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- > INSPIRE MANOA LED Dimmable Flat Recessed Spotlight User Manual Ø 12.3cm

## **INSPIRE MANOA**

# INSPIRE MANOA LED Dimmable Flat Recessed Spotlight User Manual

Model: MANOA (Ø 12.3cm, 1000LM, 3000K/4000K, IP44, 6.7W)

## 1. Introduction

Thank you for choosing the INSPIRE MANOA LED Dimmable Flat Recessed Spotlight. This manual provides essential information for the safe and efficient installation, operation, and maintenance of your new lighting fixture. Please read these instructions carefully before installation and retain them for future reference. This versatile LED spotlight features a sleek design, dual color temperature options (3000K warm white and 4000K neutral white), and dimming functionality controlled by a standard light switch. Its IP44 rating allows for installation in various indoor environments, including damp areas like bathrooms (excluding direct water spray zones).



Front view of the INSPIRE MANOA LED Dimmable Flat Recessed Spotlight, showcasing its sleek, round, white design.

## 2. SAFETY INFORMATION

- **Electrical Safety:** Installation must be performed by a qualified electrician or competent person in accordance with local electrical codes and regulations. Always disconnect power at the main circuit breaker before installation, maintenance, or repair.
- Voltage: Ensure the supply voltage matches the fixture's specified voltage (220-240V).
- **IP44 Rating:** This product is rated IP44, meaning it is protected against solid objects larger than 1mm and splashing water from any direction. It is suitable for damp locations like bathrooms, but **not** for areas where it would be exposed to direct water jets or submersion (e.g., inside a shower cabin or directly above a bathtub without additional protection).
- **Heat:** Do not cover the fixture with insulating material unless specifically designed for it. Ensure adequate ventilation around the fixture.
- Damage: Do not operate the fixture if it is damaged. Contact customer support for assistance.
- Non-replaceable LED: The LED light source in this luminaire is not replaceable. When the light source reaches its end of life, the entire luminaire shall be replaced.

## 3. PACKAGE CONTENTS

Please check that all components are present and undamaged:

- INSPIRE MANOA LED Dimmable Flat Recessed Spotlight
- Mounting hardware (screws, spring clips)
- · Instruction Manual

# 4. SPECIFICATIONS

Feature	Specification
Model	MANOA
Power Consumption	6.7 W
Luminous Flux	1000 lumens
Color Temperature	3000K (Warm White) / 4000K (Neutral White)
Diameter	12.3 cm (Ø 123 mm)
Thickness	1.8 cm (18 mm)
Voltage	220-240 V
Protection Class	IP44
Electrical Protection	Class 2 (Double Insulation)
Beam Angle	118°
Recommended Coverage	2 m² per unit
Material	Plastic
Special Features	Dimmable (via switch), Dual Color Temperature

