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› LASTAR Light Therapy Lamp User Manual

LASTAR CM011, CM021

LASTAR Light Therapy Lamp User Manual

Models: CM011 & CM021

Brand: LASTAR

1. INTRODUCTION

Thank you for choosing the LASTAR Light Therapy Lamp. This manual provides essential information for the safe and effective use of your CM011 (oval) and CM021 (rectangular) models. These lamps are designed to mimic natural daylight, offering up to 10,000 Lux (CM011) or 12,000 Lux (CM021) of UV-free light to help improve mood, energy levels, focus, and sleep quality, especially during periods of reduced natural light.



This image displays both the LASTAR CM011 oval light therapy lamp and the LASTAR CM021 rectangular light therapy lamp, showcasing their distinct designs and the range of color temperatures available for the rectangular model.

Indoor Natural Daylight



UV-Free



Glare-Free



12000LUX



Full Spectrum Light



A mother and child are depicted sitting near the LASTAR CM021 rectangular light therapy lamp, emphasizing its ability to provide indoor natural daylight that is UV-Free, Glare-Free, offers up to 12,000 Lux, and is full spectrum.

2. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the lamp and retain this manual for future reference. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- **Power Source:** Only use the provided power adapter. Ensure the voltage matches your local power supply (120V).
- **Placement:** Place the lamp on a stable, flat, and dry surface. Keep it away from heat sources, direct sunlight, and flammable materials.
- **Water Exposure:** Do not expose the lamp to water or excessive humidity. Do not use it in bathrooms or near sinks.
- **Ventilation:** Do not cover the lamp or block its ventilation openings.
- **Children and Pets:** Keep the lamp out of reach of children and pets.

- **Maintenance:** Do not attempt to disassemble or repair the lamp yourself. Refer all servicing to qualified service personnel.
- **Eye Safety:** While the lamp is UV-free, avoid staring directly into the light source for extended periods.
- **Unplugging:** Always unplug the lamp from the power outlet before cleaning or when not in use for extended periods.

3. WHAT'S INCLUDED

Carefully unpack your LASTAR Light Therapy Lamp and ensure all items are present:

- 1 x LASTAR CM011 Light Therapy Lamp Unit (Oval)
- 1 x LASTAR CM021 Light Therapy Lamp Unit (Rectangular)
- 2 x Power Adapters
- 1 x User Manual (this document)

4. SETUP GUIDE

1. **Unpack:** Remove the lamp and all accessories from the packaging.
2. **Placement:** Choose a suitable location for your lamp. It is designed for tabletop use in indoor environments such as offices or living spaces. Place it on a stable, flat surface where it will not be easily knocked over.
3. **Connect Power:** Insert the power adapter cable into the DC input port on the back or side of the lamp unit. Then, plug the power adapter into a standard 120V electrical outlet.
4. **Positioning:** Position the lamp approximately 6-24 inches (15-60 cm) from your face. The optimal distance may vary based on your comfort and desired light intensity. The CM021 rectangular lamp features an adjustable stand for optimal angle.

5. OPERATING INSTRUCTIONS

Both CM011 and CM021 models feature intuitive touch controls for easy operation.

5.1 Power On/Off

- To turn the lamp ON, gently touch the **Power button** (**CM011:** located on the top surface; **CM021:** located on the base).
- To turn the lamp OFF, touch the **Power button** again.

5.2 Brightness Adjustment

The lamps offer multiple brightness levels to suit your preference and environment.

- **CM011:** Adjust brightness from 20% to 100%. Touch the **Brightness button** to cycle through levels.
- **CM021:** Adjust brightness through 5 levels (10%, 30%, 50%, 70%, 100%). Touch the **Brightness button** or swipe the control area on the base to select your desired intensity.



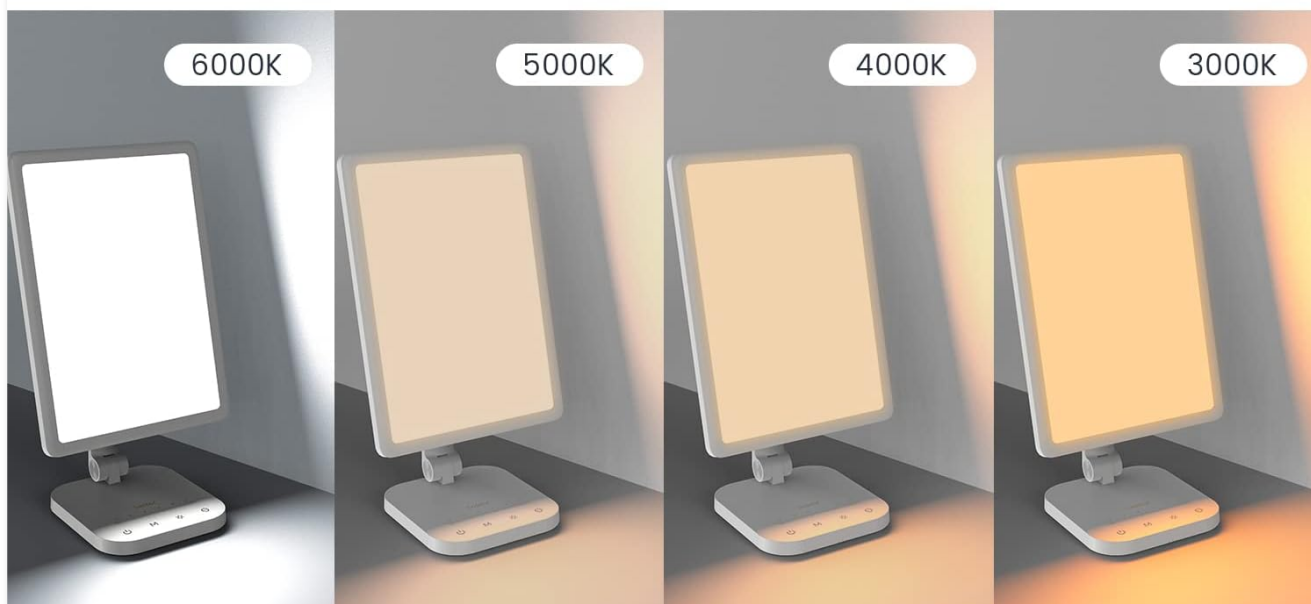
This image provides an overhead perspective of the LASTAR CM011 oval light therapy lamp on a wooden desk, visually representing its customizable brightness levels from 20% to 100%.

