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Lumie Halo

Lumie Halo Light Therapy Lamp

Instruction Manual

INTRODUCTION

The Lumie Halo is a 10,000 Lux light therapy lamp designed to simulate natural sunlight, helping to improve mood, boost energy, and regulate sleep-wake cycles. It features adjustable brightness and color temperature settings, allowing for both invigorating daylight simulation and relaxing evening light. This manual provides essential information for the safe and effective use of your Lumie Halo lamp.

KEY FEATURES

- **Improves Sleep Quality:** Day Mode helps reset and regulate your sleep-wake cycle, promoting alertness during the day and relaxation in Evening Mode.
- **Adjustable Settings:** Easily adjust brightness and color temperature using the intuitive controls for Day and Evening Modes.
- **Ambient Backlight:** Elevate your light therapy experience with an ambient backlight that can be used independently or alongside the main light in either mode.
- **10,000 Lux Output:** Provides bright light therapy at approximately 8 inches for addressing winter blues, enhancing mood, energy, and alertness.
- **Reduced Blue Light in Evening Mode:** Creates a naturally serene environment, aiding relaxation and winding down before sleep.



Image: The Lumie Halo lamp with text overlays indicating its key features: simulates daylight, offers day/evening modes, includes ambient backlight, and has adjustable brightness.

SAFETY INFORMATION

Please read and understand all safety instructions before using the Lumie Halo lamp. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- Do not immerse the lamp or power adapter in water or any other liquid.
- Keep the lamp away from heat sources, direct sunlight, and flammable materials.
- Ensure the power cord is not damaged, pinched, or walked on.
- Use only the provided power adapter.
- Do not attempt to open or repair the lamp yourself. Refer all servicing to qualified personnel.
- This product is for indoor use only.

- Consult a healthcare professional before use if you have a pre-existing eye condition, bipolar disorder, or are taking medication that increases light sensitivity.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Lumie Halo Light Therapy Lamp
- Power Adapter
- Instruction Manual (this document)

SETUP

1. **Unpack:** Carefully remove the Lumie Halo lamp and all accessories from the packaging.
2. **Placement:** Place the lamp on a stable, flat surface, such as a desk or table. Ensure it is positioned where the light can reach you comfortably without causing glare. The optimal distance for 10,000 Lux is approximately 8 inches.
3. **Connect Power:** Plug the power adapter into the lamp's power input port, then plug the adapter into a suitable wall outlet.