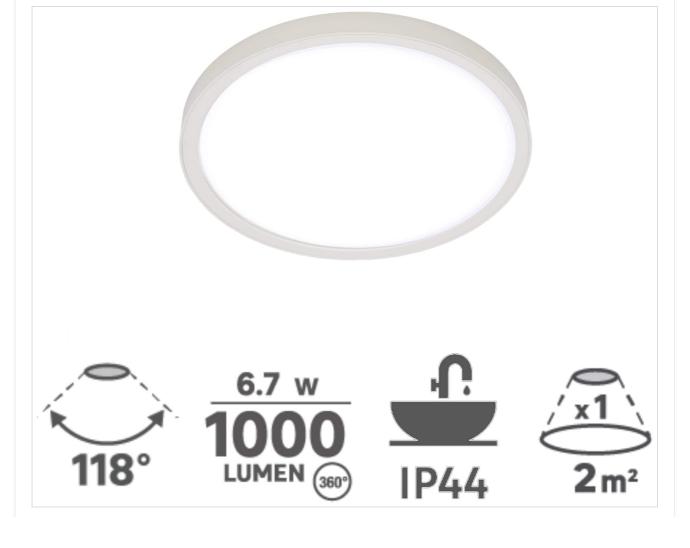
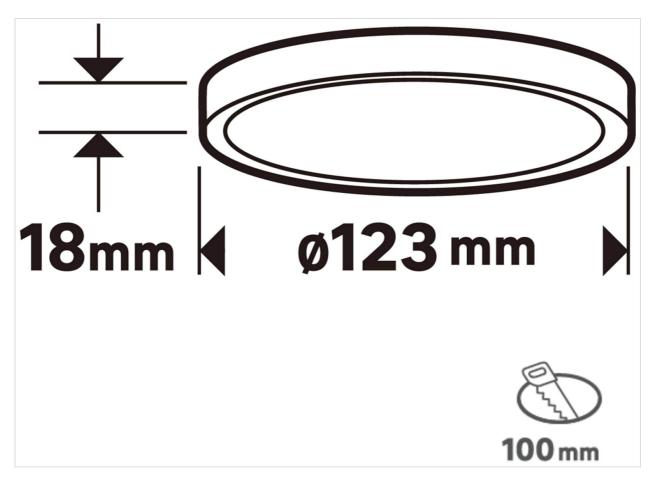


Diagram illustrating key technical specifications: 118° beam angle, 6.7W power, 1000 lumens output, IP44 protection rating, and recommended coverage area of 2m² per unit.



Technical drawing showing the dimensions of the spotlight: 18mm thickness and 123mm diameter, with a recommended 100mm cutout for recessed installation.

## 5. SETUP AND INSTALLATION

The INSPIRE MANOA spotlight offers two installation methods: surface mount or recessed mount. Choose the method appropriate for your ceiling type.

## 5.1. Before You Begin

- Ensure power is disconnected at the main circuit breaker.
- Gather necessary tools: screwdriver, wire strippers, drill (for recessed mount), hole saw (for recessed mount).
- Consult a qualified electrician if you are unsure about any steps.

## 5.2. Surface Mount Installation (Method A)

- 1. Disconnect power.
- 2. Position the spotlight base against the ceiling at the desired location. Mark the screw holes.
- 3. Drill pilot holes if necessary.
- 4. Connect the electrical wires from the ceiling to the spotlight's terminal block, ensuring correct polarity (Live, Neutral). Secure connections.
- 5. Attach the spotlight base to the ceiling using the provided screws.
- 6. Secure the main body of the spotlight to the base.



Illustration of surface mount installation (Method A), showing the spotlight attached directly to the ceiling with screws.

## 5.3. Recessed Mount Installation (Method B)

- 1. Disconnect power.
- 2. Using a 100mm hole saw, cut a circular opening in the ceiling at the desired installation point.
- 3. Connect the electrical wires from the ceiling to the spotlight's terminal block, ensuring correct polarity (Live, Neutral). Secure connections.
- 4. Fold back the spring clips on the sides of the spotlight.
- 5. Carefully insert the spotlight into the cutout. The spring clips will automatically engage and hold the fixture securely in place against the ceiling.

