

## I-THERA-U 2460 LEDs 70.9 X 55.16in

# iTHERAU Large Red Light Therapy Blanket User Manual

Model: 2460 LEDs 70.9 X 55.16in

## 1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your iTHERAU Large Red Light Therapy Blanket. Please read this manual thoroughly before operating the device and retain it for future reference. This device is designed to provide red light and infrared light therapy for various body areas.

## 2. SAFETY INFORMATION

### Important Safety Precautions:

- Do not use this device if you are pregnant, have a pacemaker, or have any serious medical conditions without consulting a healthcare professional.
- Avoid direct eye exposure to the LED lights. Protective eyewear is recommended during use.
- Keep the device away from water and moisture. Do not operate with wet hands.
- Do not use on broken skin or open wounds.
- If you experience any discomfort or adverse reactions, discontinue use immediately.
- 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. PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- Red Light Therapy Mat (2 pieces)
- Controller (2 pieces)
- Power Adapter (2 pieces)
- Power Cord (2 pieces)
- Protective Glasses (1 pair)
- Instruction Manual (1 piece)

## Package Included and Size

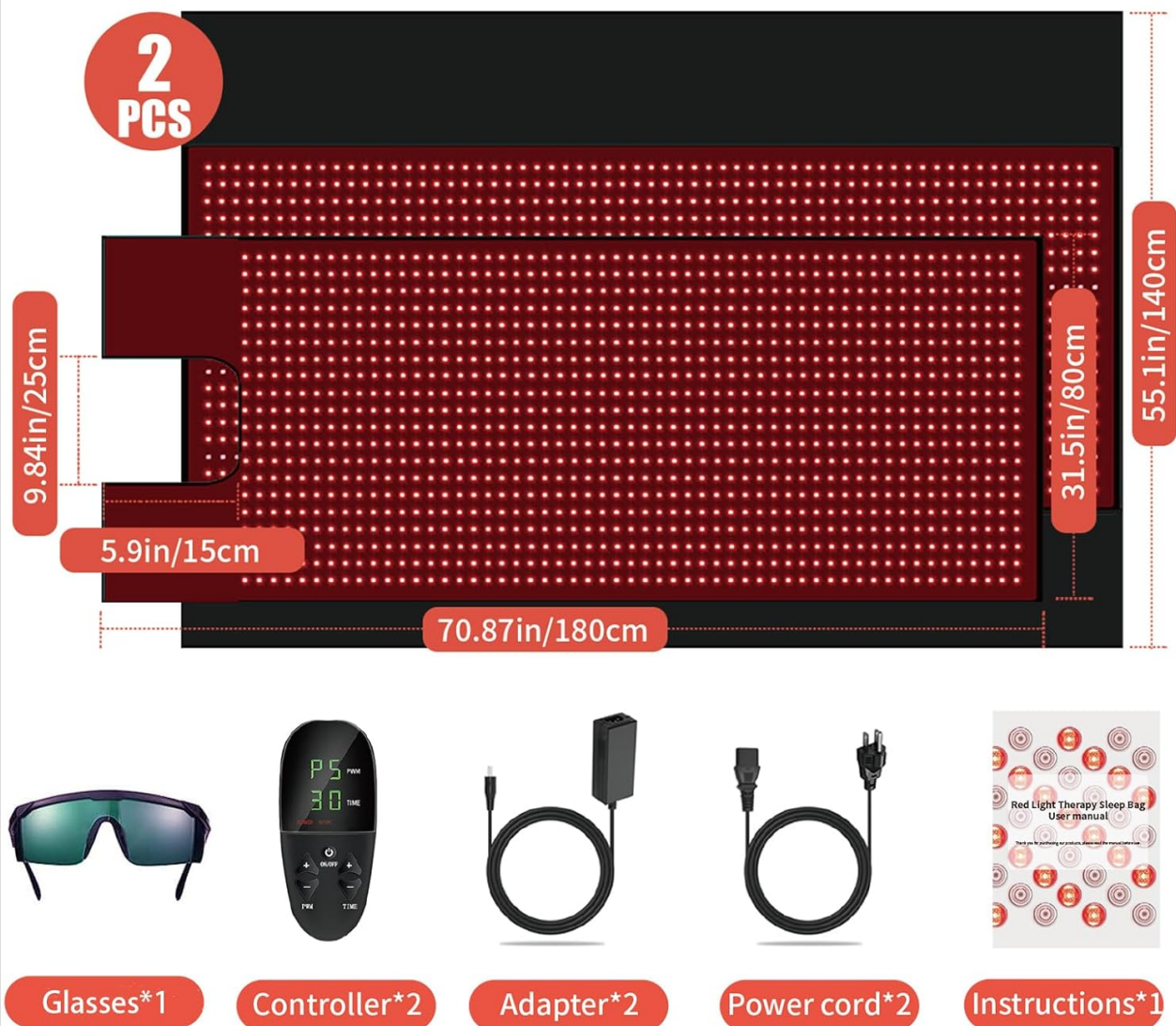


Image 3.1: Contents of the iTHERAU Red Light Therapy Blanket package. The image displays two red light therapy mats, two handheld controllers, two power adapters, two power cords, one pair of green protective glasses, and a small instruction booklet.

## 4. PRODUCT OVERVIEW

The iTHERAU Large Red Light Therapy Blanket consists of two therapy mats designed for full-body application. Each mat is equipped with 2460 LEDs, emitting both 660nm red light and 850nm infrared light. The total dimensions for combined use are approximately 70.9 inches by 55.16 inches.

- **660nm Red Light:** Visible light, primarily for skin health and surface tissue.
- **850nm Infrared Light:** Invisible light, designed for deeper tissue repair and inflammation relief.

