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YIPFREE Portable Red Light Therapy Panel

YIPFREE Portable Red Light Therapy Panel Instruction Manual

Model: Portable Red Light Therapy Panel

1. Introduction

Thank you for choosing the YIPFREE Portable Red Light Therapy Panel. This device combines 660nm red light and 850nm near-infrared light to support various wellness applications. Its portable design allows for convenient use at home, in the office, or while traveling. Please read this manual thoroughly before use to ensure safe and effective operation.



Image: The YIPFREE Portable Red Light Therapy Panel features 144 LEDs, 124mW/cm² irradiance at 3 inches, dimmable functionality, and a 5200mAh rechargeable battery, offering superior performance compared to other models.

2. Safety Information

Please observe the following safety precautions:

- Always wear the provided protective eyewear during use to shield your eyes from intense light.
- Do not look directly into the LED lights when the device is operating.

- Keep the device dry. Do not use it in wet environments or near water.
- Keep out of reach of children and pets.
- Consult a healthcare professional before using this device if you have any medical conditions, are pregnant, or are taking photosensitizing medications.
- Discontinue use if you experience any discomfort or adverse reactions.
- Statements regarding this device have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. Product Components

The YIPFREE Portable Red Light Therapy Panel package includes the following items:



Image: Detailed packing list showing the main red light panel, soft diffuser, protective goggles, tripod, charging accessories, and carrying case.

1. Packaging box
2. Zipper box (carrying case)
3. Red light panel
4. Soft diffuser
5. PD power plug

6. Type-C cable
7. Goggles
8. Dust cover
9. Tripod
10. User Manual

4. Setup

4.1 Charging the Device

The device features a built-in 5200mAh rechargeable battery. Before first use, fully charge the device. A full charge typically takes 90 minutes.

- **Direct Charging:** Connect the provided Type-C cable to the device and the PD power plug, then plug into a wall socket.
- **Power Bank Charging:** Connect the Type-C cable to the device and a PD-enabled power bank.



Image: The device supports two charging methods: using a PD power bank or a wall charger.

4.2 Attaching the Tripod

The included tripod can be screwed into the bottom of the device for hands-free operation and multi-angle application.



Image: The device can be mounted on the tripod for stable, multi-angle positioning during therapy sessions.

5. Operating Instructions

5.1 Powering On/Off

Press and hold the power button to turn the device on or off. The display screen will illuminate upon activation.

5.2 Wavelength Selection and Brightness Adjustment

The device utilizes a combination of 660nm red light and 850nm near-infrared light. You can adjust the ratio and brightness:

- Use the dial to modify the red-to-infrared light ratio.
- Adjust the dial to control the overall brightness (1% to 100%).



Image: The device allows for customizable wavelength ratios, with 660nm targeting superficial skin and 850nm penetrating deeper tissues.

5.3 Smart Modes

The device offers 5 smart modes for various applications:

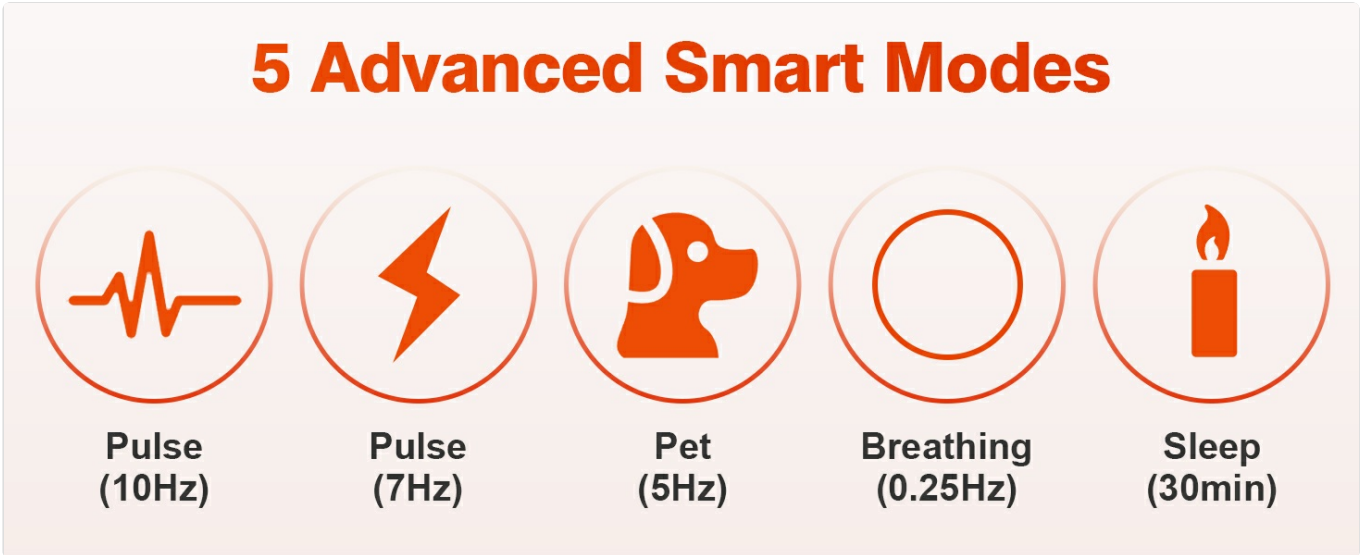


Image: Overview of the 5 smart modes available on the device.

