

FBBJFF FBBJFF01

FBBJFF Happy Light Therapy Lamp 11000 Lux User Manual

Model: FBBJFF01 | Brand: FBBJFF

1. INTRODUCTION

The FBBJFF Happy Light Therapy Lamp is designed to provide a natural light experience, mimicking full-spectrum sunlight without harmful UV rays. This lamp offers 11,000 Lux intensity, adjustable brightness, and color temperature settings to suit various needs and environments. Its versatile 2-in-1 design allows it to function as both a floor lamp and a tabletop lamp.



Figure 1: The FBBJFF Happy Light Therapy Lamp in a living room, providing bright, natural-feeling light.

2. SAFETY INSTRUCTIONS

- Read all instructions before use.
- Do not expose the lamp to water or moisture. This product is not waterproof.
- Ensure the power source matches the lamp's requirements.
- Keep out of reach of children.
- Do not attempt to disassemble or repair the lamp yourself. Contact qualified service personnel.
- Avoid direct eye exposure to the light for prolonged periods, especially at maximum brightness.
- Unplug the lamp during lightning storms or when unused for long periods.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Happy Light Therapy Lamp (main unit)

- Remote Control
- Power Adapter
- User Manual (this document)



Figure 2: The lamp can be controlled via touch buttons on the unit or with the included remote control.

4. ASSEMBLY

The FBBJFF Happy Light Therapy Lamp features a modular design for easy assembly and conversion between floor and tabletop configurations.

1. **Floor Lamp Assembly:** Connect the pole sections by screwing them together. Ensure they are securely tightened. Attach the lamp head to the top pole section and the base to the bottom pole section.
2. **Tabletop Lamp Conversion:** To convert to a tabletop lamp, unscrew the middle pole section(s) to achieve the desired shorter height. Attach the lamp head directly to the remaining pole section and the base.
3. **Power Connection:** Plug the power adapter into the lamp's power port, then plug the adapter into a standard electrical outlet.

TWO ADJUSTABLE MODES

It can be adjusted either through the touch screen or through the remote control



Figure 3: The lamp offers three height adjustments for versatile use as a floor or tabletop lamp.

5. OPERATING INSTRUCTIONS

5.1 Controls

The lamp can be operated using either the touch control panel on the lamp pole or the included remote control.

- **Power Button:** Turns the lamp on/off.
- **Mode Button (M):** Cycles through 5 preset lighting modes (Working, Relaxing, Breast-feeding, Reading, Night-light).
- **Brightness Adjustment:** Use the '+' and '-' buttons on the remote or the dedicated brightness buttons on the lamp to adjust between 10 brightness levels.
- **Color Temperature Adjustment:** Use the sun icon buttons on the remote to cycle through 5 color temperature settings.
- **Timer:** The remote control includes a one-hour timer function.

5.2 Remote Control Pairing

To pair the remote control with the lamp:

1. Plug the lamp into a power outlet.
2. Within 20 seconds of plugging in, press and hold the power button on the remote control.
3. The lamp will flash 3 times to indicate successful pairing.

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Video 1: Official FBBJFF video demonstrating the Happy Light Lamp's features and controls.

6. FEATURES & BENEFITS

- **11,000 Lux Full Spectrum Light:** Mimics natural daylight to provide safe and effective light therapy.
- **UV-Free, Flicker-Free, Glare-Free:** Designed for eye protection and comfortable use.
- **Adjustable Brightness & Color Temperature:** 10 brightness levels and 5 color temperatures allow for personalized lighting.
- **2-in-1 Design:** Easily converts between a floor lamp and a tabletop lamp for versatile placement.
- **360° Adjustable Gooseneck:** Directs light precisely where needed.
- **Benefits:** May help stabilize emotions, increase energy, improve focus, improve sleep, and relieve fatigue.

THREE HEIGHT ADJUSTMENTS

Separate design, three sizes for different use scenarios



Figure 4: The lamp provides UV-free, full-spectrum light for eye comfort during tasks.

7. MAINTENANCE

- **Cleaning:** Unplug the lamp 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.
- **Bulb Replacement:** The LED light source is designed for long-term use and is not user-replaceable.

8. TROUBLESHOOTING

- **Lamp does not turn on:**
 - Ensure the power adapter is securely plugged into both the lamp and the wall outlet.
 - Check if the wall outlet is functioning correctly by plugging in another device.
- **Remote control not working:**
 - Ensure the remote control has working batteries.

- Re-pair the remote control with the lamp following the instructions in Section 5.2.
- **Light flickers or is dim:**
 - Check the power connection.
 - Ensure the lamp is not in a low-power mode. Adjust brightness settings.

9. SPECIFICATIONS

Attribute	Specification
Brand	FBBJFF
Model Number	FBBJFF01
Light Source Type	LED
Light Intensity	11,000 Lux
Brightness Levels	10
Color Temperatures	5
Control Method	Touch, Remote Control
Gooseneck Adjustment	360°
Timer Function	1-hour
Material	Metal
Finish Type	Polished
Color	Black
Item Weight	3.29 kg (7.24 lbs)
Product Dimensions	9 x 9 x 68 inches (assembled)
Power Source	Corded Electric
Indoor/Outdoor Usage	Indoor
Water Resistance Level	Not Water Resistant

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official FBBJFF website. Keep your purchase receipt as proof of purchase.

