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› Lukirch Red and Blue Light Therapy Glasses (Model LUK-GLASSES-PRO-2418) User Manual

Lukirch LUK-GLASSES-PRO-2418

Lukirch Red and Blue Light Therapy Glasses

USER INSTRUCTION MANUAL

Model: LUK-GLASSES-PRO-2418 | Brand: Lukirch

1. Introduction

The Lukirch Red and Blue Light Therapy Glasses are designed to provide targeted light exposure for various wellness applications. Featuring both 480 nm blue light and 670 nm red light, these glasses offer a wearable, UV-free solution for supporting mood balance, circadian rhythm regulation, daytime alertness, eye comfort, and visual wellness.

This manual provides essential information for the safe and effective use of your light therapy glasses. Please read it thoroughly before first use and retain it for future reference.

2. Product Components

Your Lukirch Light Therapy Glasses package includes:

- Lukirch Light Therapy Glasses (Model LUK-GLASSES-PRO-2418)
- USB-A to Type-C Charging Cable
- User Manual

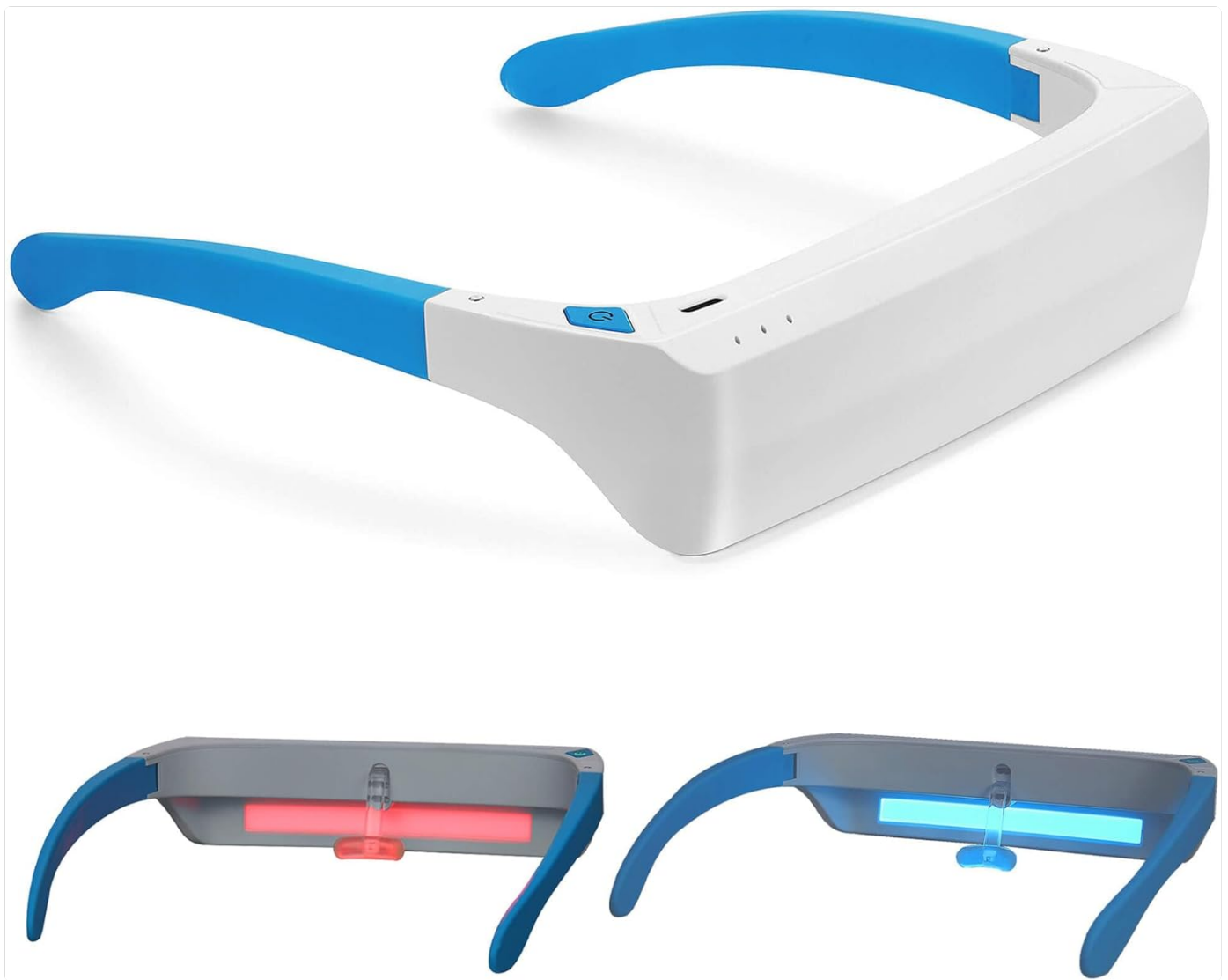


Image: Lukirsch Light Therapy Glasses, showing the overall design and blue light mode.

