READ USER GUIDE PRIOR TO USE.

CAREX®

day light CLASSIC PLUS

Natural and Effective Bright Light Therapy



USER GUIDE

Thank you for purchasing the Day-Light Classic Plus.
This bright light system was designed following the highest quality and safety standards. For details on correct assembly and proper use of your Day-Light, please read this manual in its entirety.
Additional product information may found at www.compasshealthbrands.com.

Day-Light Benefits

The Day-Light brings the light of a springtime morning into your home or office.

Daily use during the fall, winter and early spring helps keep your mood and energy level up, while pleasantly brightening your day.

INCLUDED ITEMS

Day-Light Classic Plus and User Guide

⚠ **WARNING:** This light should not be used on patients with macular degeneration. **ALWAYS** consult a physician before using this product.

Day-Light Classic Plus Light Therapy Lamp
Model Number: CCFDL93011

READ ALL INSTRUCTIONS BEFORE USING THE DAY-LIGHT

Safety Precautions

- If you have eye problems or have had eye surgery, you should consult your doctor or ophthalmologist before you use any form of light therapy. Certain eye and eye-related conditions may respond unfavorably to light therapy.
- As with any electrical device, **DO NOT** use the Day-Light in or near water.
- **DO NOT** overuse the Day-Light. Recommended usage is 20-30 minutes each morning. Overuse may cause irritability, excessive energy, or difficulty falling asleep at bedtime.
- It is not necessary to stare into the light. Feel free to read, work, eat or talk on the phone during your light therapy session.
- During the first few uses, your Day-Light may give off an odor; this is harmless. This will **NOT** affect the use of your Day-Light and will quickly disappear.
- **DO NOT** leave your Day-Light on for more than 60 minutes in Therapy mode. **ALWAYS** use in a well-ventilated area away from other heat sources and ensure that the air vents are not blocked when the product is in use.
- **DO NOT** attempt to open or access the electrical components of the lamp. There are **NO** user serviceable parts.

⚠ **WARNING:** This product emits a bright light which may contribute to migraines in some individuals.

SAVE THESE INSTRUCTIONS

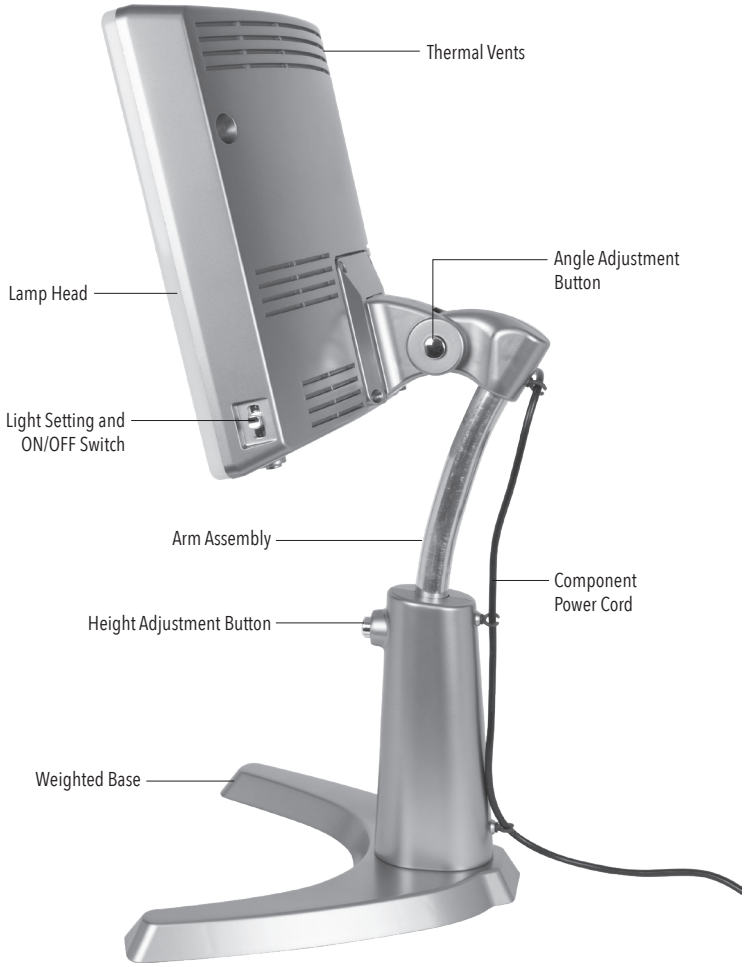
The Day-Light is intended for household use only.