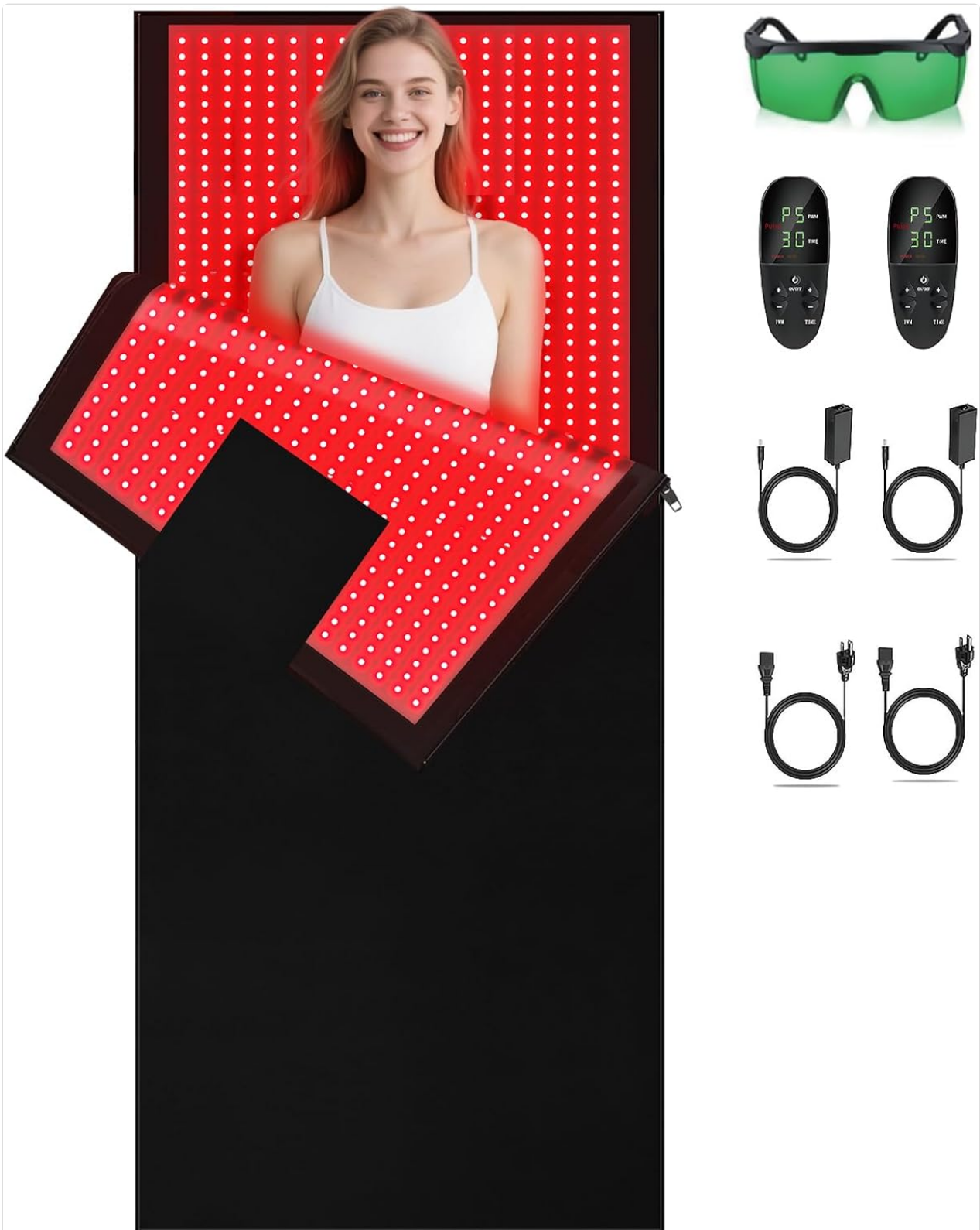


Image 4.1: The iTHERAU Red Light Therapy Blanket in an unfolded configuration, displaying the illuminated red LEDs across its surface. Accompanying accessories, including two controllers, power cables, and protective glasses, are also visible.



Image 4.2: A cross-section diagram of human skin and tissue, demonstrating how 660nm red light penetrates to the skin's surface for skin health, while 850nm infrared light penetrates deeper for tissue repair and inflammation relief.

## 5. SETUP

1. Unpack all components from the box.
2. Lay the therapy mats flat on a clean, dry surface, such as a bed or floor. The two mats can be connected via zippers to form a larger blanket.
3. Connect each controller to its respective mat.
4. Plug the power adapters into the controllers.
5. Connect the power cords to the adapters and then into a standard electrical outlet.
6. Ensure all connections are secure before proceeding.

## 6. OPERATING INSTRUCTIONS

Each mat has its own controller. If using both mats, you will operate two controllers independently.

### Controller Functions:

# Smart Multi-Function Controller

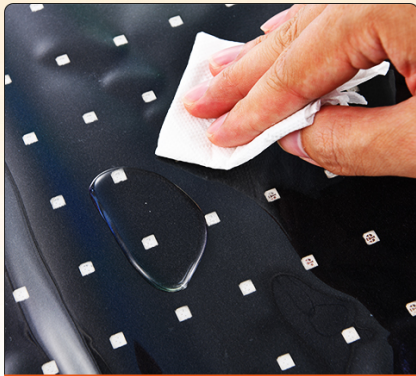
