

Homedics SP-SL110

Homedics Light Therapy Lamp User Manual

MODEL: SP-SL110

[Contents](#) [Features](#) [Setup](#) [Introduction](#) [Operation](#) [Safety Information](#) [Maintenance](#) [Package](#) [Troubleshooting](#) [Specifications](#) [Warranty](#)
& [Support](#)

1. Introduction

The Homedics Light Therapy Lamp is designed to provide 10,000 Lux of UV-free, full-spectrum light, mimicking natural daylight. This device aims to support your well-being by potentially improving sleep patterns, boosting mood, enhancing focus, and increasing energy levels, particularly during periods of reduced natural light exposure.

Please read this manual thoroughly before using the product to ensure safe and effective operation. Keep this manual for future reference.

2. Important Safety Information

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

- **READ ALL INSTRUCTIONS BEFORE USING.**
- **DANGER:** To reduce the risk of electric shock: Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons:
 - Do not reach for an appliance that has fallen into water. Unplug it immediately.
 - Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into

water or other liquid.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Homedics.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to a Homedics Service Center for examination and repair.
- Keep cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- This product is designed for indoor use only.
- Do not look directly into the light for extended periods. While the lamp is UV-free and safe for eyes and skin, prolonged direct staring is not recommended.
- Consult your physician before use if you have any eye conditions, light sensitivity, or are taking medications that increase light sensitivity.

3. Package Contents

Please verify that all items are present in your package:

- (1) Homedics Light Therapy Lamp
- (1) Power Adapter
- (1) Power Cord
- (1) Legal Card
- (1) Quick Start Guide



Image: The Homedics Light Therapy Lamp shown with its retail packaging, highlighting the product and included accessories.

4. Product Features

The Homedics Light Therapy Lamp is equipped with several features designed for user convenience and effectiveness:

- **10,000 Lux Brightness:** Delivers the recommended intensity for effective light therapy.
- **UV-Free Full Spectrum LEDs:** Mimics natural daylight without harmful UV radiation, ensuring safety for eyes and skin.
- **Adjustable Color Temperature:** Allows customization of light warmth to align with personal preference and natural body rhythms.
- **6 Timer Settings:** Built-in timer for convenient session duration control.
- **Compact & Stylish Design:** Sleek white design that blends into various home or office decors and is portable for use in different locations.



Image: A woman working at a desk with the light therapy lamp, illustrating its benefits for increasing energy and boosting mood.



**SELECT
YOUR TIME**
6 timer settings



**COLORED
TEMPERATURE CONTROL**
aligns with body's natural
rhythms



**FULL SPECTRUM
WHITE LEDs**
mimic natural light



Image: A detailed view of the lamp's control panel, highlighting features like timer settings, colored temperature control, and full spectrum white LEDs.

bring brightness to every corner

FROM DESK TO DINING



ENHANCES FOCUS



Image: A man focused on his computer with the light therapy lamp nearby, indicating its role in enhancing focus.



IMPROVES SLEEP

UV-free
easy on eyes & skin

Image: A woman sleeping, illustrating the lamp's benefit in improving sleep and its UV-free nature.

5. Setup Guide

Follow these steps to set up your Homedics Light Therapy Lamp:

1. **Unpack:** Carefully remove the lamp and all accessories from the packaging.
2. **Placement:** Place the lamp on a stable, flat surface where you intend to use it. Ensure it is within reach of an electrical outlet. For optimal results, position the lamp approximately 6-12 inches (15-30 cm) from your face, slightly to the side, to avoid looking directly into the light.
3. **Connect Power:** Insert the power cord into the adapter, then plug the adapter into the DC input port on the back of the lamp. Finally, plug the power adapter into a standard electrical outlet.

elevated design

SLEEK WHITE EASILY BLENDS INTO YOUR DÉCOR



Image: The Homedics Light Therapy Lamp positioned on a surface, demonstrating its sleek design and how it integrates into a living space.