IMPORTANT INFORMATION

ALWAYS consult your physician before starting any bright light therapy regimen.

Your Day-Light includes the following components:

- Lamp Head
- Adjustable Height / Arm Assembly
- Weighted Lamp Base
- Component Power Cord
- #2 Philips Screwdriver
- 1 Philips Screw
- User Guide



Before Using Your Day-Light

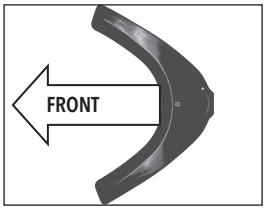
Task light, reading lamp, or simply for glare-free ambient light, your Day-Light can be used for much more than light therapy.

1. Check contents to ensure all parts are enclosed and in good condition.
2. Review this guide in its entirety.
3. Assemble the lamp and test the light tubes.

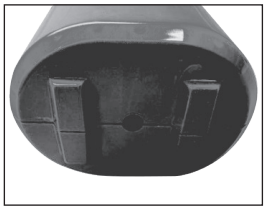
Complete your Warranty Registration online at www.carex.com to ensure you are registered. Contact your dealer if any product parts are missing or damaged.

Assemble the Day-Light

1a



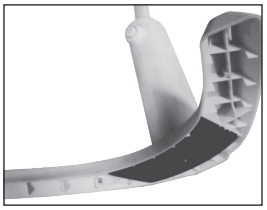
1b



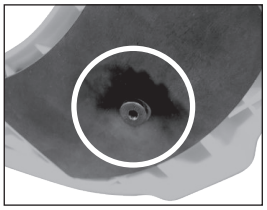
1c



1d



1e

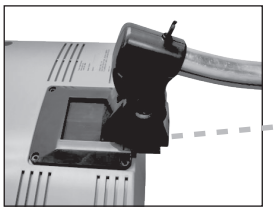


1. Attach the Weighted Lamp Base (1a – 1e) to the Adjustable Height Arm using the screw and screwdriver.
2. Lay the Lamp Head with the lens down on a solid non-skid surface that will not damage the lens.
3. Slide the assembled Arm and Base (3a) into the Lamp Head.

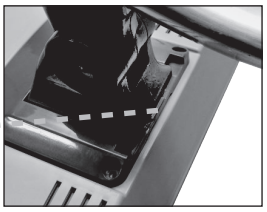
⚠ **WARNING:** The locking tab (3b) must be fully engaged as shown to prevent the Arm and Base from detaching from the Lamp Head and causing possible injury.

4. Fully insert the component plug (4a) and secure the cord using the 3 clips on the back of the Arm. Plug into a standard 120 VAC grounded outlet.

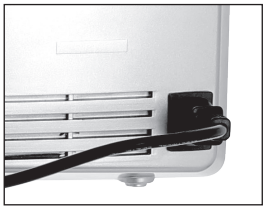
3a



3b



4a



Adjusting the Light Mode

High Intensity Setting - Therapy Mode

Slide the switch "UP" and the Day-Light emits 10,000 LUX of light at 12" – 14" from the lamp. Do not use for more than 60 minutes per session in Therapy Mode.

Low Intensity Setting – Task/Ambient Mode

Slide the switch "DOWN" and 5,000 LUX will be emitted at 12" – 14" from the lamp.

NOTE: After switching the Day-Light on, it takes about 30 seconds before reaching full intensity.

Adjusting Light Angle and Height

For optimum light therapy, adjust the lamp so that:

- Lamp head is angled at about 15° from vertical;
- Eyes face the approximate center of the lamp.