- **Pulse (10Hz):** General pulse mode.
- **Pulse (7Hz):** Designed to relieve nerves, suppress pain signals, promote endorphin release, and regulate local microenvironment.
- **Pet (5Hz):** Specific mode for pet therapy.
- **Breathing (0.25Hz):** Simulates human physiological rhythms, enhancing deep penetration and gentle regulation.
- **Sleep (30min):** Promotes melatonin production, natural sleep, and regulates sleep cycles.

Switch between modes using the designated button on the device.

5.4 Timer Setting

The device includes a timer function with settings from 5 to 15 minutes, and a dedicated 30-minute sleep mode. This allows for customized therapy durations.

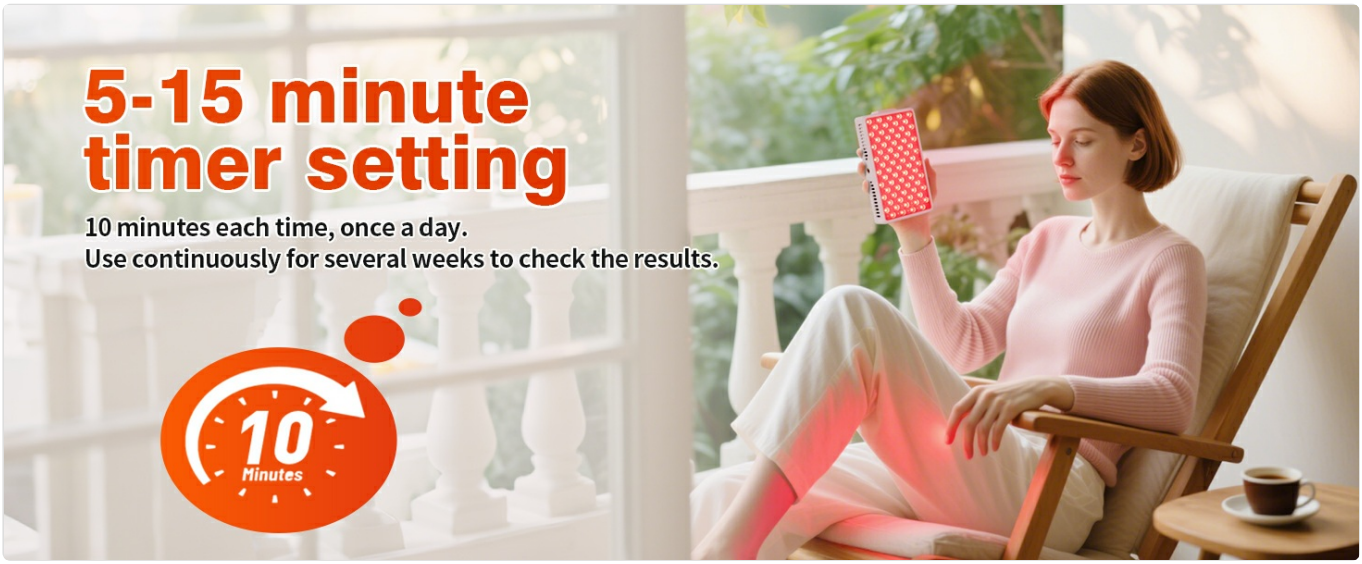


Image: The device features a 5-15 minute timer setting for convenient and controlled therapy sessions.

5.5 Recommended Usage

For optimal results, use the device for approximately 10 minutes per session, once a day. Consistent use over several weeks is recommended to observe visible improvements.