3. Product Diagram

Familiarize yourself with the different parts of your light therapy glasses:

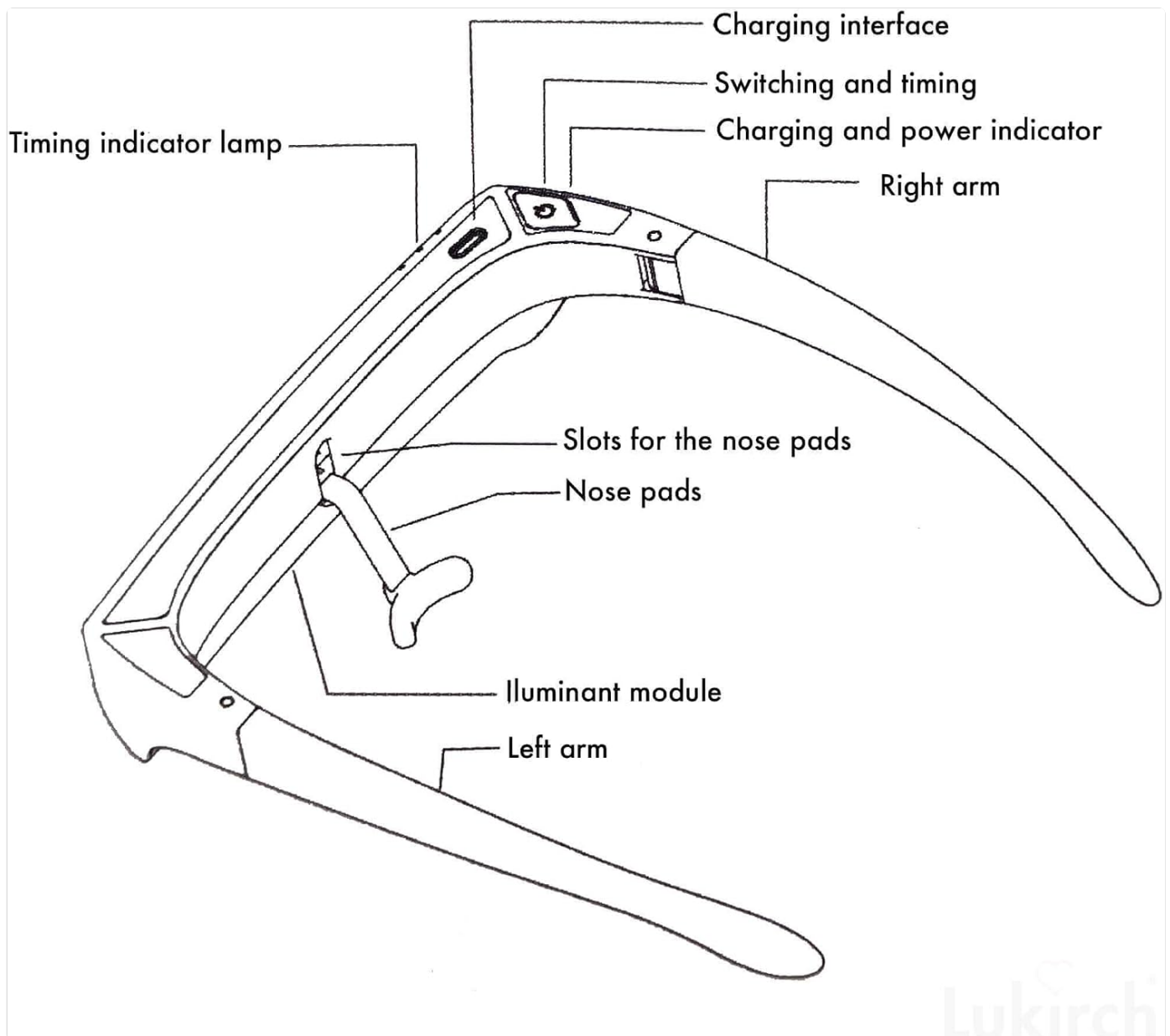


Image: Detailed diagram illustrating the charging interface, switching/timing button, charging/power indicator, timing indicator lamp, illuminant module, nose pads, and arms of the glasses.

- **Charging Interface:** For connecting the charging cable.
- **Switching and Timing Button:** Controls power, light mode, and session duration.
- **Charging and Power Indicator:** Displays charging status and power on/off.
- **Timing Indicator Lamp:** Shows selected session duration.
- **Illuminant Module:** Emits red or blue light.
- **Nose Pads:** Provides comfortable fit.