## Auto-off Timer & Multiple Mode Options



Image 6.1: A close-up view of the smart multi-function controller, detailing its various buttons and their functions, including brightness adjustment (P1-P5), power on/off, mode selection (constant, 10Hz, 40Hz pulse), and time adjustment (10-90 minutes).

- **Power On/Off:** Press and hold the **ON/OFF** button to turn the device on or off.
- **Brightness Adjustment (PWM):** Use the **PWM +/-** buttons to adjust the light intensity through 5 levels (P1 to P5). Higher intensity may result in a higher temperature.
- **Mode Selection:** Short press the **ON/OFF** button to cycle through the available modes:
  - **Constant Light Mode:** Provides steady light output.
  - **10Hz Pulse Mode:** Light pulses at 10 cycles per second.
  - **40Hz Pulse Mode:** Light pulses at 40 cycles per second.
- **Timer Setting:** Use the **TIME +/-** buttons to set the session duration from 10 to 90 minutes in 10-minute increments. The device will automatically shut off after the set time.

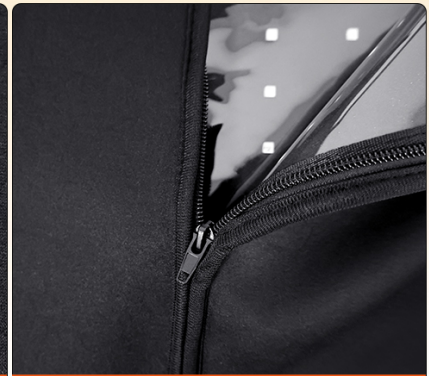
## Detail Display



**Waterproof Internal Cover,  
Easy To Clean**



**Comfortable External Fabric,  
Protecting The Interior**



**Convenient Zipper,  
Prevent Light Leakage**

Image 6.2: Visual representation of the three operational modes: Constant Mode (steady light), 10 Hz Pulse Mode (slower pulsing), and 40 Hz Pulse Mode (faster pulsing), showing their respective light intensity over time.