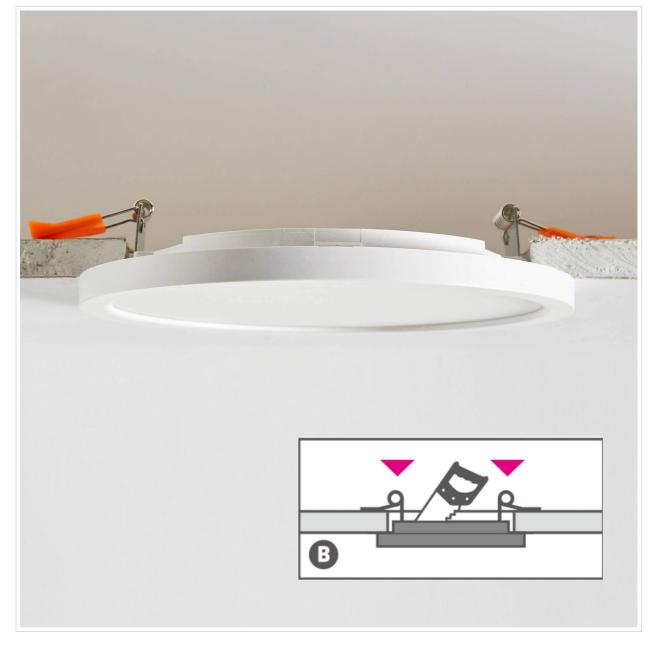


Illustration of recessed mount installation (Method B), showing the spotlight secured within a ceiling cutout using spring clips.

## 6. OPERATING INSTRUCTIONS

The INSPIRE MANOA spotlight features integrated dimming and color temperature adjustment via your standard wall light switch. No external dimmer is required.

- First Click: Turn on the light switch. The spotlight will illuminate with4000K Neutral White light at 100% intensity. This setting is ideal for tasks requiring bright, clear illumination, such as cooking or working.
- Second Click: Quickly turn the light switch off and then on again. The spotlight will switch to3000K
   Warm White light at 50% intensity. This setting provides a softer, cozier ambiance, suitable for
   relaxation or social gatherings.
- 3. Subsequent Clicks: Repeating the off-on sequence will cycle between these two modes.



Visual representation of the dual color temperature and dimming function. On the left, 4000K neutral white light at 100% intensity. On the right, 3000K warm white light at 50% intensity, activated by successive switch clicks.



The INSPIRE MANOA LED spotlight installed in a modern room, providing ambient lighting above shelves.

# 7. MAINTENANCE

The INSPIRE MANOA LED spotlight requires minimal maintenance.

- Cleaning: Ensure the power is off before cleaning. Wipe the fixture with a soft, dry, or slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish or electrical components.
- **No User-Serviceable Parts:** This fixture contains no user-serviceable parts. Do not attempt to open or repair the unit. The LED light source is not replaceable.

# 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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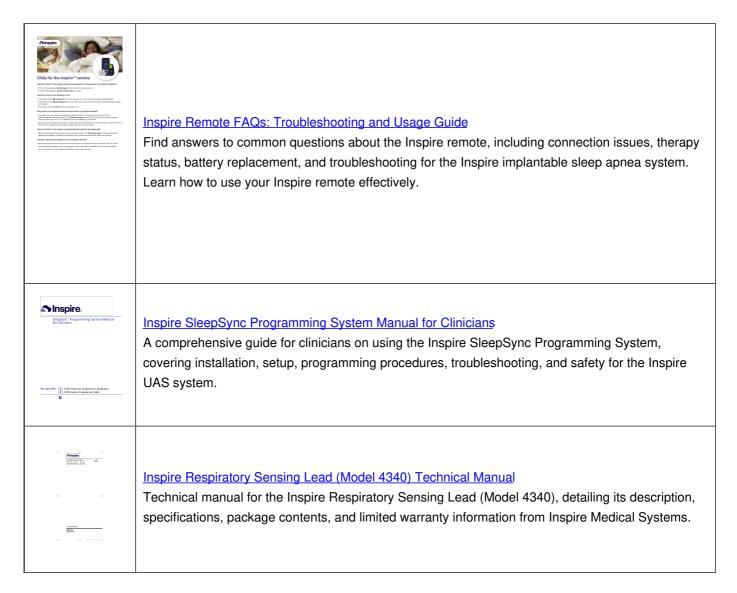
Problem Possible Cause		Solution	
Light does not turn on	No power supply; Loose wiring; Faulty switch; Faulty fixture.	Check circuit breaker; Verify wiring connections (power off); Test switch; Contact customer support.	
Light flickers	Loose wiring; Incompatible dimmer (not applicable for this product's internal dimming); Voltage fluctuations.	Check wiring connections (power off); Ensure stable power supply; Contact customer support.	
Cannot change color temperature/intensity	Switching sequence not followed correctly; Internal fault.	Ensure quick off-on sequence; Contact customer support if problem persists.	

