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FBBJFF 10000 Lux Full Happy Light

Light Therapy Lamp User Manual

Model: 10000 Lux Full Happy Light

Brand: FBBJFF

1. INTRODUCTION

Thank you for choosing the FBBJFF 10000 Lux Light Therapy Lamp. This device is designed to simulate natural daylight, providing a full spectrum, UV-free light source to help improve mood, energy levels, and sleep patterns. Its compact and adjustable design makes it suitable for various environments, including home and office use.

Please read this manual thoroughly before using the product to ensure safe and optimal operation. Keep this manual for future reference.

2. SAFETY INFORMATION

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

- Do not look directly at the light source for extended periods.
- Keep the device away from water or other liquids.
- Do not use the lamp if the power cord or plug is damaged.
- Ensure the lamp is placed on a stable, flat surface.
- This product is for indoor use only.
- Keep out of reach of children.
- Unplug the lamp before cleaning or when not in use for a long period.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- FBBJFF 10000 Lux Light Therapy Lamp
- USB Power Cable
- User Manual (this document)

4. PRODUCT OVERVIEW



Figure 1: Front view of the FBBJFF Light Therapy Lamp, showcasing its sleek design and illuminated light panel.



Figure 2: Side view of the FBBJFF Light Therapy Lamp, illustrating its adjustable arm and compact base.

The FBBJFF Light Therapy Lamp features a foldable design for portability and adjustable brightness levels. It is equipped with 75 pairs of LED beads for flicker-free, glare-free, and hot spot-free illumination.

5. SETUP

Follow these steps to set up your light therapy lamp:

1. Unpack all components from the box.
2. Place the lamp on a stable, flat surface, such as a desk or table.
3. Connect the USB power cable to the lamp's charging port (located at the back of the base).
4. Plug the other end of the USB cable into a compatible USB power adapter (not included) or a powered USB port.
5. Adjust the light panel to your desired angle (0-180° adjustment is possible).



Figure 3: Illustration of the lamp's adjustable angle and brightness settings.

6. OPERATING INSTRUCTIONS

The FBBJFF Light Therapy Lamp is designed for ease of use. Follow these instructions for optimal light therapy:

6.1 Power On/Off and Brightness Adjustment

- To turn the lamp on or off, gently touch the power button located on the base of the lamp.
- To adjust the brightness, repeatedly touch the power button. The lamp offers three adjustable brightness levels.

6.2 Recommended Usage

For effective light therapy, position the lamp approximately 16-18 inches from your face. Begin with shorter sessions (e.g., 10-15 minutes) and gradually increase the duration to 30 minutes to an hour per day, depending on your comfort and needs. It is generally recommended to use the lamp in the morning.



Figure 4: Guide on how to position and use the light therapy lamp for optimal results.

The lamp's color temperature is 6000-6500K, simulating natural daylight to promote a comfortable and productive environment.

7. 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 or solvents.
- **Storage:** When not in use, store the lamp in a cool, dry place. Its foldable design allows for compact storage.

8. TROUBLESHOOTING

If you encounter issues with your FBBJFF Light Therapy Lamp, refer to the following table:

Problem	Possible Cause	Solution
Lamp does not turn on.	Not plugged in correctly; Power outlet issue; Damaged cable.	Ensure the USB cable is securely connected. Try a different power outlet or USB adapter. If the cable is damaged, replace it.
Light flickers or is dim.	Insufficient power supply; Faulty unit.	Ensure the power source provides adequate power (e.g., 5V/2A). If the issue persists, contact customer support.
Brightness adjustment not working.	Touch sensor malfunction.	Ensure your finger is clean and dry when touching the sensor. If the problem continues, contact customer support.

If the problem persists after trying these solutions, please contact FBBJFF customer support for assistance.

9. SPECIFICATIONS

Feature	Detail
Light Intensity	10000 Lux
Brightness Levels	3 Adjustable Levels
Color Temperature	6000-6500K
Light Source	LED (75 pairs of beads)
Control Method	Touch
Adjustable Angle	0-180°
Power Source	Corded Electric (USB)
Material	Acrylonitrile Butadiene Styrene, Aluminum
Product Dimensions	3.5"D x 3.1"W x 11.81"H
Item Weight	0.8 Pounds (approx. 12.8 ounces)

10. WARRANTY AND SUPPORT

FBBJFF is committed to providing high-quality products. This product comes with a standard manufacturer's warranty against defects in materials and workmanship. Please refer to the product packaging or contact FBBJFF customer support for specific warranty terms and conditions.

For technical support, troubleshooting assistance, or warranty claims, please contact FBBJFF customer service through the retailer's platform or visit the official FBBJFF brand store:

FBBJFF Brand Store on Amazon