

Pedete Red Light Therapy Panel

Pedete Red Light Therapy Panel User Manual

Model: Red Light Therapy Panel

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Pedete Red Light Therapy Panel. This device is designed to deliver both red light and near-infrared (NIR) light, which are specific wavelengths of light known for their various biological effects. Please read this manual thoroughly before operation.

2. WHAT'S IN THE BOX

Your Pedete Red Light Therapy Panel package includes the following items:

- Pedete Red Light Therapy Panel
- Power Cord
- Remote Control
- Protective Glasses
- Adjustable Rope
- Door Hook
- User Manual

The package includes the Red Light Therapy Panel, remote control, power cord, protective glasses, adjustable rope, user manual, and a door hook for flexible mounting options.

A user demonstration of the Pedete Red Light Therapy Panel, covering unboxing, setup, and switching between red and infrared light modes.

3. SETUP INSTRUCTIONS

1. **Unpack the Device:** Carefully remove all components from the packaging.
2. **Attach the Stand:** The panel comes with an integrated foldable stand. Extend the stand to position the panel upright on a flat surface.

3. **Optional Mounting:** For hands-free use, you can utilize the included door hook and adjustable rope. Attach the door hook to the top of a door, then secure the adjustable rope to the panel's handle and the door hook. Adjust the rope length to achieve the desired height.
4. **Power Connection:** Connect the power cord to the back of the panel and then plug it into a standard electrical outlet.
5. **Remote Control Setup:** Insert 2 AAA batteries (not included) into the remote control.



The Pedete Red Light Therapy Panel features a sleek design and a stable stand for convenient use.

This video demonstrates the unboxing, setup, and basic operation of the Pedete Red Light Therapy Panel, including how to use the control panel and remote.

4. OPERATING INSTRUCTIONS

The Pedete Red Light Therapy Panel can be operated using the control panel on the device or the included remote control.

4.1 Powering On/Off

- Locate the red power switch on the back of the device. Flip the switch to the 'ON' position.
- The LCD display on the side of the panel will illuminate.
- To turn off, flip the red power switch to the 'OFF' position.

4.2 Using the Control Panel / Remote

The control panel on the device and the remote control offer similar functionalities:

- **RED (R) / NIR (IR) Buttons:** Select to activate Red light only, Near-Infrared light only, or both (RED+NIR mode).
- **Light +/- Buttons:** Adjust the intensity (brightness) of the active light mode.
- **Pulse Button:** Activate pulse mode, which delivers light in rhythmic intervals. The frequency (Hz) can often be adjusted.
- **Timer +/- Buttons:** Set the desired session duration (e.g., 5, 10, 15, 20, 25, or 30 minutes). The device will automatically shut off after the set time.
- **Mode Button:** Cycle through different therapy modes (e.g., Red, NIR, Red+NIR, None).