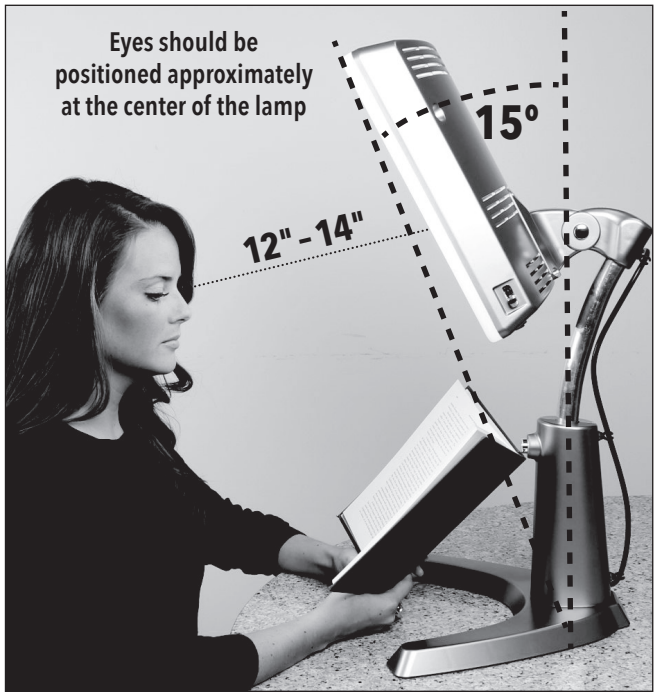
Angle of the Light

To set the angle of the lamp at about 15°, press the silver button at the top of the Arm,while supporting the Lamp Head. Release the button at the desired angle.

Height of the Light

Press the lower silver button, while supporting the Lamp Head. Lift or lower the Lamp Head to the desired height and release the button.

NOTE: Face toward the Day-Light with eyes open during therapy. It is not necessary – nor recommended – to look directly into the light.



Timing and Duration of Session

For best results use your Day-Light soon after waking, preferably before 9 a.m. Begin with a 30 minute session and read, eat breakfast, etc. during therapy.

Benefits usually take a few days to appear. Since each person's response varies, 30 minutes may not produce the desired level of therapeutic response or may cause unwanted side effects. Studies have shown that up to 85% of those who try bright light therapy have a clinical response.

Based on your response, tailor the session time, up or down, in five minute increments to find the optimal session length. We recommend that you don't use therapy mode for more than 60 minutes per session.

You may also add a short session (15-20 min.) later in the day, if experiencing a slump in energy. However, using the Day-Light for therapy after 8 p.m. is not recommended as it may delay your onset of sleep.

Helpful Resource

For a personalized profile of your Day-Light needs, we recommend completing the free online user assessments found at www.cet.org.

Adjusting to Light Intensity

Some users prefer to adjust to the brightness before therapy sessions. Turn the lamp on just before sitting in front of the lamp, so your eyes can adjust to the bright light.

Daily Use

If you miss a session(s) or discontinue use of the Day-Light, your body may return to its usual wintertime doldrums. Benefits should reappear a few days after resuming use.

Other Conditions

Increasing evidence demonstrates that using bright light therapy lamps may also help alleviate jet lag, shift work adjustment, improve sleeping patterns and ease low energy.

Waking Up to the Day-Light

You can also wake up to the Day-Light by using a properly rated lighting timer.

Symptoms of Overuse

There are rarely negative side effects of using light therapy, but it is possible to overuse the Day-Light. If you experience increased irritability, excessive energy, and/or any discomfort during or after use, decrease the session length or move the light further away from you.

Specifications

Safety: UL & C-UL Listed
Electrical: 120V, 60Hz, 1.5A
Enclosure Size: 15.75" x 13" x 3.1" / 40cm x 33cm x 8cm
Product Height: Max.: 28.75" / 73cm; Min.: 25" / 63.5cm
Product Weight: 9.35 lbs. / 4.24 kg
Light Source: 192 LED bulbs, UV Free, 4,000 Kelvin
Light Settings:
1) 10,000 LUX at 12"/30cm
2) 5,000 LUX at 12"/30cm

Limited Warranty

Compass Health Brands warrants your Day-Light Classic Plus system against product failure during normal use for five years from the date of delivery. Damage due to neglect or misuse is not warranted, nor is this warranty transferable.

COMPASSHEALTH

Manufactured for: Compass Health Brands Corp.
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www.compasshealthbrands.com
800.376.7263 • Made in China
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Disclaimer

The Day-Light is an innovative light supply system and is not a listed medical device in the USA.