

luminette Luminette 3

Luminette 3 Light Therapy Glasses

USER MANUAL

Introduction

The Luminette 3 Light Therapy Glasses are a wearable device designed to provide blue-enriched white LED light therapy. This device aims to help regulate your circadian rhythm, offering natural relief for sleep problems, seasonal mood disorders, and jet lag. Its portable design allows for use during various daily activities.

Please read this manual thoroughly before using your Luminette 3 glasses to ensure safe and effective operation.

Key Features

- **Wearable and Portable Design:** Allows for light therapy sessions while on the go, during exercise, travel, or work.
- **Blue-Enriched White LED Light:** Emits light in three intensities (500, 1000, and 1500 lux) to effectively support mood and sleep regulation.
- **Comfortable and Lightweight:** Slim profile (0.39 inches) and low weight (0.42 ounces) for extended wear.
- **Patented Illumination System:** Delivers light without interfering with vision, compatible with contact lenses or prescription glasses.
- **Integrated Timer:** Sessions automatically conclude after a set duration (20, 30, or 60 minutes) depending on the chosen intensity.
- **Rechargeable Battery:** Provides 5-10 sessions per charge, includes micro-USB cable and US plug charger.
- **Certified Safety:** Classified as a "zero-risk" device according to European Standard IEC62471 on photobiological safety.

Setup

1. Unboxing and Initial Charge

Carefully remove the Luminette 3 glasses and all accessories from the packaging. Before first use, fully charge the device. Connect the provided micro-USB cable to the charging port on the glasses and the other end to the US plug charger. A full charge takes approximately 2 hours and provides power for 5-10 sessions.



Image: The Luminette 3 Light Therapy Glasses, showing their sleek design.

2. Adjusting the Nose Piece

The Luminette 3 features an adjustable nose piece for comfort and proper positioning. Gently pull or push the nose piece to find a comfortable fit that ensures the light is directed correctly towards your eyes without obstructing your vision.

Compatible with glasses



Image: A woman wearing the Luminette 3 glasses over her prescription glasses, demonstrating compatibility.

3. Removing Protective Film

A protective film may be present over the holographic light-diffusing surface. Carefully peel off this film before use to ensure optimal light delivery. Exercise caution to avoid damaging the holographic surface.

Operating Instructions

1. Wearing the Glasses

Place the Luminette 3 glasses on your head like regular eyewear. Ensure the light-emitting surface is positioned above your line of sight, allowing you to perform daily activities without visual obstruction. The device is designed to be worn comfortably with or without prescription glasses or contact lenses.

Use it anywhere

Use Luminette
wherever you go,
whatever you do



Image: A man wearing Luminette 3 glasses while working at a computer, illustrating hands-free use.

2. Powering On and Selecting Intensity

Press the power button located on the side of the device once to turn it on. Each subsequent press will cycle through the three intensity levels:

- **Level 1 (Low - 500 lux):** Recommended for 60-minute sessions.
- **Level 2 (Medium - 1000 lux):** Recommended for 30-minute sessions.
- **Level 3 (High - 1500 lux):** Recommended for 20-minute sessions.

The device will automatically turn off once the selected session duration is complete. To manually turn off the device, long-press the power button.



**Just push the button,
Luminette does the rest**



Automatically turns off when the session ends,
⌚ 20-30-60 min depending on light intensity

Image: A close-up view of the Luminette 3, highlighting the power button and light indicators for different intensity settings.

3. **Recommended Usage**

For optimal results, use the Luminette 3 daily, preferably in the morning. Consistency is key for regulating your circadian rhythm and experiencing the full benefits of light therapy.



Regulate your sleep

Put an end to nocturnal
awakenings and fall
asleep more easily

Image: A woman wearing Luminette 3 glasses while reading in bed, illustrating morning use for sleep regulation.

Maintenance

- **Cleaning:** Use a soft, dry, lint-free cloth to clean the device. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the Luminette 3 in its protective carrying case when not in use to prevent damage. Keep it in a cool, dry place away from direct sunlight.
- **Battery Care:** To maintain battery health, avoid fully discharging the device frequently. Charge it when the battery indicator shows one LED.

Troubleshooting

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low or depleted battery.	Charge the device using the provided micro-USB cable and charger. Ensure the charging indicator lights up.
Light intensity seems too low or too high.	Incorrect intensity setting selected.	Press the power button repeatedly to cycle through the three intensity levels until the desired brightness is achieved. Refer to operating instructions for recommended session durations.
Discomfort on the nose or ears.	Nose piece or ear arms not properly adjusted.	Adjust the flexible nose piece for a better fit. Ensure the ear arms sit comfortably without excessive pressure.

Specifications

- **Model:** Luminette 3
- **Light Source:** Blue-enriched white LEDs
- **Intensity Levels:** 500 lux, 1000 lux, 1500 lux
- **Recommended Session Durations:** 60 min (low), 30 min (medium), 20 min (high)
- **Battery:** 2 Lithium Polymer batteries (included)
- **Charging Time:** Approximately 2 hours from empty
- **Battery Life:** 5-10 sessions per charge
- **Connectivity:** Micro-USB for charging
- **Dimensions:** 8.58 x 4.61 x 4.09 inches (packaged)
- **Weight:** 1.32 Pounds (packaged)
- **Manufacturer:** Lucimed

Safety Information

The Luminette 3 is certified as a "zero-risk" device according to European Standard IEC62471 on photobiological safety. It emits blue-enriched white light peaking at 468nm, safely away from UV and infrared, a wavelength known to effectively trigger the body's natural response to sunlight.

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. Consult with a healthcare professional before starting any new light therapy regimen, especially if you have pre-existing eye conditions, are taking photosensitizing medications, or have a history of bipolar disorder.

Discontinue use and consult a doctor if you experience eye strain, headaches, or any other adverse reactions.

Warranty and Support

For product registration and warranty information, please refer to the product registration card included in your packaging or visit the official Luminette website. For technical support or further inquiries, please contact Luminette customer service.

Keep your proof of purchase for warranty claims.

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Related Documents - Luminette 3

	<p>Luminette Glasses 3 User Manual - Portable Light Therapy Guide</p> <p>Discover the Luminette Glasses 3 by Lucimed, a portable light therapy device designed to help improve mood, energy levels, sleep patterns, and manage conditions like winter blues, fatigue, and jet lag. This comprehensive user manual provides instructions for optimal use.</p>
	<p>Propeaq 3 Light Glasses: Technical Overview and Use Cases</p> <p>Explore the Propeaq 3, an advanced light therapy device for regulating biological rhythms, improving sleep, reducing jet lag, and enhancing performance. Features include blue light technology, interchangeable lenses, and app compatibility. Learn about its scientific background, technical specifications, and use cases.</p>
	<p>VeRelief Prime Gen 3: Hoolest Vagus Nerve Stimulator for Stress, Anxiety, Sleep & Performance</p> <p>Explore the VeRelief Prime Gen 3 by Hoolest, a revolutionary handheld device using bioelectronic medicine and vagus nerve stimulation to alleviate stress, anxiety, improve sleep quality, and optimize performance. Discover 5 targeted modes for drug-free wellness.</p>
	<p>IBM 4381 Processor Maintenance Information: Service Aids and Procedures</p> <p>This document provides detailed maintenance information, service aids, and procedures for the IBM 4381 Processor, covering system configuration, diagnostics, and troubleshooting.</p>



[GS260 Smart Glasses User Manual and Specifications](#)

Official user manual for the GS260 smart glasses by Shenzhen Jingyun Wulian Technology CO.,Ltd, detailing features, operation, charging, pairing, technical specifications, and FCC compliance.