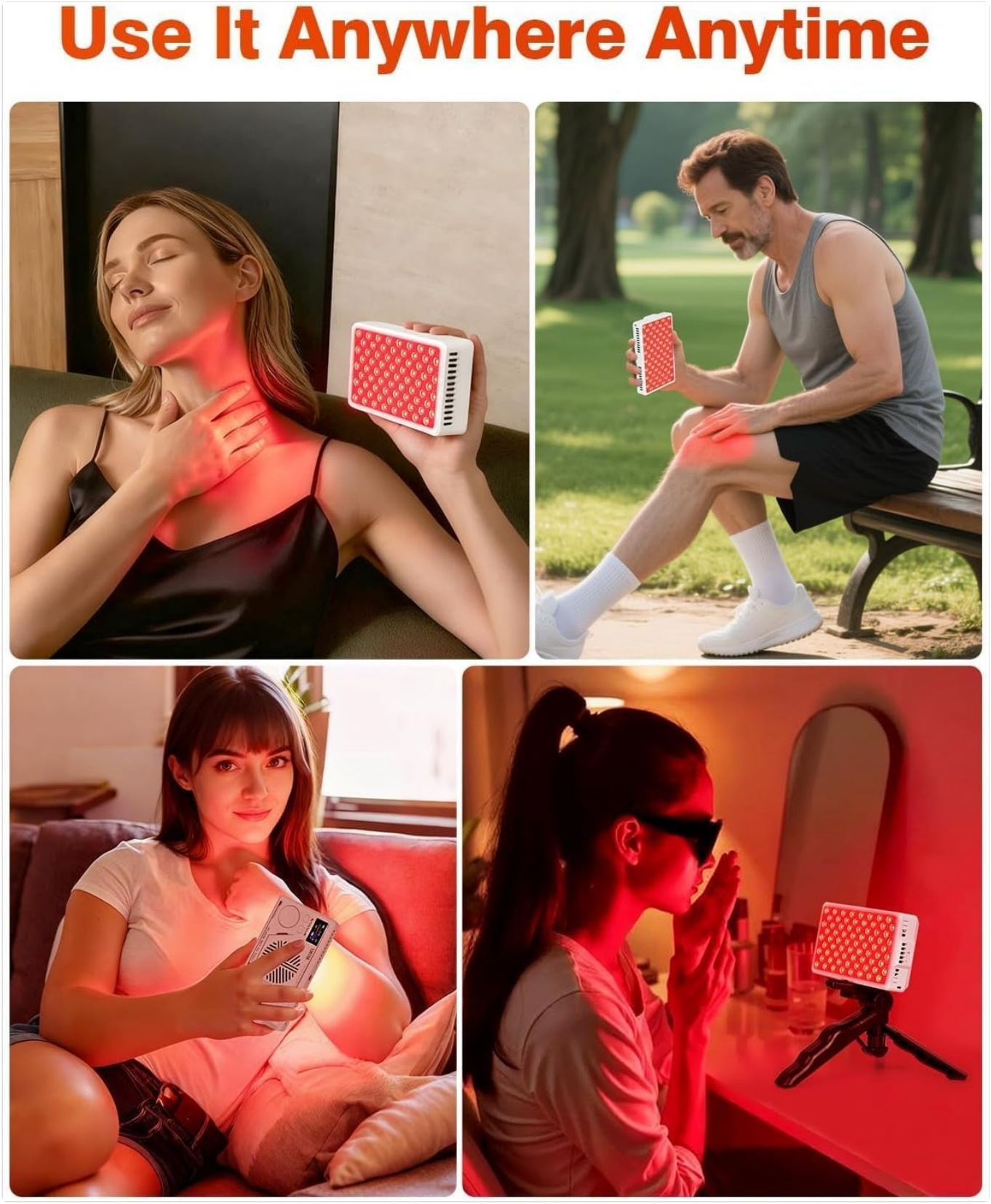


Image: The portable design allows for versatile use in various locations and situations.

6. Maintenance

To ensure the longevity and proper functioning of your YIPFREE Red Light Therapy Panel:

- Clean the device regularly with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- Store the device in its zipper box in a cool, dry place when not in use.
- Ensure the charging port is free from dust and debris.

7. Troubleshooting

If you encounter any issues with your device, please refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Lights not illuminating:** Check if the device is powered on and if the brightness setting is not at 0%.
- **Charging issues:** Verify that the Type-C cable and PD power plug are securely connected and that the power outlet is functional. Try a different cable or power source if available.
- **Unusual operation:** Turn off the device, wait for a few seconds, and then turn it back on. If the issue persists, contact customer support.

8. Specifications

Feature	Detail
Wavelengths	660nm (Red Light) & 850nm (Near-Infrared Light)
LEDs	144
Irradiance	Up to 124mW/cm² at 3 inches
Battery Capacity	5200mAh Lithium Ion
Charging Time	Approximately 90 minutes for full charge
Dimensions	5.6" x 3.1" x 1.2"
Weight	0.39 lbs (approximately 1.98 pounds packaged)
Manufacturer	YIPFREE
First Available	September 1, 2022

9. Warranty and Support

YIPFREE offers a 30-day trial period for this product. For any questions, technical support, or warranty claims, please contact YIPFREE customer service. Refer to the contact information provided with your purchase or visit the official YIPFREE store on Amazon: YIPFREE Store.

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