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## Verilux VT52WW3

# Verilux HappyLight Alba LED Therapy Lamp User Manual

Model: VT52WW3 | Brand: Verilux



## INTRODUCTION

The Verilux HappyLight Alba is a UV-free LED therapy lamp designed to provide bright white light, simulating natural sunlight. This device offers adjustable brightness levels, color temperature options, and a programmable countdown timer to enhance your daily light therapy experience. It is intended for personal use to support mood, energy, focus, and sleep patterns.

## IMPORTANT SAFETY INFORMATION

- Read all instructions before using the HappyLight Alba.
- Do not use this device if you have an eye condition or are taking medication that increases light sensitivity without consulting a healthcare professional.
- Keep the device away from water or excessive moisture.
- Ensure the power cord is not damaged and is properly connected to a suitable power source (110 Volts DC).
- Do not attempt to open or repair the device. Refer all servicing to qualified personnel.
- Keep out of reach of children.

## PACKAGE CONTENTS

Verify that all items are present in the package:

- Verilux HappyLight Alba LED Therapy Lamp
- Power Adapter
- User Manual (this document)



Image: The Verilux HappyLight Alba LED Therapy Lamp packaging, showing the lamp and its features.

## PRODUCT OVERVIEW

The HappyLight Alba features a sleek, round design with intuitive controls located on the back of the unit.



Image: Front view of the Verilux HappyLight Alba, a round white light therapy lamp with a minimalist design.



## COUNTDOWN TIMER

Programmable up to 1 hour,  
in 10 minute increments



Image: Back view of the HappyLight Alba, illustrating the touch-sensitive controls for power, brightness, color temperature, and the countdown timer.

### Key Components:

- **Light Panel:** Emits UV-free, full-spectrum LED light.
- **Power Button:** Turns the device on/off.
- **Brightness Control:** Adjusts light intensity (4 levels).
- **Color Temperature Control (HappyHue):** Changes light hue (3 options).
- **Countdown Timer:** Sets usage duration (up to 1 hour in 10-minute increments).
- **Integrated Stand:** Provides stable support.
- **Power Input Port:** For connecting the power adapter.

### SETUP

1. **Unpack:** Carefully remove the HappyLight Alba and all components from the packaging.
2. **Position:** Place the lamp on a flat, stable surface where you intend to use it. Ensure it is within reach of a

power outlet.

3. **Connect Power:** Insert the power adapter into the power input port on the back of the lamp. Plug the other end of the adapter into a standard 110V DC electrical outlet.
4. **Initial Placement:** For optimal results, position the lamp approximately 6-24 inches (15-60 cm) from your face, slightly off to the side to avoid direct glare.



Image: The HappyLight Alba positioned on a wooden desk, providing light while a person is eating, demonstrating typical usage.

## OPERATING INSTRUCTIONS

The HappyLight Alba features touch-sensitive controls on its rear panel.

### Power On/Off:

- Touch the **Power Button** (circular icon) once to turn the lamp on.
- Touch it again to turn the lamp off.

## Adjusting Brightness:

- With the lamp on, touch the **Brightness Control** (sun icon) repeatedly to cycle through 4 brightness levels.
- The lamp will remember your last brightness setting when turned off and on again.

## Adjusting Color Temperature (HappyHue):

- With the lamp on, touch the **Color Temperature Control** (color palette icon) repeatedly to cycle through 3 HappyHue color temperature options (cool white, neutral white, warm white).
- The lamp will remember your last color temperature setting.



## HappyHue™ Adjustable Temperature & Brightness Settings

Image: Three HappyLight Alba units demonstrating the range of adjustable color temperatures, from cool white to warm white.

## Using the Countdown Timer:

- The timer can be set for up to 1 hour in 10-minute increments.
- To activate, touch the **Timer Button** (clock icon) once. The indicator lights (10, 20, 30, 40, 50, 60) will illuminate to show the current timer setting.
- Each subsequent touch will increase the timer by 10 minutes, up to 60 minutes.
- To turn off the timer, cycle past 60 minutes, or press and hold the timer button for 3 seconds.
- The lamp will automatically turn off when the set time expires.