4. Setup and Charging

4.1 Initial Charging

Before first use, fully charge the glasses. Connect the provided USB-A to Type-C charging cable to the charging interface on the glasses and a suitable USB power source. The indicator light will flash during charging and remain solid when fully charged.

4.2 Charging Instructions Video

Your browser does not support the video tag.

Video: Demonstrates how to turn on/off, switch between red and blue light, set the timer, and charge the Lukirch Light Therapy Glasses. This video also shows the correct USB-A to Type-C charging cable.

5. Operating Instructions

5.1 Power On/Off

- **To Power On:** Long press the power button for 3 seconds. The glasses will turn on in the last used light mode.
- **To Power Off:** Long press the power button for 3 seconds.

5.2 Switching Light Modes (Red/Blue)

After powering on, within 5 seconds, lightly press the power button to switch between red and blue light modes. The selected light will flash 4 times to confirm your choice.



Image: The light therapy glasses displaying both blue light (top) and red light (bottom) modes.

5.3 Setting Session Timer

After selecting your desired light mode, press the power button again to cycle through the session timer options. The timing indicator lamps will show the selected duration:

- **1 Indicator Light:** 15 minutes
- **2 Indicator Lights:** 30 minutes
- **3 Indicator Lights:** 45 minutes
- **0 Indicator Lights:** No time limit (until automatic shutdown)

5.4 Wearing the Glasses

The lightweight, open-frame design allows the glasses to be worn comfortably over most prescription eyewear. Position the glasses so the light module is directed towards your eyes. You can use them while reading, watching TV, working, cooking, or relaxing.



Image: A woman wearing the blue light therapy glasses over her regular eyeglasses, demonstrating comfortable use during daily activities.

6. Light Therapy Modes and Benefits

6.1 670nm Red Light Therapy

The 670 nm deep red light is intended for eye comfort and visual wellness. Regular use may help support visual comfort and overall eye health.

Unique: 670nm Red *for* Eye Health



Studies show that a short exposure to red light of 670nm can improve blood circulation to the optic nerve, reduce oxidative stress and promote the health of retinal ganglion cells.

Lukirch

Image: A child wearing the red light therapy glasses while engaged in an activity, supervised by an adult.

6.2 480nm Blue Light Therapy

The 480 nm blue light provides a focused, narrow-band spectrum to support mood balance, circadian rhythm regulation, and daytime alertness by simulating natural daylight exposure. This mode is beneficial for addressing seasonal mood changes, jet lag, and maintaining energy levels.



Blue Light Glasses

- * Energy & Mood
- * Winter Blues
- * Good Sleep
- * Jet Lag
- * Night Shift

Image: A man wearing the blue light therapy glasses while reading a book, illustrating use during leisure activities.

7. Safety Information

- The Lukirch light therapy glasses comply with the IEC 62471 photobiological safety standard and are classified as non-hazardous.
- Both light modes are UV-free.
- To enhance comfort, the glasses feature a gradual brightness ramp-up over the first 60 seconds, allowing your eyes to adapt smoothly to either blue or red light during each session.
- Consult a healthcare professional if you have any pre-existing eye conditions or concerns before using light therapy devices.

8. Care and Maintenance

- **Cleaning:** Gently wipe the glasses with a soft, dry, lint-free cloth. Do not use abrasive cleaners or solvents.

- **Storage:** Store the glasses in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Exposure:** The device is not water-resistant. Avoid exposure to water or high humidity.

9. Troubleshooting

- **Glasses not turning on:** Ensure the device is fully charged. Long press the power button for 3 seconds.
- **Difficulty switching light modes:** Ensure you are lightly pressing the power button within 5 seconds of powering on. Refer to the 'Operating Instructions' section or the video for detailed steps.
- **Not charging:** Verify that you are using the correct USB-A to Type-C charging cable and that it is securely connected to both the glasses and a working power source. The indicator light should flash when charging.
- **Short battery life:** Ensure the device is fully charged before each use. Battery life can vary based on usage patterns and environmental factors.

10. Specifications

Feature	Specification
Model Name	Light Therapy Lamp (LUK-GLASSES-PRO-2418)
Brand	Lukirch
Light Source Type	LED
Light Colors	Red (670nm), Blue (480nm)
Material	Plastic
Product Dimensions	1.6"D x 7.3"W x 6.5"H
Item Weight	10.7 ounces (0.67 Pounds)
Power Source	Cordless Electric
Battery Life	Approximately 2 Hours
Special Feature	Dimmable
Safety Standard	IEC 62471 (Non-hazardous)

11. Warranty and Support

Lukirch Light Therapy Glasses come with a 1-year warranty against manufacturing defects under normal use. For any manufacturing issues or customer support inquiries, please contact Lukirch customer service. Refer to the product packaging or official website for contact details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question