## 7. USAGE GUIDELINES

The iTHERAU Red Light Therapy Blanket can be used for various body areas, either as a single mat or combined for full-body coverage.

## for Full Body Red Light Therapy



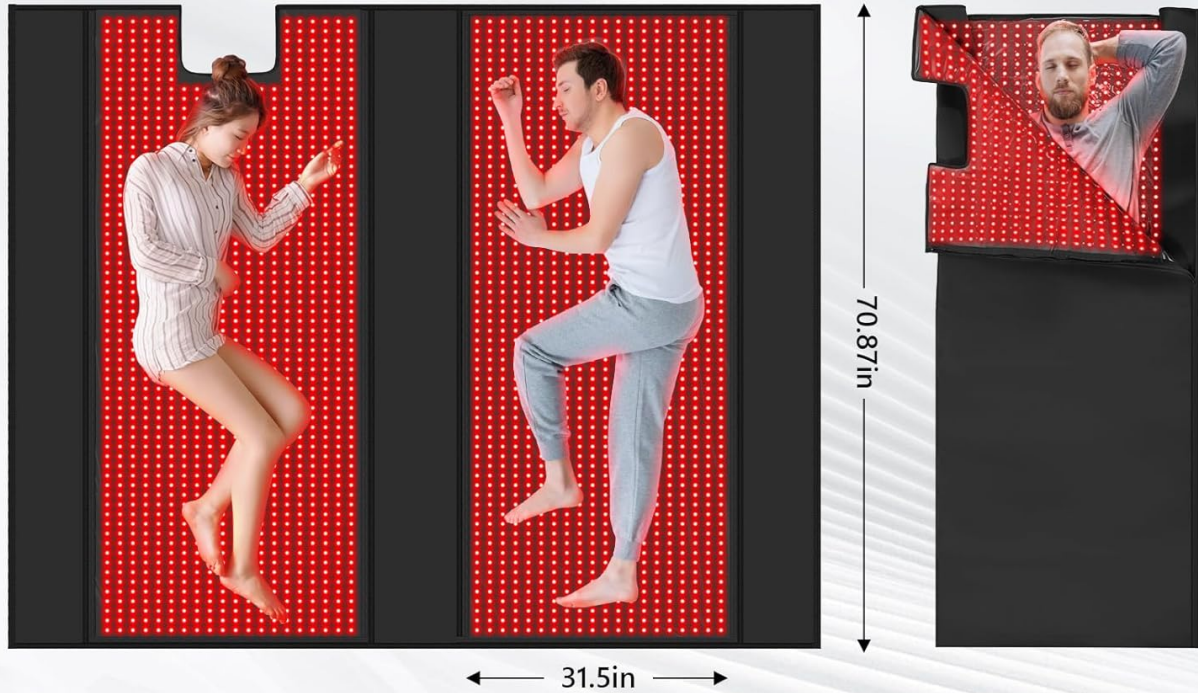
Image 7.1: An illustrative diagram highlighting different body areas such as the shoulder, back, waist, leg, foot, neck, abdominal muscle, knee, and ankle, indicating where the red light therapy blanket can be applied.

### Application:

- **Single Person Use:** One mat can be used to target specific areas or for a single person lying down.
- **Two Person Use:** The two mats can be zipped together to create a larger therapy area, suitable for two individuals simultaneously or for comprehensive full-body coverage for one person.

**for 2 People**

**Single Use**




**1 Remote Controls 1 Mat**

**2 Remotes Controls All Lights of Blanket**

Image 7.2: A visual guide demonstrating the versatility of the therapy blanket, showing its configuration for two people lying side-by-side on separate mats, and an alternative setup for a single user wrapped within one mat.

