Ensure your fingers are clean and dry when using the touch controls. A firm, direct touch is often required.

If problems persist after attempting these steps, please contact Verilux customer support.

8. SPECIFICATIONS

Attribute	Detail
Model Number	VT42WW3
Light Intensity	Up to 10,000 Lux
Light Type	UV-Free, LED, Full-Spectrum
Brightness Levels	3
Color Temperature Options	2 HappyHue settings
Timer	Up to 60 minutes (in 10-minute increments)
Product Dimensions	6.38"D x 6.38"W x 10.32"H
Item Weight	1.51 Pounds
Power Input	100 volts
Material	Plastic or Engineered Wood

9. WARRANTY AND SUPPORT

The Verilux HappyLight Touch Plus comes with an industry-leading **3-year manufacturer's warranty**. For any questions, technical assistance, or warranty claims, please contact our U.S.-based customer support team.

Contact information can typically be found on the Verilux official website or on the product packaging.

10. IMPORTANT HEALTH NOTE

Please note that 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 before starting any new therapy, especially if you have pre-existing medical conditions or are taking medications.