## USAGE GUIDELINES

- Recommended Duration:** Start with 20-30 minutes of use per day and gradually increase as needed, up to 60 minutes.
- Best Time for Use:** Morning use is generally recommended to help regulate circadian rhythms. Avoid using it too close to bedtime as it may interfere with sleep.
- Distance:** Maintain a distance of approximately 6-24 inches (15-60 cm) from the lamp. Closer distances may require shorter sessions.
- Eye Contact:** You do not need to stare directly into the light. Position it so the light enters your peripheral vision while you engage in other activities like reading, working, or eating.

## MAINTENANCE

- Cleaning:** Disconnect the power adapter before cleaning. Use a soft, dry cloth to wipe the surface of the lamp. Do not use abrasive cleaners, solvents, or harsh chemicals.
- Storage:** Store the lamp in a cool, dry place when not in use.
- Bulb Replacement:** The LED lights are designed for long-term use and are not user-replaceable.

## TROUBLESHOOTING

| Problem                                 | Possible Cause                             | Solution  |
|---|--|---|
| Lamp does not turn on.                  | Power adapter not connected or faulty.     | Ensure the power adapter is securely plugged into the lamp and the wall outlet. Try a different outlet.   |
| Controls are unresponsive.              | Temporary software glitch or dirty sensor. | Unplug the lamp for 30 seconds, then plug it back in. Clean the control area with a soft, dry cloth.  |
| Timer does not turn off the lamp.       | Timer not set correctly.                   | Refer to the "Using the Countdown Timer" section to ensure correct setting. Ensure the timer indicator lights are illuminated for the desired duration. |
| Light flickers or changes unexpectedly. | Unstable power supply or internal issue.   | Try plugging into a different power outlet. If the issue persists, contact customer support.  |

## SPECIFICATIONS

| Feature      | Detail  |
|--------------|---------|
| Model Number | VT52WW3 |
| Brand        | Verilux |

| Feature                   | Detail   |
|---------------------------|--|
| Light Source              | UV-Free LED  |
| Brightness                | Up to 10,000 Lux   |
| Brightness Levels         | 4  |
| Color Temperature Options | 3 (HappyHue)   |
| Timer                     | Programmable up to 1 hour (in 10-minute increments)            |
| Power Source              | Corded Electric (110 Volts DC)                                 |
| Product Dimensions        | 7.36"W x 3.18"D x 6.65"H (18.69 cm W x 8.07 cm D x 16.89 cm H) |
| Item Weight               | 1.15 pounds (521.63 Grams)                                     |
| Material                  | Plastic  |
| Finish Type               | Polished   |



Image: Diagram illustrating the dimensions of the HappyLight Alba lamp: 6.65 inches high, 7.36 inches wide, and 3.18 inches deep.

## WARRANTY AND SUPPORT

The Verilux HappyLight Alba comes with a **3-Year Manufacturer's Warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact Verilux Customer Service:

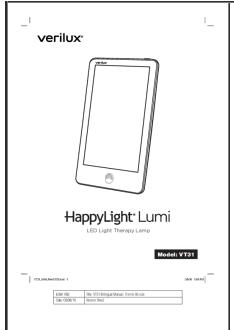
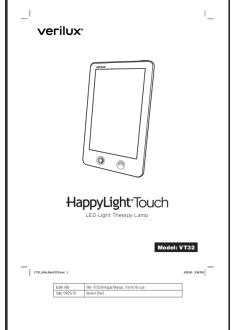
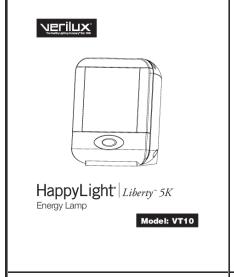
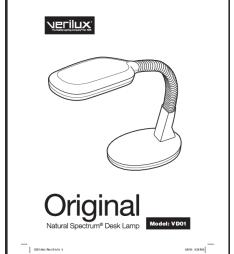
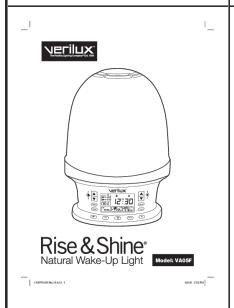
- **Website:** [www.verilux.com](http://www.verilux.com)
- **Contact Information:** Refer to the Verilux website for the most current contact methods (phone, email, chat).

