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› LASTAR Light Therapy Lamp User Manual

## LASTAR CM020B

# LASTAR Light Therapy Lamp User Manual

Model: CM020B

## INTRODUCTION

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The LASTAR Light Therapy Lamp is designed to simulate natural sunlight, providing up to 10,000 Lux of UV-free light. This device aims to support energy levels, focus, and overall well-being, especially during periods of reduced natural light. It offers customizable settings including adjustable brightness, multiple color temperatures, and a variety of colorful light options, along with a convenient timer and memory function.



Image: The LASTAR Light Therapy Lamp, a rectangular white device with a large light panel, shown with its adjustable stand. Smaller images to the right illustrate different light settings, including white light at various intensities and colored light options.

## KEY FEATURES

- **10,000 Lux UV-Free Light:** Simulates natural full-spectrum light to promote energy and focus.
- **Customizable Color Temperature:** Offers 4 settings (1600K Amber Light, 3000K Warm White, 4500K Natural White, 6500K Daylight) to suit different environments and preferences.
- **Adjustable Brightness:** Features 5 brightness levels (5%, 10%, 40%, 70%, 100%) for personalized light intensity.
- **11 Colorful Light Options:** Includes various solid colors and dynamic color-changing modes for ambiance.
- **4 Timer Settings:** Built-in timer for 15, 30, 45, or 60 minutes of use.
- **Memory Function:** Remembers the last used settings (brightness, color temperature, color mode) for convenience.

- **Portable & Versatile Mounting:** Compact design with a foldable stand for tabletop use and a keyhole slot for wall mounting.

## 4 Color Temperatures



## 5 Brightness Levels



Image: The light therapy lamp displaying four distinct color temperatures (Amber, Warm White, Natural White, Daylight) and five brightness levels, illustrating the range of light customization options.

### PACKAGE CONTENTS

- LASTAR Light Therapy Lamp (Model: CM020B)
- Power Adapter
- User Manual
- Mounting Screws and Wall Anchors (for wall mounting option)



Image: A top-down view of the LASTAR Light Therapy Lamp and its accessories laid out on a dark surface, including the lamp unit, power adapter, user manual, and small screws with wall anchors.

## SETUP

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### Tabletop Use:

Locate the foldable stand on the back of the lamp. Gently pull out the stand until it locks into place, allowing the lamp to sit upright on a flat surface. Ensure the surface is stable to prevent the lamp from tipping over.

### Wall Mounting:

Identify a suitable location on a wall. Use the provided mounting screws and wall anchors. Mark the position for the screw on the wall, ensuring it aligns with the keyhole slot on the back of the lamp. Drill a pilot hole, insert the wall anchor, and then screw in the screw, leaving a small portion exposed for the lamp to hang securely. Carefully align the keyhole slot on the back of the lamp with the screw head and slide the lamp down to secure it.

# Stand or Wall Mount



Image: The light therapy lamp displayed in two usage scenarios: standing on a desk with its foldable stand, and mounted on a wall, highlighting its versatile placement options.

## OPERATING INSTRUCTIONS

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Connect the power adapter to the lamp's power input port and plug it into a standard electrical outlet.

### Control Panel Overview:

**Power Button ( ):** Turns the lamp On or Off.

**Brightness Button (\*):** Cycles through 5 brightness levels (5%, 10%, 40%, 70%, 100%).

**Mode Button (M):** Switches between white light modes (4 color temperatures) and colorful light modes (11 options).

**Color Cycle Button (☯):** When in colorful light mode, cycles through the 11 different color options or activates dynamic color-changing effects.

**Timer Button ( ):** Sets the automatic shut-off timer to 15, 30, 45, or 60 minutes.

### Using the Lamp:

1. **Power On:** Press the Power Button ( ) to turn on the lamp. It will recall the last used settings due to the memory function.
2. **Adjust Brightness:** Press the Brightness Button (✱) repeatedly to cycle through the 5 available brightness levels.
3. **Select White Light Mode:** Press the Mode Button (M) to switch to white light modes. Continue pressing M to cycle through the 4 color temperatures (1600K, 3000K, 4500K, 6500K).
4. **Select Colorful Light Mode:** From any white light mode, press the Mode Button (M) again to enter the colorful light modes.
5. **Change Colorful Lights:** Once in colorful light mode, press the Color Cycle Button (🌀) to cycle through the 11 different static colors or activate dynamic color transitions.
6. **Set Timer:** Press the Timer Button ( ) repeatedly to select your desired duration (15, 30, 45, or 60 minutes). The corresponding indicator light will illuminate. The lamp will automatically turn off after the selected time.
7. **Power Off:** Press the Power Button ( ) again to turn off the lamp.



Image: The light therapy lamp displaying its control panel with indicator lights for the 15, 30, 45, and 60-minute timer settings, along with a visual representation of the timer function.

## MAINTENANCE

- **Cleaning:** Disconnect the lamp from the power source before cleaning. Use a soft, dry cloth to wipe the surface of the lamp. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish or internal components.
- **Storage:** When not in use for extended periods, store the lamp in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Handle the lamp with care. Avoid dropping it or subjecting it to strong impacts.

## TROUBLESHOOTING

| Problem                                   | Possible Cause                                      | Solution                                                                                                                                                |
|-------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lamp does not turn on.                    | Not plugged in; power outlet issue; faulty adapter. | Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet. Try a different outlet.                                |
| Light intensity or color does not change. | Incorrect button press; temporary software glitch.  | Ensure you are pressing the correct button (Brightness for intensity, Mode/Color Cycle for color). Try unplugging and re-plugging the lamp to reset it. |
| Timer function not working.               | Timer not set correctly.                            | Press the Timer Button ( ) repeatedly until the indicator light for your desired duration is lit.                                                       |

## SPECIFICATIONS

- **Brand:** LASTAR
- **Model:** CM020B
- **Light Source:** LED
- **Light Intensity:** 10,000 Lux (UV-Free)
- **Color Temperatures:** 1600K, 3000K, 4500K, 6500K
- **Brightness Levels:** 5 (5%, 10%, 40%, 70%, 100%)
- **Colorful Lights:** 11 types
- **Timer Settings:** 15, 30, 45, 60 minutes
- **Product Dimensions:** 2.36"D x 0.3"W x 1.18"H (Note: These dimensions refer to a component. Actual lamp dimensions are approximately 8.93"H x 5.51"W.)
- **Item Weight:** 1.21 Pounds
- **Material:** Borosilicate Glass (Shade), other components not specified.
- **Power Source:** Corded Electric
- **Mounting Type:** Tabletop (with stand) or Wall Mount
- **Indoor/Outdoor Usage:** Indoor

# Portable Design



Image: The light therapy lamp shown next to a handbag and phone, with arrows indicating its height (8.93 inches) and width (5.51 inches), emphasizing its portable design.

## WARRANTY & SUPPORT

This LASTAR Light Therapy Lamp comes with a **2-year manufacturer's warranty**. For any product inquiries, technical support, or warranty claims, please contact LASTAR customer service through the retailer's platform or refer to the contact information provided in your purchase documentation.

Please retain your proof of purchase for warranty validation.

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### 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**

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**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