5.3 Color Temperature Adjustment (CM021 Only)

The CM021 rectangular lamp offers 4 color temperature settings to match different moods or times of day.

- **CM021:** Touch the **Color Temperature button** or swipe the control area on the base to cycle through 3000K (warm white), 4000K (natural white), 5000K (cool white), and 6000K (daylight white).

4 Color Temperatures 5 Levels of Brightness



One-Touch MAX Brightness

You can adjust the brightness that suits you according to different weather and mood

The LASTAR CM021 rectangular light therapy lamp is presented with visual examples of its four distinct color temperatures (6000K, 5000K, 4000K, 3000K) and five brightness levels, demonstrating its versatile lighting options.

5.4 Timer Function (CM021 Only)

The CM021 lamp includes a timer function for convenient usage sessions.

- **CM021:** Touch the **Timer button** or swipe the control area on the base to select from 6 timer settings: 10, 20, 30, 40, 50, or 60 minutes. The lamp will automatically turn off after the selected duration.

Timer Function

With 6 timer functions, you can choose 10 / 20 / 30 / 40 / 50 / 60 mins of light therapy at different times according to your needs.



A hand is shown interacting with the touch controls on the base of the LASTAR CM021 rectangular light therapy lamp, highlighting the accessible timer function with options from 10 to 60 minutes.

6. SPECIFICATIONS

Feature	Specification
Model	CM011 (Oval), CM021 (Rectangular)
Light Intensity	CM011: 10,000 Lux; CM021: Up to 12,000 Lux
Light Source	LED (60 evenly distributed LEDs)
UV-Free	Yes

Feature	Specification
Brightness Levels	CM011: 20%-100% adjustable; CM021: 5 levels (10%, 30%, 50%, 70%, 100%)
Color Temperatures	CM011: 6500K; CM021: 4 levels (3000K, 4000K, 5000K, 6000K)
Timer Function	CM011: Not specified; CM021: 6 options (10, 20, 30, 40, 50, 60 mins)
Control Method	Touch Control
Power Source	Corded Electric
Wattage	12 Watts
Voltage	120 Volts
Mounting Type	Tabletop, Freestanding
Indoor/Outdoor Usage	Indoor

7. CARE AND MAINTENANCE

Proper care will ensure the longevity and optimal performance of your light therapy lamp.

- **Cleaning:** Always unplug the lamp before cleaning. Use a soft, dry, or slightly damp cloth to wipe the surface of the lamp. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish.
- **Storage:** When not in use, store the lamp in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Handle the lamp with care. Avoid dropping it or subjecting it to strong impacts.

8. TROUBLESHOOTING

If you encounter any issues with your LASTAR Light Therapy Lamp, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Lamp does not turn on.	No power supply; Loose connection; Faulty outlet.	Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet. Try a different outlet.
Brightness or color temperature cannot be adjusted.	Incorrect touch input; Temporary software glitch.	Ensure your finger is clean and dry when touching the controls. Unplug the lamp for 30 seconds, then plug it back in to reset.

Problem	Possible Cause	Solution
Lamp flickers or light is inconsistent.	Unstable power supply; Internal component issue.	Try plugging the lamp into a different outlet. If the issue persists, contact customer support.
Timer function not working (CM021).	Timer not activated correctly.	Ensure you have firmly touched or swiped to select a specific timer duration. The lamp should indicate the timer is active.

If the problem persists after trying these solutions, please contact LASTAR Customer Support.

9. WARRANTY INFORMATION

LASTAR products are manufactured to the highest quality standards. This product comes with a limited warranty against defects in materials and workmanship from the date of purchase. Please refer to the warranty card included with your product or visit the official LASTAR website for detailed warranty terms and conditions.

10. CUSTOMER SUPPORT

For any questions, technical assistance, or warranty claims, please contact LASTAR Customer Support:

- **Website:** Visit the official LASTAR website for FAQs and support resources.
- **Email:** Refer to your product packaging or the LASTAR website for customer service email.
- **Phone:** Refer to your product packaging or the LASTAR website for customer service phone number.

Please have your product model (CM011 or CM021) and purchase information ready when contacting support.