Please have your model number (VT52WW3) and proof of purchase available when contacting support.

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This manual is for informational purposes only. Verilux reserves the right to make changes to product specifications without prior notice.

## Related Documents - VT52WW3

|  |  |
|--|--|
|    | <p><a href="#">Verilux HappyLight Lumi VT31 LED Light Therapy Lamp User Manual</a></p> <p>Comprehensive user manual for the Verilux HappyLight Lumi VT31 LED Light Therapy Lamp, covering setup, operation, safety guidelines, troubleshooting, technical specifications, and warranty information.</p>  |
|   | <p><a href="#">Verilux HappyLight Touch VT32 LED Light Therapy Lamp User Manual</a></p> <p>User manual for the Verilux HappyLight Touch VT32 LED Light Therapy Lamp. Learn about setup, usage, features, safety, troubleshooting, and warranty for this LED light therapy device.</p>  |
|  | <p><a href="#">Verilux HappyLight Liberty 5K Energy Lamp User Manual</a></p> <p>Discover the Verilux HappyLight Liberty 5K Energy Lamp (Model VT10) user manual. Learn about its natural spectrum light therapy benefits, features, operation, bulb replacement, troubleshooting, and warranty information for improved mood, energy, and concentration.</p>                             |
|  | <p><a href="#">Verilux Original Natural Spectrum Desk Lamp VD01 User Manual and Safety Guide</a></p> <p>Comprehensive user manual for the Verilux Original Natural Spectrum Desk Lamp (Model VD01). Includes important safety instructions, setup, bulb replacement, troubleshooting, care, and warranty information.</p>  |
|  | <p><a href="#">Verilux Rise &amp; Shine Natural Wake-Up Light VA05F User Manual</a></p> <p>Comprehensive user manual for the Verilux Rise &amp; Shine Natural Wake-Up Light (Model VA05F), covering setup, features, controls, programming, troubleshooting, and warranty information. Learn how to use its light and sound therapy features for a better sleep and wake experience.</p> |

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| <p><b>HOME THEATER CONSTRUCTION TIPS</b></p> <ul style="list-style-type: none"><li>• Choose a large room if you're aiming for a true 7.1. For an alternative that's a little more compact, consider a 5.1 system.</li><li>• Light placement: Yes. You can't see it, but it's critical. My rule of thumb is to have at least one light fixture per 100 square feet of room. This is to ensure that the room is well lit, even when the screen is off.</li><li>• Acoustic treatment: This is a must. You can't hear a thing if you don't have decent acoustics. I recommend double walls or good drywall insulation. If you don't have a budget for that, then consider adding a thick carpet, or even better, a thick rug. This will help absorb the sound.</li><li>• Seating: You can't sit in a room if there's no seating. Make sure you have enough room for everyone to sit comfortably. If you're going for a large room, consider a sofa or a large recliner. If you're going for a smaller room, consider a few smaller chairs.</li><li>• Acoustic insulation: There's a lot of noise in a room, especially if you're in a basement. Make sure you have good insulation to keep the noise out.</li><li>• Heat: If you're going to be in the room for an extended period of time, you'll need to have a good heating system. Make sure you have a good radiator or a good heater.</li><li>• Ventilation: You don't want to be in a room that's too hot or too cold. Make sure you have a good ventilation system.</li><li>• Lighting: You don't want to be in a room that's too dark. Make sure you have a good lighting system.</li><li>• Radiant heating: There's a lot of noise in a room, especially if you're in a basement. Make sure you have good insulation to keep the noise out.</li><li>• Acoustic panels: You can't hear a thing if you don't have decent acoustics. I recommend double walls or good drywall insulation. This is to ensure that the room is well lit, even when the screen is off.</li><li>• Acoustic glass: Make sure you have good insulation to keep the noise out.</li><li>• Acoustic tiles: You can't hear a thing if you don't have decent acoustics. I recommend double walls or good drywall insulation. This is to ensure that the room is well lit, even when the screen is off.</li></ul> | <h2><u>Home Theater Construction Ideas: Tips for Building Your Dream Room</u></h2> <p>Explore essential tips and ideas for constructing a home theater, covering acoustics, lighting, seating, ventilation, and more. Learn how to optimize your space for an immersive audio-visual experience.</p> |
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