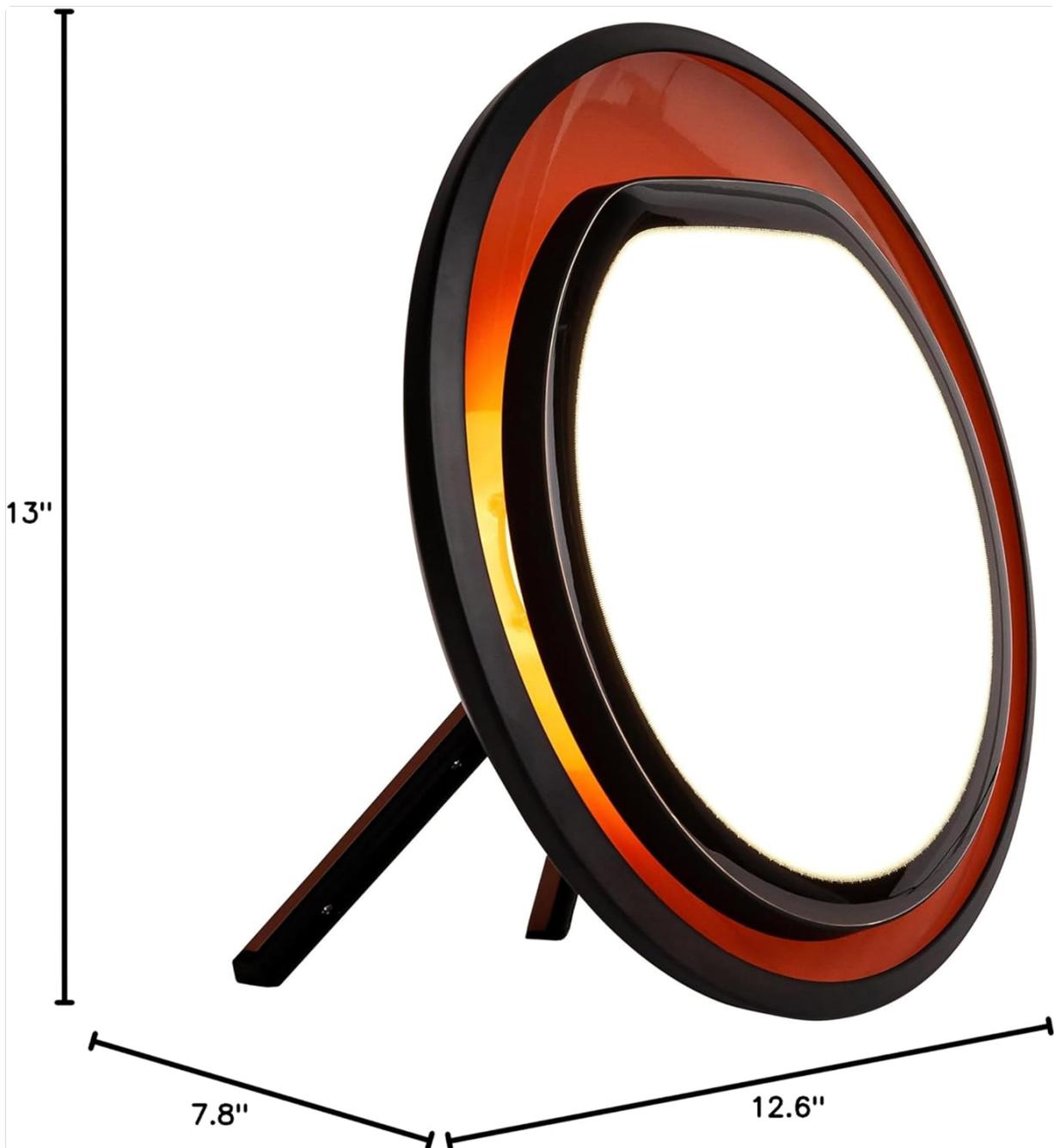


Image: A side view of the Lumie Halo lamp with dimensions labeled: 13 inches in height, 12.6 inches in width, and 7.8 inches in depth.

OPERATING INSTRUCTIONS

The Lumie Halo features touch controls for easy operation.

Power On/Off

- To turn the lamp on or off, gently touch the power symbol on the top edge of the lamp.

Adjusting Brightness and Color Temperature

The Lumie Halo offers two main modes: Day Mode and Evening Mode, each with adjustable brightness.

1. **Day Mode:** This mode provides a bright, cool white light (10,000 Lux) to simulate natural daylight. It is ideal for use in the mornings or during the day to boost energy and mood. To activate Day Mode, press the sun symbol. Adjust brightness by sliding your finger along the touch-sensitive strip.
2. **Evening Mode:** This mode provides a warm, reduced blue light, suitable for relaxation and winding

down in the evenings. To activate Evening Mode, press the moon symbol. Adjust brightness by sliding your finger along the touch-sensitive strip.

EASY TO USE & ADJUSTABLE



Image: A close-up of a hand interacting with the touch controls on the Lumie Halo lamp, demonstrating its ease of use and adjustability.

10,000 LUX IN DAY MODE



Image: A user engaged in an activity (sketching) with the Lumie Halo lamp set to Day Mode, providing 10,000 Lux of bright light.

