

## GLOWRIUM H1B

# GLOWRIUM-H1B Light Therapy Lamp User Manual

Model: H1B | Brand: GLOWRIUM

## 1. INTRODUCTION

The GLOWRIUM-H1B Light Therapy Lamp is an advanced LED UV-free sun lamp designed to simulate natural light, providing up to 12000 lux brightness. This full-spectrum lamp offers adjustable color temperatures and stepless dimming, enhancing your environment for various activities. It features both remote and touch control for convenience, a stable base for safety, and a 24V DC safety voltage power cord.

## 2. SAFETY INFORMATION

- This lamp is designed for indoor use only.
- Ensure the power cord is connected to a unified 24V DC safety voltage connector. This design minimizes risk even if accidentally bitten or touched by pets or children.
- Do not expose the lamp to water or high humidity. This product is not waterproof.
- Avoid looking directly into the light source for extended periods, especially at maximum brightness, to prevent eye strain.
- Keep the lamp away from flammable materials.
- The lamp utilizes high-quality RG0-level LED beads, which are designed to be free from blue light concerns and are eye-friendly.
- Always unplug the lamp from the power outlet before cleaning or performing any maintenance.

## 3. WHAT'S IN THE BOX

Please check the package contents to ensure all items are present:

- Light (Lamp Head)
- Baseplate and Pole (3 sections)
- Adapter

- Remote Control
- User Manual

## 4. ASSEMBLY INSTRUCTIONS

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The GLOWRIUM-H1B LED floor lamp features an upgraded assembly method, simplifying the process. The entire assembly typically takes no more than 3 minutes.

1. **Install the Light Pole to the Baseplate:** Gently pull the wire hidden under the base to straighten it. Insert the bottom pole section into the baseplate and twist clockwise until secure.
2. **Connect Pole Sections:** Connect the remaining pole sections by twisting them clockwise. Ensure the internal wiring is not pinched.
3. **Install the Lamp Head:** Attach the lamp head section to the top pole section by twisting clockwise until secure.
4. **Connect Power Adapter:** Connect the power adapter to the lamp's power cord. Plug the adapter into a suitable power outlet.



Figure 4.1: Pulling the power cord from the base.

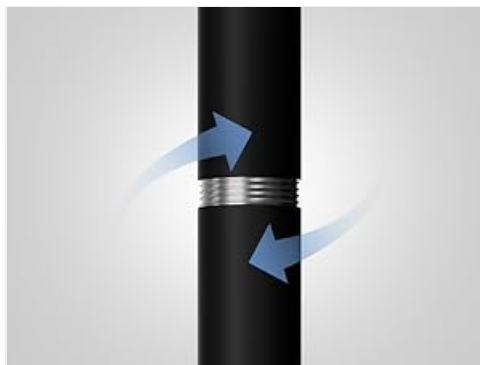


Figure 4.2: Twisting pole sections together.

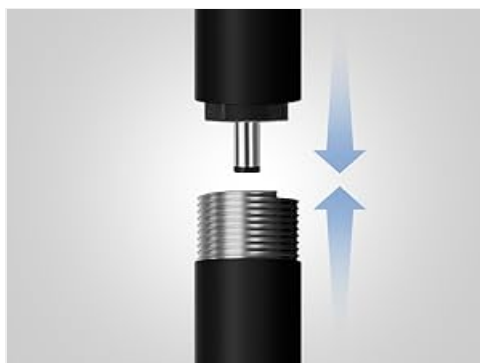


Figure 4.3: Attaching the lamp head.



Figure 4.4: Connecting the power adapter.

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Video 4.1: GLOWRIUM-H1B Light Therapy Lamp Assembly and Usage Tutorial. This video demonstrates the step-by-step assembly process and basic usage of the lamp.

## 5. OPERATING INSTRUCTIONS

The GLOWRIUM-H1B lamp offers versatile control options for brightness and color temperature.

### 5.1 Remote Control

The included remote control allows for convenient adjustments from a distance. The IR remote control needs to be pointed at the touch panel on the lamp pole.

- **ON/OFF Button:** Press to switch the lamp ON or OFF.
- **Dimming Button (+/-):** Press to cycle through 7 brightness levels (1%, 10%, 20%, 40%, 60%, 80%, 100%). Press and hold for stepless dimming.
- **CCT Button (K+/-):** Press to change between 4 color temperatures (2700K, 4000K, 5000K, 6500K). Press and hold for stepless color temperature changing (2700K-6500K).
- **Timer Button (0.5H):** Press to set a 30-minute countdown timer for automatic shut-off. The lamp will blink once to confirm.
- **User-Defined Button (U-D):** Adjust the lamp's color temperature and brightness to your preference, then press and hold this button for 2 seconds to save the settings. The lamp will flash once to confirm.