# 9. WARRANTY AND SUPPORT

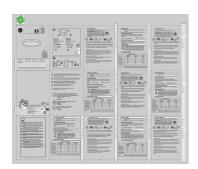
This INSPIRE MANOA LED Dimmable Flat Recessed Spotlight comes with a**5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. For warranty claims, technical support, or any questions regarding your product, please contact your retailer or the manufacturer's customer service with your proof of purchase.

## **Related Documents - MANOA**

	Inspire MODICA LED Ceiling Light - CCT Dimmable, 40cm White SEO optimized description for Inspire MODICA LED Ceiling Light. This document provides assembly instructions and usage details for the CCT dimmable, 40cm diameter white ceiling light by Inspire.
Steep App Guide  Steep App Guide  or are with regard lawys ferning Model/2003	Inspire Sleep App Guide for Model 2580 Remote  A comprehensive guide to using the Inspire Sleep App and Model 2580 Sleep Remote for managing sleep apnea therapy, connecting with healthcare providers, and tracking sleep progress. Includes setup, features, and troubleshooting.
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#### Documents - INSPIRE - MANOA

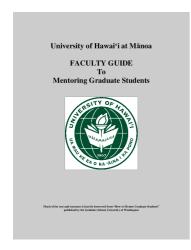


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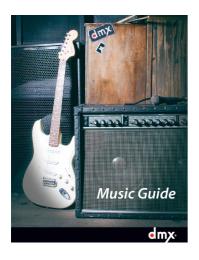


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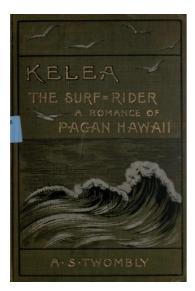


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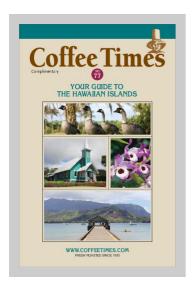
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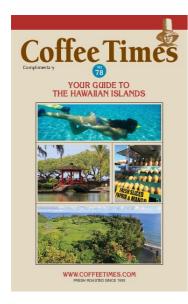


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0016827 original challenges robotevents |||

Title: A Complete Kit Our team is called the **Manoa** Green Tigers. Last year, to show team unity, my team members and I all wore tiger headbands. So for me, our robotics kit wasn t complete unless it included our tiger headband. It made me feel connected to my teammates, as well as my school. I still ...

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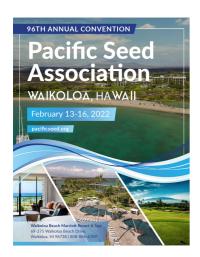
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The Mentor Aloha Chapter Monthly News 6618 FINAL higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

June 2018 Nominate an Outstanding Community Member We are responsible for the world in which we fi ... acific Club AFP Fundamentals of Fundraising Course August 23 24, 8:00am-5:30pm The Salvation Army-**Manoa** September: Donor Relations Work shop September 11, 9:00-11:00am Presenter: Lynne Wester, Partn...

lang:en score:11 filesize: 585.71 K page\_count: 7 document date: 2018-06-13



## [pdf]

HILux JuneJuly InTheLoop SeaStarBeachwear copy cdn shopify s files 1 0662 5079 |||

. FORWARD IN THE LOOP SPA DEBUT URBAN OASIS The Ritz-Carlton Residences, Waikiki recently opened its ... rroundings of the area, based on the ahupua a subdivision of Waikiki. Tired travelers will love the **Manoa** Mist: Revitalize treatment, which utilizes the healing and uplifting powers of turmeric and na... lang:en score:11 filesize: 6.14 M page count: 1 document date: 2017-03-04



Microsoft Word Draft Mid Pacific President Opportunity Statement Alison Institute gallery mailchimp d09d80abc8cc6a2ef04d9acf4 files |||