6. Operating Instructions

Familiarize yourself with the lamp's controls for optimal use.

6.1 Power On/Off

- Press the **Power Button** (🔌) once to turn the lamp ON.
- Press the **Power Button** again to turn the lamp OFF.

6.2 Adjusting Color Temperature

The lamp offers adjustable color temperatures to suit your preference:

- Press the **Light Mode Button** (🌞) to cycle through different color temperature settings (e.g., cool white, neutral white, warm white).
- Select the setting that feels most comfortable and beneficial for your current environment or mood.

6.3 Setting the Timer

The lamp includes 6 built-in timer settings for convenient session management:

- Press the **Timer Button** (🕒) to cycle through the available timer durations (e.g., 10, 20, 30, 40, 50, 60 minutes).
- The lamp will automatically turn off once the selected time has elapsed.

6.4 Recommended Usage

- Start with shorter sessions (e.g., 10-20 minutes) and gradually increase the duration as needed, up to 60 minutes.
- The most common time for use is in the morning, shortly after waking up, to help regulate your circadian rhythm.
- Avoid using the lamp too close to bedtime, as it may interfere with sleep.

7. Maintenance

Proper care will ensure the longevity of your light therapy lamp.

7.1 Cleaning

- Always unplug the lamp before cleaning.
- Use a soft, dry cloth to wipe the exterior surfaces of the lamp.
- Do not use abrasive cleaners, solvents, or harsh detergents, as they may damage the finish or internal components.
- Avoid getting moisture into any openings.

7.2 Storage

- Store the lamp in a cool, dry place when not in use.
- Do not wrap the power cord tightly around the lamp, as this can cause damage over time.

8. Troubleshooting

If you encounter any issues with your Homedics Light Therapy Lamp, refer to the following table:

Problem	Possible Cause	Solution
Lamp does not turn on.	Not plugged in correctly. Power outlet is not working. Damaged power cord/adapter.	Ensure the power cord is securely plugged into the lamp and the wall outlet. Test the outlet with another device. Inspect the power cord and adapter for damage; if damaged, discontinue use and contact support.
Light is too dim or too bright.	Incorrect color temperature setting.	Press the Light Mode Button to cycle through different color temperature settings until you find a comfortable brightness.
Timer function not working.	Timer not set or set incorrectly.	Press the Timer Button to select a desired duration. Ensure the indicator light for the chosen timer setting is illuminated.

Problem	Possible Cause	Solution
Lamp flickers.	Loose connection. Electrical interference.	Check all power connections. Try plugging the lamp into a different outlet or away from other electronic devices that might cause interference. If flickering persists, contact customer support.

If the problem persists after trying these solutions, please contact Homedics Customer Support.

9. Product Specifications

Feature	Detail
Model Number	SP-SL110
Brand	Homedics
Light Intensity	10,000 Lux
Light Type	UV-Free, Full Spectrum LEDs
Color Temperature	Adjustable
Timer Settings	6 built-in options
Product Dimensions	5.51 x 2.44 x 5.43 inches
Weight	10.88 ounces
Material	Metal
Color	White
Manufacturer	Homedics

10. Warranty and Customer Support

10.1 Limited 1-Year Warranty

The Homedics Light Therapy Lamp (SP-SL110) comes with a 1-Year Limited Warranty from the date of purchase. This warranty covers defects in material and workmanship under normal use. It does not cover damage caused by misuse, abuse, accidents, unauthorized service, or any other causes not arising from defects in materials or workmanship.

For detailed warranty information and to register your product, please refer to the Legal Card included in your package or visit the official Homedics website.

10.2 Customer Support

If you have any questions, require assistance, or need to make a warranty claim, please contact Homedics Customer Support:

- **Website:** Visit the Homedics official website for support resources, FAQs, and contact information.
- **Phone:** Refer to your Quick Start Guide or the Homedics website for customer service phone numbers.

Please have your model number (SP-SL110) and proof of purchase ready when contacting support.