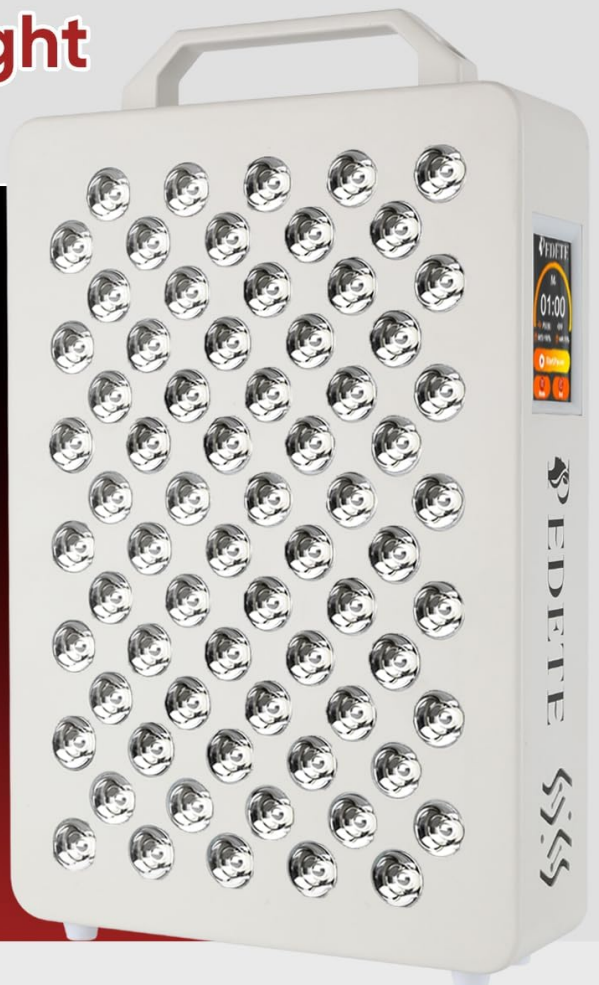
Upgraded Red Light Therapy Device

70

Dual Chip LEDs

Professional effectiveness

132W/cm²



132.3562 w/m²
≈ 132.35 mw/cm²

Verified by professional instruments

The control panel on the side of the device allows for easy selection of modes, intensity, and timer settings.

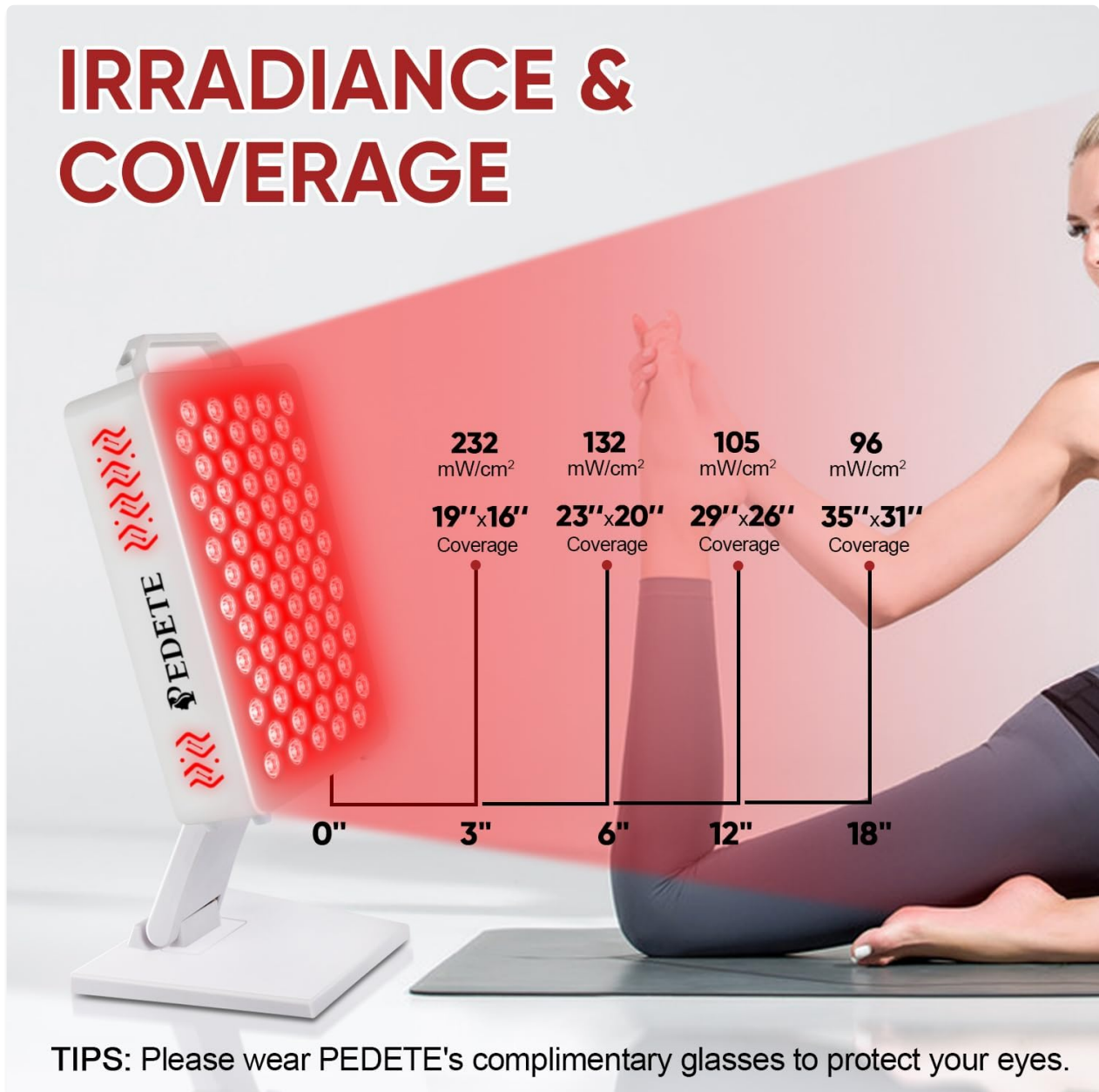
An overview of the Pedete Red Light Therapy Panel's features, including its build quality, LED power, and multiple wavelengths for various benefits.

