

Beurer TL35

Beurer TL35 Light Therapy Lamp Instruction Manual				
Model: TL35				
Introduction	Safety	Package	Setup	Operating
	Instructions	Contents		Instructions
Maintenance		Troubleshooting	Specifications	Warranty & Support

1. INTRODUCTION

The Beurer TL35 Light Therapy Lamp is designed to simulate natural daylight, providing a therapeutic light experience. This device aims to help alleviate symptoms associated with seasonal changes, such as mood imbalances, fatigue, and low energy, by supporting a regulated day-night rhythm. Its features include adjustable color temperatures, multiple dimmer levels, a timer, and a versatile stand, making it suitable for various environments.



Daylight for your wellbeing
in months with less sunshine
- Safe, reliable and effective

The Beurer TL35 Light Therapy Lamp provides natural daylight simulation to support overall well-being, especially during periods of reduced sunlight.

2. SAFETY INSTRUCTIONS

Please read these safety instructions carefully before using the Beurer TL35 Light Therapy Lamp. Failure to follow these instructions may result in injury or damage to the device.

- **General Safety:** Keep the device away from water and moisture. Do not use it in damp environments.
- **Children and Vulnerable Individuals:** This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- **Power Supply:** Only use the power adapter supplied with the device. Ensure the voltage specified on the adapter matches your local power supply.
- **Placement:** Place the lamp on a stable, level surface. Do not block ventilation openings.
- **Medical Conditions:** Consult your doctor before use if you are pregnant, have eye conditions (e.g., glaucoma, cataracts), or are taking medications that increase light sensitivity (e.g., certain

antidepressants, antipsychotics).

- **Eye Protection:** Do not stare directly into the light source for extended periods.
- **Maintenance:** Do not attempt to open or repair the device yourself. Contact qualified service personnel for any repairs.

3. PACKAGE CONTENTS

Carefully unpack the device and check that all components are included and undamaged. If any parts are missing or damaged, contact your retailer immediately.

- Beurer TL35 Light Therapy Lamp
- Power Adapter
- Adjustable Stand
- Felt Storage Bag
- Instruction Manual



The image shows a white, rectangular Beurer TL35 Light Therapy Lamp. It has a small 'beurer' logo at the top and a control panel at the bottom with a sun icon, a power button, and a dimmer slider. Next to the lamp is a dark grey felt storage bag with the 'beurer' logo. The background is a blue gradient with white text and icons.

Daylight for well-being in months with less sunshine ■

Light intensity:
10,000 Lux ■
(distance 5.1 inch)

Compact size ■

LED technology ■

Choose 3 color temperatures for a **regulated** ■
day-night rhythm
(active, therapy, relax)