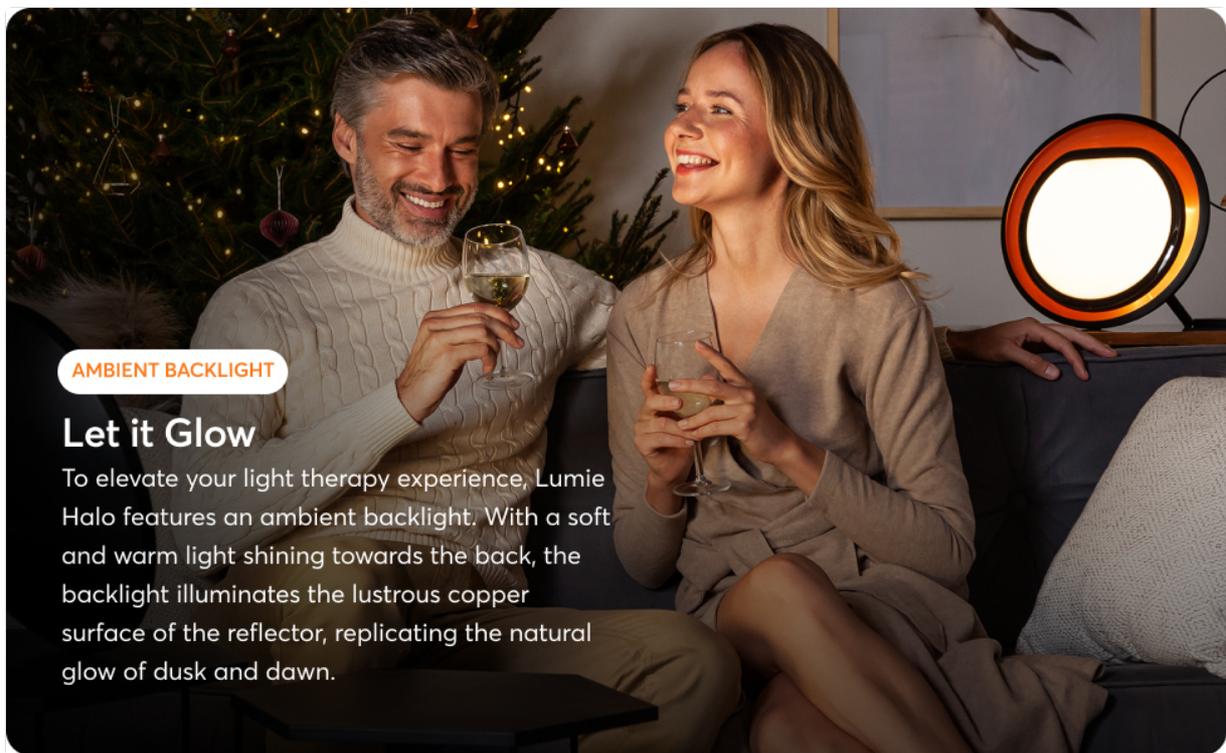
WARM LIGHT IN EVENING MODE



Image: A user relaxing and reading a book with the Lumie Halo lamp set to Evening Mode, emitting a warm, gentle light.

Ambient Backlight

- The ambient backlight can be activated independently or in conjunction with Day or Evening Mode. This feature provides a soft, warm glow from the back of the lamp, illuminating the copper reflector.
- To control the ambient backlight, locate the dedicated backlight button (often represented by a small circle or glow symbol) on the lamp's control panel.



AMBIENT BACKLIGHT

Let it Glow

To elevate your light therapy experience, Lumie Halo features an ambient backlight. With a soft and warm light shining towards the back, the backlight illuminates the lustrous copper surface of the reflector, replicating the natural glow of dusk and dawn.

Image: A couple enjoying a relaxed evening with the Lumie Halo lamp, showcasing its ambient backlight which creates a warm, inviting atmosphere.

MAINTENANCE

Proper care ensures the longevity and optimal performance of your Lumie Halo lamp.

- **Cleaning:** Disconnect the lamp from the power supply before cleaning. Use a soft, dry cloth to wipe the exterior surfaces. Do not use abrasive cleaners, solvents, or spray directly onto the lamp.
- **Storage:** When not in use for extended periods, store the lamp in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Bulb Replacement:** The Lumie Halo uses integrated LED lights that are designed to last for the product's lifetime and are not user-replaceable.

TROUBLESHOOTING

If you encounter issues with your Lumie Halo lamp, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Lamp does not turn on.	No power supply; loose connection; faulty outlet.	Check if the power adapter is securely plugged into the lamp and the wall outlet. Try a different outlet.
Brightness or color temperature cannot be adjusted.	Controls unresponsive; incorrect mode selected.	Ensure you are using the correct touch area for brightness adjustment. Try turning the lamp off and on again.
Light flickers or is inconsistent.	Unstable power supply; internal fault.	Ensure the power connection is stable. If the problem persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Lumie
Model	Halo
Light Output	10,000 Lux at approx. 8 inches
Product Dimensions	7.8"D x 12.6"W x 13"H
Item Weight	6.98 pounds
Material	Metal, Plastic
Finish Type	Matte
Base Material	Copper
Light Source Type	LED
Control Method	Touch
Power Source	Corded Electric
Indoor/Outdoor Usage	Indoor

WARRANTY & SUPPORT

The Lumie Halo Light Therapy Lamp comes with a manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact Lumie customer service through their official website or the contact information provided with your purchase.

For more information, visit the [Lumie Store on Amazon](#).