5. USAGE GUIDELINES

For optimal results and safety, follow these guidelines:

- **Eye Protection:** Always wear the provided protective glasses during therapy sessions to shield your eyes from the bright light.
- **Distance:** Position the panel 3 to 6 inches (7.6 to 15 cm) away from the target area of your body.
- **Session Duration:** Recommended session time is 10-20 minutes per area. Do not exceed 30 minutes per session.
- **Frequency:** Use 3-5 times per week for consistent results.
- **Skin Sensitivity:** Start with shorter sessions and gradually increase duration as your skin adapts.

IRRADIANCE & COVERAGE



Understand the optimal distance for therapy with this irradiance and coverage guide, ensuring effective treatment.

6. BENEFITS OF RED LIGHT THERAPY

Red and Near-Infrared (NIR) light therapy, also known as photobiomodulation (PBM), utilizes specific wavelengths of light to stimulate cellular function. This can lead to a range of potential benefits:

- **Skin Health:** Promotes collagen and elastin production, which can improve skin tone, texture, and reduce the appearance of fine lines and wrinkles.
- **Muscle Recovery & Pain Relief:** Aids in reducing muscle soreness, speeding up recovery after

exercise, and alleviating joint pain and inflammation.

- **Improved Sleep:** Regular use, especially in the evening, may help regulate circadian rhythms and promote better sleep quality.
- **Enhanced Mental Clarity:** May support cognitive function, focus, and overall mood.
- **Bone Health:** Can promote local blood circulation and improve joint stiffness.

THE POWER OF RED LIGHT

Health and Wellness Benefits of Red Light Therapy



Supports muscle recovery, performance and strength.



Enhances sleep, increases energy levels and beats fatigue.



Boosted circulation, optimizes brain function and mood.



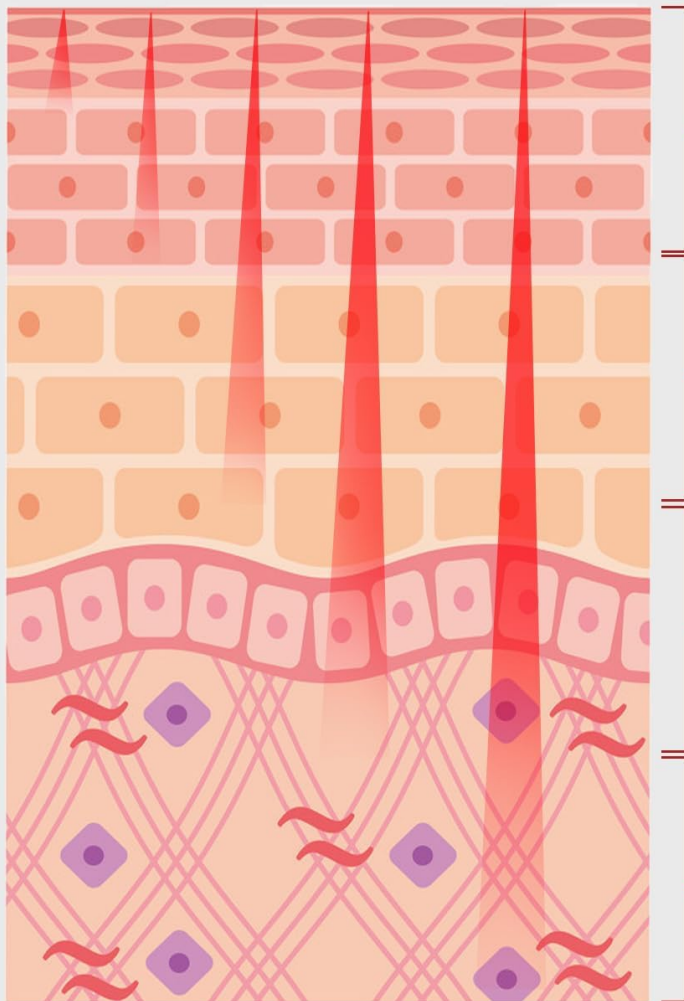
Promotes tissue repair, and a healthy inflammatory response.