## Share Light Therapy with The Ones You Love

 Two Persons Together


 One Person Only



Image 7.3: Two people are shown comfortably lying on a bed, each utilizing a separate section of the iTHERAU Red Light Therapy Blanket for their therapy session.

## Red Light Therapy for Body



Image 7.4: A woman is depicted on the floor, engaged in a gentle yoga pose, with the iTHERAU Red Light Therapy Mat positioned beneath her, illustrating its use during relaxation or light activity.

## 8. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your therapy blanket.

- **Cleaning:** The internal cover is waterproof and easy to clean. Wipe the surface with a soft, damp cloth. Do not immerse the device in water or use harsh chemicals. Ensure the device is unplugged before cleaning.
- **Storage:** When not in use, store the blanket in a cool, dry place, away from direct sunlight. You can fold or roll the mats for compact storage.
- **Handling:** Avoid sharp objects that could puncture the mat. Do not bend the mat excessively or apply heavy pressure to the LED areas.

## Choose The Mode You Need From 3 Different Modes

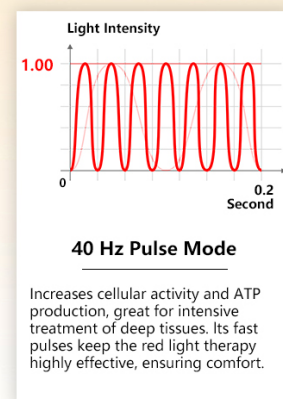
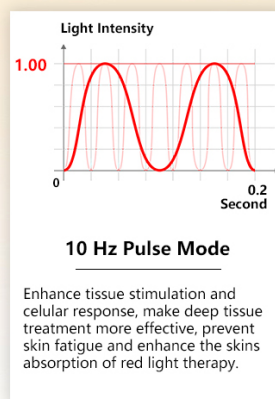
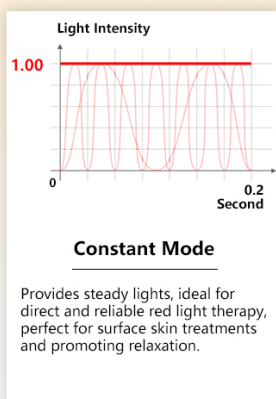


Image 8.1: Detailed views of the blanket's construction, highlighting the waterproof internal cover for easy cleaning, the comfortable external fabric designed to protect internal components, and a convenient zipper mechanism to prevent light leakage.

## 9. TROUBLESHOOTING

If you encounter any issues with your iTHERAU Red Light Therapy Blanket, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power cord not securely plugged in; power outlet issue; controller malfunction.	Check all power connections. Try a different power outlet. Ensure the ON/OFF button is pressed and held.
LEDs are not illuminating.	Device not powered on; brightness set to minimum; faulty connection.	Verify power is on. Increase brightness using PWM+ button. Check connection between mat and controller.
Controller display is blank.	No power to the controller; controller malfunction.	Ensure power adapter is connected and plugged in. Try restarting the device.
Unusual odor during initial use.	New product odor from manufacturing materials.	This is typically normal and dissipates with use. Ensure adequate ventilation in the room. If the odor persists or is strong, contact customer support.

## 10. SPECIFICATIONS

- **Model:** 2460 LEDs 70.9 X 55.16in
- **LED Count:** 2460 LEDs (total for two mats)
- **Wavelengths:** 660nm (Red Light), 850nm (Infrared Light)
- **Dimensions (Combined):** Approximately 70.9 inches x 55.16 inches (180cm x 140cm)
- **Package Dimensions:** 37.75 x 13.5 x 6.25 inches
- **Weight:** 21.7 Pounds
- **Brightness Levels:** 5 (P1-P5)
- **Timer Settings:** 10, 20, 30, 40, 50, 60, 70, 80, 90 minutes
- **Operating Modes:** Constant, 10Hz Pulse, 40Hz Pulse
- **Manufacturer:** I-THERA-U
- **ASIN:** B0CQLZWT12

## 11. WARRANTY AND SUPPORT

The iTHERAU Red Light Therapy Blanket comes with a 3-year warranty, as indicated by customer feedback. For warranty claims, technical support, or any product-related inquiries, please contact iTHERAU customer service.

**Customer Support:** Refer to the contact information provided with your purchase or visit the official I-THERA-U website for assistance.