

MediAcous ME-TL03

MediAcous ME-TL03 Light Therapy Lamp User Manual

Model: ME-TL03

1. INTRODUCTION

The MediAcous ME-TL03 Light Therapy Lamp is designed to mimic the full spectrum of natural daylight, providing up to 10,000 lux of brightness. This device is intended to support well-being by helping to regulate sleep patterns, enhance focus, boost mood, and increase energy levels, particularly during periods of reduced natural light exposure.

This manual provides essential information for the safe and effective use of your MediAcous ME-TL03 Light Therapy Lamp. Please read it thoroughly before operation and retain it for future reference.



Image 1.1: Front view of the MediAcous ME-TL03 Light Therapy Lamp.

2. SAFETY INFORMATION

To ensure safe operation and prevent damage, please observe the following safety precautions:

- **UV-Free Technology:** This lamp uses UV-free LED technology. However, avoid looking directly into the light source for extended periods.
- **Placement:** Place the lamp on a stable, flat surface. Ensure it is not easily knocked over.
- **Power Source:** Only use the power adapter provided with the device. Ensure the voltage matches your local power supply.
- **Water and Moisture:** Do not expose the lamp to water or high humidity. Do not use it in bathrooms or near sinks.
- **Children:** Keep the device out of reach of children. Adult supervision is required if children are near the device.
- **Medical Conditions:** Consult a healthcare professional before using this lamp if you have any eye conditions, skin conditions, or are taking medications that increase light sensitivity.
- **Disassembly:** Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.

- **Heat:** Do not cover the lamp during operation, as this may cause overheating.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not a medical device.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- MediAcous ME-TL03 Light Therapy Lamp
- Power Adapter
- User Manual (this document)

4. PRODUCT FEATURES

The MediAcous ME-TL03 Light Therapy Lamp offers the following key features:

- **10,000 Lux Brightness:** Mimics natural daylight to support energy and mood.
- **Adjustable Brightness:** Four levels (25%, 50%, 75%, 100%) to suit individual preferences.
- **Adjustable Color Temperature:** Four settings (3000K, 4000K, 5000K, 6500K) for various environments and needs.
- **Timer Function:** Selectable durations of 15, 30, 45, or 60 minutes.
- **Memory Function:** Retains the last used brightness and color temperature settings upon restart.
- **Upgraded Touch Control:** Recessed buttons and an enlarged touch area for easy and accurate operation.
- **UV-Free LEDs:** Provides full brightness without harmful UV radiation, flicker, or glare.
- **Compact Size:** Designed for portability and easy placement.



Image 4.1: Illustration of the lamp's compact size and recessed button design.

5. SPECIFICATIONS

Attribute	Specification
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Attribute	Specification
Model Number	ME-TL03
Brightness	10,000 Lux
Brightness Levels	4 (25%, 50%, 75%, 100%)
Color Temperatures	4 (3000K, 4000K, 5000K, 6500K)
Timer Settings	15, 30, 45, 60 minutes
UV Filter	UV-Free
Product Dimensions	6.7 x 2.36 x 6.7 inches (17 x 6 x 17 cm)
Item Weight	1.39 Pounds (0.63 kg)
Material	Plastic
Cable Length	2 Feet (0.61 meters)

6. SETUP

Follow these steps to set up your light therapy lamp:

1. **Unpack:** Carefully remove the lamp and all accessories from the packaging.
2. **Placement:** Place the lamp on a stable, flat surface where you intend to use it. Ensure it is within reach of a power outlet.
3. **Connect Power:** Insert the power adapter cable into the lamp's power port, then plug the adapter into a standard electrical outlet.



Image 6.1: Recommended placement distance for optimal use (5.5-20 inches from face).

7. OPERATING INSTRUCTIONS

The MediAcous ME-TL03 features intuitive touch controls for easy operation.



Image 7.1: Visual representation of brightness levels and color temperatures.

7.1 Power On/Off

- To turn the lamp **ON**, gently touch the power button.
- To turn the lamp **OFF**, touch the power button again.

7.2 Brightness Adjustment

- With the lamp on, touch the brightness control button to cycle through the four brightness levels: 25%, 50%, 75%, and 100%.
- Select the level that is most comfortable for your environment and needs.

7.3 Color Temperature Adjustment

- With the lamp on, touch the color temperature control button to cycle through the four color temperature settings: 3000K (warm white), 4000K (natural white), 5000K (cool white), and 6500K (daylight white).
- Choose the color temperature that best suits your preference or the time of day.

7.4 Timer Function

- Touch the timer button to activate the automatic shut-off function.
- Each touch will cycle through the available timer settings: 15 minutes, 30 minutes, 45 minutes, and 60 minutes.
- The lamp will automatically turn off after the selected duration.

4 Timer Settings

Set the timer from 15/30/45/60 minutes to save energy



Image 7.2: Illustration of the lamp's timer settings.

7.5 Memory Function

The lamp is equipped with a smart memory function. If the power connection is maintained, the lamp will remember the last brightness and color temperature settings used when it is turned on again.

8. USAGE GUIDELINES

To maximize the benefits of your light therapy lamp, consider the following recommendations:

- **Initial Use:** Everyone's sensitivity to light varies. For your first use, begin with a lower brightness level and gradually increase it as you become accustomed to the light.
- **Timing:** It is generally recommended to use the lamp in the morning, shortly after waking up, or when you feel tired.
- **Duration:** Typical sessions range from 15 to 30 minutes for optimal results. Adjust the timer accordingly.
- **Distance:** Position the lamp approximately 5.5 to 20 inches (14 to 50 cm) from your face. The closer the lamp, the higher the lux intensity received.
- **Viewing:** Do not stare directly into the light. Position the lamp so the light enters your eyes indirectly, allowing you to continue with other activities like reading or working.

Light Up Your Day

 Regulate Sleep

 Enhance Focus

 Boost Mood

 Increase Energy



Image 8.1: Example of lamp usage during daily activities.

9. MAINTENANCE

Proper care will extend the life of your light therapy lamp:

- **Cleaning:** Ensure the lamp is unplugged before cleaning. Use a soft, dry cloth to wipe the surface. Do not use abrasive cleaners, solvents, or harsh chemicals.

- **Storage:** When not in use, store the lamp in a cool, dry place, away from direct sunlight and moisture.
- **Power Cord:** Regularly inspect the power cord for any signs of damage. If damaged, discontinue use and contact customer support.

10. TROUBLESHOOTING

If you encounter issues with your MediAcous ME-TL03 Light Therapy Lamp, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Lamp does not turn on.	No power supply.	Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet.
Light flickers or is inconsistent.	Loose connection or power issue.	Check power connections. Try a different outlet. If the problem persists, discontinue use and contact support.
Cannot change brightness or color temperature.	Incorrect button press or temporary software glitch.	Ensure you are touching the correct control area. Try unplugging the lamp for 30 seconds and plugging it back in to reset.
Timer function not working.	Timer not activated or set incorrectly.	Ensure you have pressed the timer button to select a duration (15, 30, 45, or 60 minutes).

If the issue is not resolved by the above steps, please contact MediAcous customer support.

11. WARRANTY AND SUPPORT

MediAcous products are designed for reliability and performance. Specific warranty details are typically provided with your purchase documentation or can be found on the official MediAcous website.

For technical support, warranty claims, or general inquiries, please refer to the contact information provided with your product packaging or visit the official MediAcous support channels.

Please have your model number (ME-TL03) and purchase date available when contacting support.