Red light therapy supports various bodily functions, from muscle recovery to improved sleep and circulation.

5 PROVEN WAVELENGTHS

More Comprehensive Treatment and Repair



630nm

Beauty & Anti-Aging

660nm

Pain Relief

810nm

Wound Healing

850nm

Mental Relaxation

940nm

Cardiovascular Health

The panel utilizes 5 proven wavelengths (630nm, 660nm, 810nm, 850nm, 940nm) to target various depths of tissue for comprehensive benefits.

7. MAINTENANCE

To ensure the longevity and optimal performance of your Pedete Red Light Therapy Panel, follow these maintenance tips:

- **Cleaning:** Always unplug the device before cleaning. Use a soft, dry cloth to wipe down the panel. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, fold the stand for compact storage. Store in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check the power cord for any damage. If damaged, discontinue use and contact customer support.

8. TROUBLESHOOTING

If you encounter any issues with your Pedete Red Light Therapy Panel, refer to the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the power cord is securely plugged into both the device and the wall outlet. Check if the red power switch on the back is in the 'ON' position.
- **Remote Control Not Working:** Check if the batteries in the remote control are correctly inserted and not depleted. Replace if necessary. Ensure there are no obstructions between the remote and the device.
- **Lights Not Illuminating:** Verify that the device is powered on and that a light mode (Red, NIR, or Red+NIR) is selected. Adjust the intensity settings to ensure they are not set to minimum.
- **Unusual Noise:** A slight fan noise is normal during operation as the device uses a cooling fan. If the noise is excessive or unusual, discontinue use and contact customer support.

If the problem persists after attempting these steps, please contact Pedete customer support for further assistance.

9. SPECIFICATIONS

Feature	Detail
Model	Red Light Therapy Panel
Wavelengths	630nm, 660nm, 810nm, 850nm, 940nm
LEDs	70 Dual Chip LEDs
Irradiance	132 mW/cm ² (at 6 inches)
EMF	0V (at 3 inches)
Power Consumption	132.4 W
Package Dimensions	16.89 x 10.39 x 6.97 inches
Weight	10.34 Pounds
Batteries (Remote)	1 AAA batteries required
Manufacturer	Pedete
ASIN	B0F8NP96C4

10. IMPORTANT SAFETY INFORMATION

Please read and adhere to all safety warnings and instructions to prevent injury or damage to the device.

- **Eye Protection:** Always wear the provided protective glasses during operation. Do not look directly into the light source.
- **Medical Advice:** Statements regarding light therapy have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before using this device, especially if you are pregnant, nursing, have any pre-existing medical conditions, or are taking medications.
- **Skin Reaction:** If you experience any discomfort, redness, or irritation, discontinue use immediately.
- **Children and Damaged Skin:** This device is not intended for use by children or on damaged skin.
- **Ventilation:** Ensure adequate ventilation around the device during use to prevent overheating.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

11. WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your Pedete Red Light Therapy Panel, please refer to the contact details provided in the original packaging or on the manufacturer's official website. Keep your purchase receipt as proof of purchase for any warranty claims.