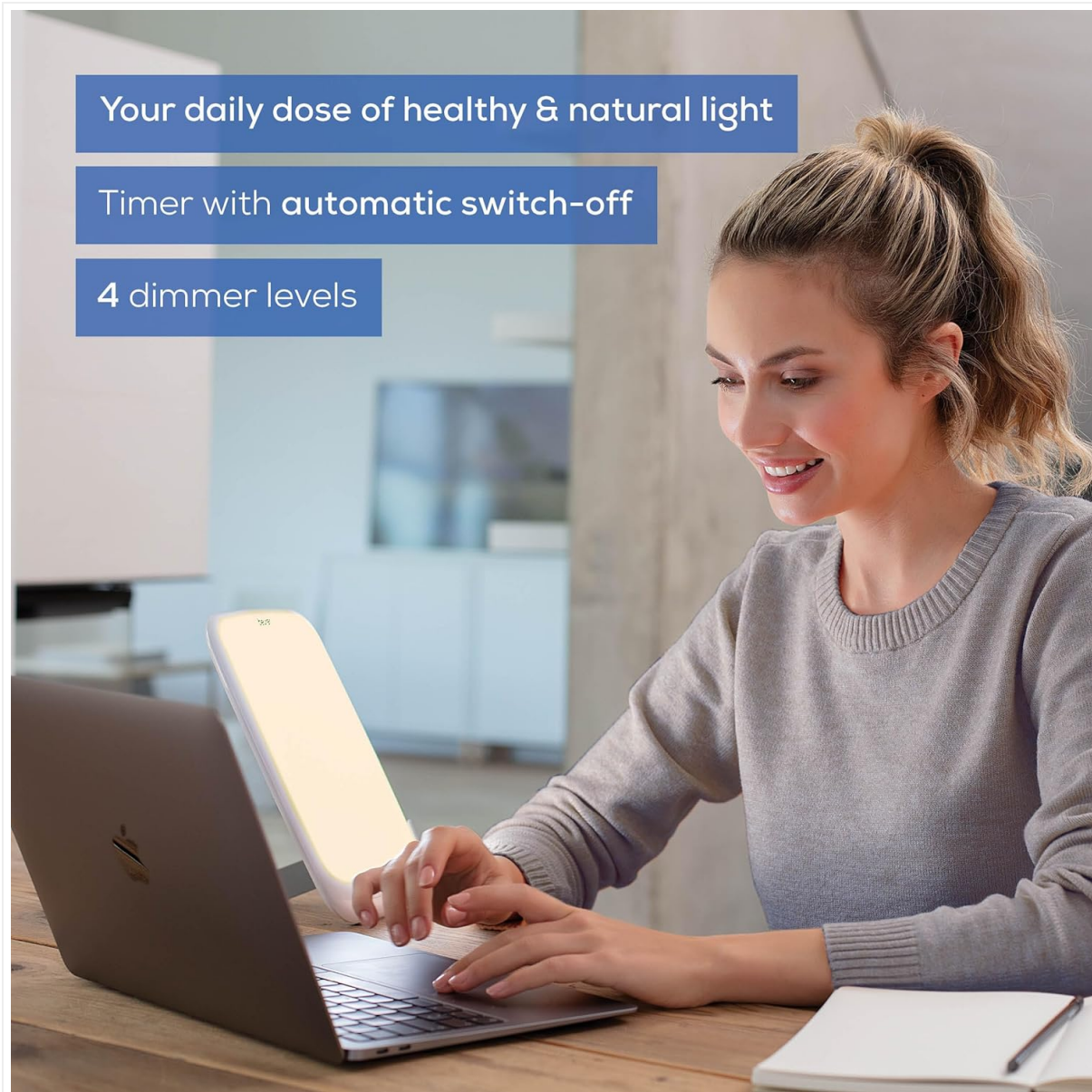
Timer & 4 dimmer levels ■

The package includes the Beurer TL35 Light Therapy Lamp, a power cable, and a protective felt bag for storage and travel.

4. SETUP

Follow these steps to set up your Beurer TL35 Light Therapy Lamp:

1. **Attach the Stand:** Insert the adjustable stand into the designated groove on the back of the lamp. Ensure it clicks securely into place. The stand allows for both vertical and horizontal positioning.
2. **Position the Lamp:** Place the lamp on a flat, stable surface at a comfortable distance (approximately 20-25 cm) from your face. The light should reach your eyes indirectly.
3. **Connect Power:** Plug the power adapter into the lamp's power input, then plug the adapter into a suitable electrical outlet.



The detachable stand allows for flexible positioning of the lamp, either vertically or horizontally, and can be removed for compact storage.

5. OPERATING INSTRUCTIONS

The Beurer TL35 features intuitive touch controls for easy operation. It is recommended to use the lamp in the morning, shortly after waking up, for about 30 minutes. You do not need to stare directly into the light; simply ensure the light reaches your eyes while you engage in other activities like reading or eating breakfast.

This video demonstrates the touch controls of the Beurer TL35 Light Therapy Lamp, including power, brightness, and timer settings.


5.1. Power On/Off

Press the **Power button** () to turn the lamp on or off.