Figure 5.1: Remote Control Functions.

### 5.2 Touch Control (Quick Control)

The lamp pole features a touch control panel for quick adjustments.

- **Main Light (ON/OFF):** Press to turn the light ON/OFF. Press and hold for 5 seconds to reset.
- **Dimming:** Press to cycle through brightness levels (1%, 10%, 20%, 40%, 60%, 80%, 100%, then back down). Press and hold for stepless dimming.
- **CCT (K):** Press to cycle through 2700K, 4000K, 5000K, and 6500K color temperatures. Press and hold for stepless dimming between 2700K-6500K.



Figure 5.2: Touch Control Panel Functions.

### 5.3 Lamp Head Adjustment

The lamp head features a flexible design that allows it to rotate from 0 to 340 degrees horizontally, enabling precise light direction.

## Upgraded Modern Design

The light-head section can be adjusted in 3 axes from 0-340 degrees.

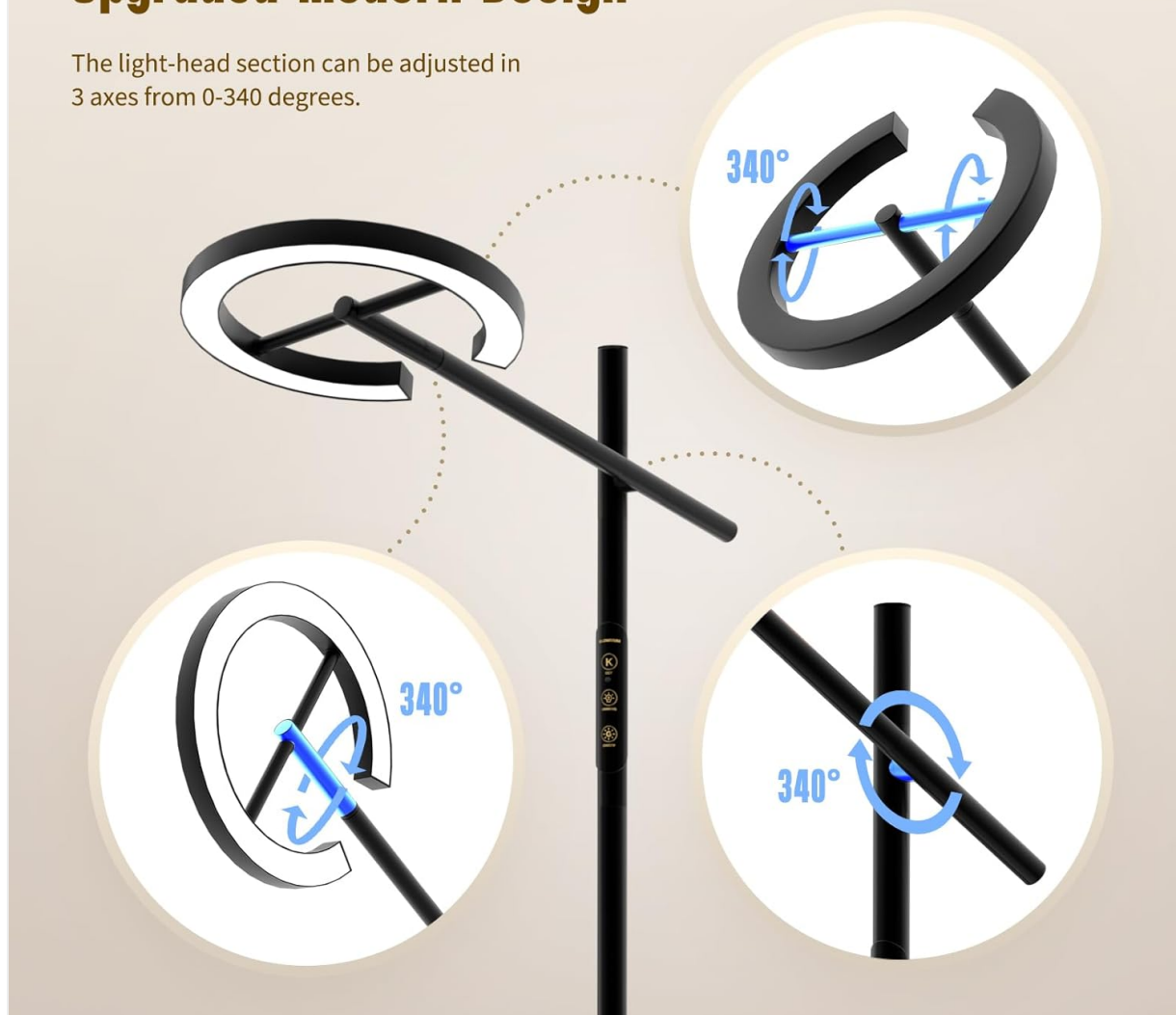


Figure 5.3: Lamp head rotation for directional lighting.