E D U C A T I O N A L L E A D E R S H I P O P P O R T U N I T Y: President Honolulu, Hawai i For Ju ...,550 students in preschool through grade 12. Situated on a spacious 40-acre campus in the beautiful **Manoa** Valley, it ranks among the nation s most dynamic and forward-looking independent schools. The ...

lang:en score:11 filesize: 1.82 M page\_count: 10 document date: 2012-08-28



#### [pdf]

The Mentor Aloha Chapter Monthly News 8118 FINAL higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

August 2018 AFP Member Pau Hana Smashing Success The test of our progress is not whether we add ... acific Club AFP Fundamentals of Fundraising Course August 23 24, 8:00am-5:30pm The Salvation Army-**Manoa** September: Donor Relations Work shop September 11, 9:00-11:00am Presenter: Lynne Wester, Partn...

lang:en score:10 filesize: 779.28 K page\_count: 6 document date: 2018-10-25



#### [pdf]

Scott Goto Q A pub Brent Farmer Read a Charlesbridge scott goto qa 2050832862862189748 cdn shopify s files 1 0750 0101 |||

You originally graduated from college with a degree in secondary art education from the University of Hawaii, **Manoa**, before deciding to pursue a bachelor of arts degree at Art Center College of Design. What made you interested in going back to school for art, and how did you decide to become to be a...

lang:en score:10 filesize: 636.83 K page\_count: 2 document date: 2008-07-02



#### [pdf]

The Mentor Aloha Chapter Monthly News 7518 FINAL higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

July 2018 LAST CHANCE to RSVP for Our Exclusive Pau Hana for AFP Members on July 12th The proper ... acific Club AFP Fundamentals of Fundraising Course August 23 24, 8:00am-5:30pm The Salvation Army-**Manoa** September: Donor Relations Work shop September 11, 9:00-11:00am Presenter: Lynne Wester, Partn...

lang:en score:10 filesize: 751.49 K page\_count: 6 document date: 2018-10-25



Microsoft Word WHOS WHO Press 180503 mxp059000 personal utdallas edu ~mxp059000 documents ||| For Immediate Release Mike W. Peng, Ph.D., Named among the World's Most Influential Scientific Minds ... University of Washington in 1996. Early in his career, Dr. Peng joined the University of Hawaii at Manoa, where he served as an assistant professor for two years. He briefly served as an assistant pr...

lang:en score:10 filesize: 159.39 K page\_count: 2 document date: 2018-05-03



## [pdf]

Engel fm Owner The Path to Steps 1 mcusercontent 58a37be12948de7eda043db59 files 388defb0 e086 b9ca 94b5 a77631f665a6 |||

Cybernetics and Human Knowing. Vol. 23 2016, no. 3, pp. xx-xx The Path to Steps to an Ecology of M ... teson s year-long graduate seminar, Field Methods in Anthropology, at the University of Hawaii in Manoa. Toward the end of that year, Gregory invited me to his office at the Oceanic Institute in Wai...

lang:en score:10 filesize: 184.72 K page count: 6 document date: 2016-10-22



## [pdf]

egc JW Events Notice January 7 Final gallery mailchimp d09d80abc8cc6a2ef04d9acf4 files ||| The Hawai i Conference Justice and Witness Missional Team lifts up peace and justice activities in o ... round the Cross, Thursday, January 22, 7:30 p.m., at Newman Center at the University of Hawai i at Manoa 1941 East West Center Road, Honolulu . An hour of simple music, scripture, and prayer for Chr...

