



CHROMA Red Portal Devises User Manual

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CHROMA

CHROMA Red Portal Devises

RED PORTAL

- Congratulations on choosing the Red Portal, an effective red light therapy device, designed to support your brain and body. The Red Portal brings the well studied benefits of deep red and near-infrared (NIR) light into your workspace, replacing the deep red and NIR light blocked by walls, and modern windows. Enhance mitochondrial & cognitive function, reduce stress, and promote both skin and eye

health.

- The Red Portal is designed for all-day use in your home or workspace. With adjustable intensity and an adjustable ratio of 670nm Deep Red To 810nm NIR (invisible), this device delivers a meaningful dose of red and NIR light over the course of the day, helping you feel great and perform at your best.

Benefits

Benefits of the Red Portal

- **Cognitive Support** – 810nm near-infrared light (NIR) has been studied for its potential impact in supporting brain function, memory, and mental clarity.
- **Stress Relief** – Exposure to red and NIR light may promote relaxation and help balance stress levels. The body expects this light and functions better with it.
- **Skin Support** – Red and NIR light therapy is commonly used to support skin health by encouraging collagen production and reducing inflammation.
- **Eye Support** – 670nm deep red light may contribute to eye health and function. Red and NIR light both help to balance the light exposure from your screens or other indoor lighting.
- **Mitochondrial Support** – Both 670nm and 810nm wavelengths are well studied to help optimize mitochondrial function, improving cellular energy production and overall well-being.

Device Overview

- **Size:** 12" Diameter
- **Power Use:** ~40 Watt
- **Stand:** Clamp-style telescoping stand

Light Profile:

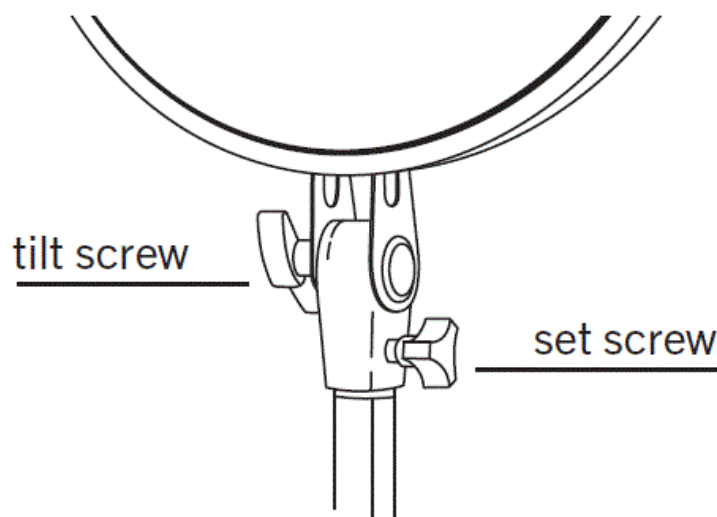
- **Channel 1: 670nm Deep Red**
 - a warm, rich red
- **Channel 2: 810nm Near Infrared**
 - nearly invisible light that penetrates deeper into the body

Adjustable Power & Ratio:

Customize your light exposure by adjusting the blend of the two channels to meet your needs.

Assembling your Red Portal

1. Remove your Red Portal device and Desk Clamp Stand from the packaging.
2. Attach the stand to your desk: Loosen the clamp screw until the clamp can fit around the desk or shelf you wish to mount your Red Portal on. Ensure the clamp makes full contact with both the top and bottom surfaces of the desk. Hand tighten the clamp screw until sturdy.
3. Loosen the set screw, (the smaller plastic handle screw closest to the base of your Red Portal) until it can slip over the silver top of the desk clamp. Do not remove the rubber guard on the tip of the stand. Tighten the set screw to prevent rotation.
4. Adjust the mount to your desired height. Ideal placement for the Red Portal is just above eye level, angled slightly down to the face. Position the light to be in your field of vision, at a distance of about 3 feet.
5. If necessary, loosen the tilt screw (larger winged screw on the base on your Red Portal), adjust to the desired angle, and tighten.
6. Plug the included power adapter into the back of the Red Portal.



Example Uses

- **All Day Red Light Therapy:**

Set the device to full power with a 50:50 ratio for consistent all-day red light therapy.

This setting is safe to use all day while the sun is up. In the evenings, the deep red light is an excellent source of non-sleep-disrupting illumination – lower the power and optionally rotate the device 180 degrees to bounce the light off a wall to further soften the light in the room.

- **Brain Support / Use During Color Sensitive Creative Work:** As 810nm NIR light is nearly invisible, the device can be used all day set to 100% NIR without disturbing others, and with no impact on color perception.
- **Ultra Low Stimulation Evening Illumination:** In the evenings, set the device to the minimum power. Optionally, turn the light 180 to reflect off of a wall to further soften and diffuse the light. The ratio of NIR light can be increased to further dim the visible deep red channel.

Light Exposure & Sleep

- The NIR and Deep Red light from this device is non-melanopic (not sleep disrupting), and is safe to use into the evenings for illumination.
- That said – in the evenings, less light is nearly always better, so we encourage you to dim the device and use it indirectly reflected off a wall.

Additional Tips

- Your Red Portal is designed to work on power standards worldwide. The device comes with a USA plug. A basic travel adapter is needed to change the plug shape, but no voltage conversion is required.
- Do NOT use this device with a dimmer.

Care and Maintenance

- Keep the device clean with a soft, dry cloth.
- Avoid using water or harsh chemicals.

Support

- For troubleshooting, tips, or additional resources, visit our website at getchroma.co
- Thank you for choosing the Red Portal

Frequently Asked Questions

- **Q: Can the Red Portal be used for extended periods?**
 - A: Yes, the Red Portal is designed for all-day use. Adjust settings as needed for comfort.
- **Q: Is the Red Portal safe for eye health?**
 - A: Yes, the Red Portal promotes eye health through red and NIR light exposure, but avoid direct eye exposure.
- **Q: How far should the Red Portal be placed for optimal benefits?**
 - A: Position the device about 3 feet away at just above eye level for best results.

Documents / Resources

	CHROMA Red Portal Devises [pdf] User Manual Red Portal Devises, Portal Devises, Devises
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References

- [User Manual](#)

◆ Chroma, Devises, Portal Devises, Red Portal

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