## 6. USAGE GUIDELINES

The GLOWRIUM-H1B lamp is versatile and can be used for various purposes:

- **Light Therapy:** Utilize the 12000 lux full-spectrum light to simulate natural sunlight, which can help improve mood and energy levels, especially during darker seasons.
- **Reading Lamp:** Adjust the brightness and color temperature to create optimal lighting for reading, reducing eye strain.
- **Task Lighting:** Direct the light to your workspace for enhanced focus during work or study.
- **Ambient Lighting:** Use warmer color temperatures and lower brightness for a relaxing atmosphere in bedrooms or living areas.

# 12000 LUX Light Happy Therapy

Simulates natural light, full spectrum, uv-free, provide a light therapy experience that is very close to natural light.

120°  
5.9 inch  
Lux 12000

26185 01 F.W. M. 10.19.19

- Eye Protection
- Flicker-Free
- UV-Free
- Timer
- CRI > 95

Figure 6.1: Light therapy application with 12000 Lux output.



## Happy Light Therapy Lamp and Reading Lamp Combination

Figure 6.2: The lamp functioning as a reading light.



Figure 6.3: Adjustable color temperatures from 2700K to 6500K.



Figure 6.4: Versatile usage scenarios for the GLOWRIUM-H1B lamp.

## 7. MAINTENANCE

- **Cleaning:** Ensure the lamp is unplugged before cleaning. Use a soft, dry cloth to wipe the lamp. Do not use

abrasive cleaners or solvents.

- **Storage:** If storing the lamp for an extended period, disassemble it and store it in its original packaging in a dry, cool place.
- **LED Lifespan:** The LED beads have a lifespan of LM80>100,000 hours, meaning they maintain over 80% brightness for this duration. No bulb replacement is necessary.

## 8. TROUBLESHOOTING

- **Lamp Not Turning On:**
  - Check if the power adapter is securely connected to both the lamp and the power outlet.
  - Ensure the power outlet is functional by testing it with another device.
  - Verify that the internal wiring connections within the pole sections are secure.
- **Remote Control Not Responding:**
  - Ensure the remote control is pointed directly at the lamp's touch panel.
  - Check if the CR2 battery in the remote control needs replacement.
- **Inconsistent Brightness/Color Temperature:**
  - Try resetting the lamp by pressing and holding the Main Light button on the touch panel for 5 seconds.
  - Ensure no obstructions are blocking the light sensor or controls.

## 9. SPECIFICATIONS

Feature	Detail
Model Name	H1B
Product Dimensions	10.1"D x 10.1"W x 71"H
Item Weight	10 Pounds
Lamp Type	Floor Lamp
Light Source Type	LED
Luminous Flux	12000 Lux
Color Temperature	2700K - 6500K (4 levels, stepless dimming)
Brightness Levels	7 levels (1% to 100%), stepless dimming
Special Features	Adjustable Arm, Adjustable Color Temperature, Dimmable, Full Spectrum, Timer, UV-Free, Flicker-Free, Eye Protection, CRI>95
Control Method	Remote Control, Touch Control
Power Source	Corded Electric (24V DC Safety Voltage)
Material	Aluminum, Iron
Base Material	Iron (6.6 pounds for stability)
Shade Material	Aluminum & Frosted PC Cover

Indoor/Outdoor Usage	Indoor
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## 10. WARRANTY AND SUPPORT

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GLOWRIUM is committed to providing high-quality products and customer satisfaction.

- **Warranty:** This product comes with a 2-year warranty service. GLOWRIUM guarantees returns and exchanges for any product quality issues within the warranty period.
- **Customer Support:** For any inquiries or support needs, please contact us through the following channels. We aim to respond within 24 hours.
  - **Email:** [support@glowrium.com](mailto:support@glowrium.com)
  - **Official Website:** [www.glowrium.com](http://www.glowrium.com)
  - **Support Center:** Available within the GLOWRIUM APP.