lang:en score:10 filesize: 182.99 K page\_count: 1 document date: 2015-01-07

#### [pdf]

Dyck John CUNY Graduate Center as a eastern 3 19 2018 progra gallery mailchimp dc14b23b5f534994506b51948 files eed14313 e67e 4658 b7d2 3267742ae1bd ||| American Society for Aesthetics Eastern Division Meeting April 20-21, 2018 Courtyard Marriott Philad ... Hu, Moral Enlightenment of Classical Chinese Art Comment: Joseph Haroff University of Hawaii at Manoa \_\_\_\_\_\_ 11:15 am 12:45 pm ROOM A: Public Art Chair: Katherine Kurtz Villanova Andre... lang:en score:10 filesize: 150.77 K page count: 3 document date: 2018-03-19



official brand guidelines Branding Guidlines Pop Culture Artisan PopsPopCulture Brand Guidelines 2025cdn shopify s files 1 0455 6429 7366 PopCulture 2025 v 1742505142 |||

Pop Culture Artisan Pops branding style guidle primary logo Logos From Waimnalo with Aloha At Po ... r all ages; Coffee Cacao Nib Swirl, featuring Kauai coffee and local cacao nibs from our friends at **Manoa** Chocolate; Matcha Honey Cream, made with ceremonial-grade matcha and local honey; and Hibiscus...

lang:en score:10 filesize: 2.47 M page\_count: 5 document date: 2025-03-20

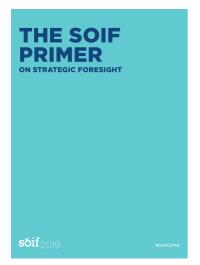


#### [pdf]

Cathy Catholic Partnership Schools Position Description higherlogic s3 amazonaws AFPNET 1d22b54b 3508 4bee a7f8 db23267ba9c9 UploadedFiles FikixMRISmK5YXeai8FA

Executive Director Catholic Partnership Schools Camden, New Jersey www.catholicpartnershipschools.or ... lambertassoc.com Leaders in Executive Search for Nonprofit Organizations Lambert Associates 222 S **Manoa** Road, Suite 201 Havertown, PA 19083 610-924-9100 www.lambertassoc.com LAMBERT ASSOCIATES ...

lang:en score:10 filesize: 502.99 K page count: 5 document date: 2020-05-27



## [pdf] Reference Guide

SOIF2019 Primer cdn2 hubspot net hubfs 5401550 |||

THE SOIF PRIMER ON STRATEGIC FORESIGHT 2019 #SOIF2019 School of International Futures 49 Brick L ... casting and exploratory scenarios work, archetypes reflect re-curring images of the future e.g. the **Manoa** method s Growth, Discipline, Collapse, Transformation. They are high level descriptors of pote... lang:en score:10 filesize: 926.45 K page\_count: 12 document date: 2019-07-29



Sweeney Family Malvern Preparatory School Position Description Final higherlogic s3 amazonaws AFPNET 1d22b54b 3508 4bee a7f8 db23267ba9c9 UploadedFiles jKiGZS0kRlCslGgza9zt Director of Development Partnerships Malvern Preparatory School Malvern, Pennsylvania https://www. ... lambertassoc.com Leaders in Executive Search for Nonprofit Organizations Lambert Associates 222 S Manoa Road, Suite 201 Havertown, PA 19083 610-924-9100 www.lambertassoc.com LAMBERT ASSOCIATES ...

lang:en score:10 filesize: 234.08 K page count: 4 document date: 2020-05-28

#### [pdf]

Microsoft Word JD EDD AFP Rean Nagel TSA 011921 higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

Page 1 of 3 THE SALVATION ARMY HAWAIIAN PACIFIC ISLANDS DIVISION JOB DESCRIPTION EXECUTIVE DIRECT ... opiers, scanners, calculators, etc. DESCRIPTION OF WORK ENVIRONMENT: Office will be indoors at 2950 Manoa Road, Honolulu. Attendance at trainings and meetings, both in Hawaii and on the mainland is re...

lang:en score:10 filesize: 593.01 K page count: 5 document date: 2021-01-19



**Charter Schools Top Public Schools on** Statewide Exams

Lab School News Pages 3-7 Entertainment Pages 8-9 Sports Page 10 s Pages 14-15 Editorial Page 16