5.2. Color Temperature Settings


The TL35 offers three adjustable color temperatures to suit your needs:


- **Active Mode (6,500 K):** Increases concentration and energy, ideal for morning use or tasks requiring focus.
- **Focus Mode (4,300 K):** Supports daily well-being and balance, suitable for general use throughout the day.
- **Relax Mode (3,000 K):** Helps relax and calm, promoting better sleep when used in the evening (not for therapy).


Press the **Color Temperature button** () to cycle through the three modes.

Choose from 3 color temperatures for a regulated day-night rhythm & feel more energized

Active Mode 
Increases your concentration while working in the morning


Therapy Mode 
Supports your daily well-being and leads to more balance at midday

Relax Mode 
Helps relax and calm to promote better sleep



The lamp offers three distinct color temperatures: Active (6,500 K) for concentration, Focus (4,300 K) for daily well-being, and Relax (3,000 K) for promoting better sleep.

5.3. Dimmer Levels

The lamp features 4 dimmer levels to customize brightness. Press the **Brightness button** () to adjust the light intensity. The current level is indicated by small LED lights on the control panel.


Removable stand

Can be used horizontally and vertically



The lamp features four dimmer levels, allowing users to customize the light intensity for various activities and preferences.

5.4. Timer Function

The integrated timer allows you to set the duration of your therapy session, with automatic switch-off. Available settings are 30, 60, 90, and 120 minutes. Press the **Timer button** () to select your desired duration. The active timer setting will be illuminated.



An integrated timer allows for automatic shut-off after 30, 60, 90, or 120 minutes, ensuring consistent therapy duration.

6. MAINTENANCE AND CLEANING

Proper maintenance ensures the longevity and optimal performance of your Beurer TL35 Light Therapy Lamp.

- **Cleaning:** Always unplug the device from the power outlet before cleaning. Use a soft, dry, or slightly damp cloth to wipe the surface of the lamp. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the surface.
- **Storage:** When not in use, especially for extended periods, store the lamp in its felt bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **No User Serviceable Parts:** The LED light source is not replaceable. Do not attempt to disassemble or repair the device. Any unauthorized attempts to repair will void the warranty.

7. TROUBLESHOOTING

If you encounter any issues with your Beurer TL35 Light Therapy Lamp, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Lamp does not turn on.	Power adapter not properly connected or no power from outlet.	Ensure the power adapter is securely plugged into both the lamp and a working electrical outlet. Test the outlet with another device.
Light is too dim or too bright.	Incorrect dimmer level selected.	Press the Brightness button to cycle through the 4 dimmer levels until the desired intensity is reached.
Color temperature is not as desired.	Incorrect color temperature mode selected.	Press the Color Temperature button to cycle through Active, Focus, and Relax modes.
Timer function not working.	Timer not set correctly.	Ensure a specific timer duration (30, 60, 90, or 120 minutes) is selected and illuminated on the control panel.
Lamp flickers or behaves erratically.	Power fluctuation or internal issue.	Unplug the lamp for a few minutes, then plug it back in. If the problem persists, contact customer support.

8. SPECIFICATIONS

Key technical details for the Beurer TL35 Light Therapy Lamp:

Feature	Detail
Model	TL35
Light Intensity	10,000 Lux (at approx. 20-25 cm distance)
Light Source Type	LED
Color Temperatures	3 (Active: 6,500 K, Focus: 4,300 K, Relax: 3,000 K)
Dimmer Levels	4
Timer Function	30, 60, 90, 120 minutes (with auto switch-off)
Control Method	Touch
Product Dimensions	0.8"D x 6.1"W x 9.8"H (approx.)
Item Weight	1.15 pounds (approx.)
Power Source	Corded Electric
Material	Plastic
Special Features	Adjustable Color Temperature, Dimmable, Energy Efficient, Plug In, Timer

9. WARRANTY AND SUPPORT

The Beurer TL35 Light Therapy Lamp comes with a **5-year warranty**, covering defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

For technical support, warranty service, or general inquiries, please contact Beurer Customer Service. Contact information can typically be found on the official Beurer website or on the product packaging.