## [pdf]

RainbowEdition1104 Original Obama FAIL! re040523 hawaii edu labschool |||

g x et u Xw November 2004 Volume 2, Issue 3 Education Laboratory School Charter Schools Top Pub ... y closure. The storm strengthened on October 30, 2004, when flash flood warnings were issued to all Manoa residents including the University of Manoa. Some Laboratory students were at the Halloween da...

lang:en score:10 filesize: 658.86 K page\_count: 16 document date: 2004-12-08



manulani meyer 6195d2dc131424eeba26dbbb 3 How The Westside Is Restoring Coconut April4 2021 copy assets global website files 5fcddea1a80b96bbac087c89 |||

How The Westside Is Restoring The Coconut Tree As A Food Source In Hawaii A group from the Universit ... rs, the valleys were filled with kalo, or taro, patches. Dr. Noa Kekuewa Lincoln, a professor at UH **Manoa**, says there are a lot of reasons why native crops like niu have diminished in the area. Specif...

lang:en score:10 filesize: 913.46 K page count: 6 document date: 2021-06-25



## [pdf]

The Mentor Aloha Chapter Monthly News 4618 FINAL higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

April 2018 Don t judge each day by the harvest you reap, but by the seeds you plant. - Robert Lou ... sed August: AFP Fundamentals of Fundraising Course August 23 24, 8:00am-5:30pm The Salvation Army-**Manoa** September: Donor Relations Workshop September 11, 9:0011:00am Presenter: Lynne Wester, Partner...

lang:en score:10 filesize: 565.5 K page\_count: 4 document date: 2018-04-26



## [pdf]

team 3880 firstinspires org sites default files resource library frc game and season info awards 2016 chairmans week five

Chairman s Award Team 3880 Print Close 2016 Team 3880 Team Number 3880 Team Name, Corporate/University Sponsors NASA, BAE Systems, Friends of Hawaii Robotics, Maui Economic Development Board, Ace Hardware, UH **Manoa** College of Engineering, Thirty Meter Telescope, HELCO, Oceanic Time Warner C...

lang:en score:9 filesize: 145.73 K page\_count: 3 document date: 2016-04-05



Ellie Cook American Academy of Nursing 2020 Awards Recognizes Outstanding Individuals higherlogic s3 amazonaws AANNET c8a8da9e 918c 4dae b0c6 6d630c46007f UploadedImages

American Academy of Nursing Recognizes Outstanding Individuals for Advancing Health Equity and Impro ... rsity, Vanderbilt University, George Washington University and the University of Hawaii in Hilo and **Manoa**. It is an honor to present Dr. DeLeon with the second Lifetime Legacy Award ever granted by t...

lang:en score:9 filesize: 246.47 K page\_count: 3 document date: 2020-10-28



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The Mentor Aloha Chapter Monthly News 1819 FINAL2 higherlogic s3 amazonaws AFPNET 9ae5f420 405c 46e5 be5f fe025adcf1ec UploadedImages

January 2020 Welcome from Aloha Chapter President Angela Britten, CFRE Aloha and Happy New Year As ... ve a lunch meeting Waioli Kitchen and Bake Shop. If you haven t been there before, it s nestled in **Manoa** Valley and a really peaceful and beautiful setting for meeting. Do you have a favorite saying ...

lang:en score:9 filesize: 989.58 K page\_count: 5 document date: 2020-01-31



## [pdf] Documentation

3880 firstinspires org sites default files resource library frc game and season info awards 2018 chairmans week three

3/19/2018 FIRST Robotics Competition - Chairman s Award - Team 3880 Chairman s Award - Team 3880 Print Close 2018 - Team 3880 Team Number 3880 Team Name, Corporate/University Sponsors NASA, BAE Systems, Friends of Hawaii Robotics, Maui Economic Development Board, Ace Hardware, UH **Manoa** Coll...

lang:en score:9 filesize: 129.18 K page\_count: 4 document date: 2018-03-19