

# Daylight TwoSun SAD and desk lamp (DH476)

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Please retain these instructions for future reference. These instructions are also available in other formats.

## Special warning

When using this light as a task lamp the best position is to have it positioned below eye level between you and what you are doing. It is important to have the light shade below eye level to prevent glare.

Also, the amount of illumination on an object increases fourfold if the distance between the light and the object is halved. Remember to keep some background lighting on as well as it will help prevent eye strain.

## Before using this lamp

Light therapy is a safe treatment for winter blues such as Seasonal Affective Disorder (SAD) as well as for helping relieve the symptoms of poor sleep patterns and low energy levels.

Before using the lamp we advise seeking advice from your doctor if any of the following apply to you:

- have been advised to avoid bright light because of a particular medical condition

- taking medication that may cause photosensitivity

- had recent eye surgery or have had previous eye problems

- have been diagnosed with a mood disorder, depression or sleep problems

- take particular care if you have been prescribed any medication for any of the above, as light therapy can also affect your mood and affect how your medication works.

## Light therapy side effects

Light therapy can have some side effects, but these are usually mild and can be resolved by using the light further away or lowering the brightness.

For some individuals a brief burst of bright light for 30min is very beneficial and is preferred. For others a lower intensity light, used for longer is more comfortable and gives better results.

Side effects that might be experienced include: eye strain, headache and nausea.

To minimise the possibility of side effects do not stare directly into the light, start by gradually building up the time you spend in front of the light and consider a lower light level and greater distance to give your eyes and body time to adapt. It is important to listen to your own body and find the brightness, distance and treatment time that works best for you.

This is not a medical guide or directions – If your doctor has recommended light therapy always seek advice from them and follow their instructions. If you have any concerns about anything raised in this guide please speak to your doctor.

## Safety

* For indoor use only.
* The LEDs are not user or service replaceable as they designed to last for the lifetime of the product.
* **Caution:** if the cable becomes damaged, the light should not be used and the cable should exclusively be replaced by a suitably qualified electrician in order to avoid hazard.
* **Caution**: do not look directly at the LEDs.

## General description

The TwoSun lamp allows anyone to effortlessly alternate between Light Therapy Mode and Task Lamp Mode whenever required.

It is suitable for treating symptoms relating to SAD, sleep disorders and jetlag, and ensuring longer focus and improved concentration when switching to task lamp mode.

This 2-in-1 lamp has been ergonomically designed to be easy to carry with one hand and folds up compactly when not in use. The Easy Twist Shade™ allows the light to be positioned and directed exactly where you need it while the brightness of the daylight LEDs can be adjusted using the tactile three-step dimmer button. The high quality LEDs and CRI of over 95 provide optimum light therapy and ensures accurate colour matching.

## Information about light therapy

During Autumn, you might start to notice that shorter days and reduced sunlight are affecting your energy and mood. This is often referred to as winter blues, starting in autumn and lasting several weeks. For some individuals it can last throughout the winter. If you’re feeling blue or experiencing SAD, regular light therapy can alleviate your symptoms, helping you to feel back to your usual self. During spring and summer, as natural light levels increase, you may wish to reduce the regularity of your sessions, though if you feel your symptoms coming back, you should adjust your light therapy schedule accordingly.

The key factors to consider when using light therapy are Light Intensity, Distance & Time To simulate the brightness of natural sunlight, we recommend using the SAD light on full brightness at arm’s length (50- 70cm), ideally every day for minimum 30-60 minutes.

Example session times and Lux output:

* 30 minutes with the lamp approximately 10cm (4”) away from you (10,000 Lux)
* 60 minutes with the lamp approximately 20cm (8”) away from you (5,000 Lux)
* 120 minutes with the lamp approximately 30cm (12”) away from you (2,500 Lux)

With the light closer to you, a greater intensity of light reaches your eyes. However, as individual sensitivity to light varies, we recommend finding the right distance and brightness that works best for you. If you find the light too bright, simply place the lamp further away from you while increasing your session time. Alternatively, use the dimmer to reduce the brightness and increase the session duration to ensure you’re receiving the right amount of light.

Positioning of the light is important to get the best results and to ensure optimal comfort. Position the light to your side, with the shade directed towards you. Be sure to keep your eyes open as the treatment will not work on closed eyes. Do not stare into the light, it is sufficient that the light reaches your eyes indirectly.

Light therapy is at its most effective when used first thing in the morning. Avoid using your lamp in light therapy mode in the evening as you may have difficulty falling asleep. Your doctor can help you find the most beneficial light therapy schedule for you.

This is not a medical guide - please see your doctor in relation to any medical conditions and follow their guidelines. If you do not see an improvement in your symptoms after a few weeks, please seek advice from your doctor.

## Set-up and operation

Remove all packaging from around the lamp.

Insert the power adapter jack into the socket at the rear of the lamp and plug the adapter into a conveniently located electrical socket.

To open the shade, hold the light near the adapter cable with one hand and with the other placed towards the base on the opposite side of the light, gently lift the shade upwards. At the top of the light is the carry handle and a hinge.

On the base of the light there is an oval button. This button can be used to adjust the brightness and to turn the light off.

The light can be used in Task Mode and in Light Therapy Mode. In either Task or Therapy Modes the upper shade can be angled and rotated as required to enable optimum position of the light

### Using the lamp in Task Mode

To operate the lamp in ‘Task Mode’ simply open the shade. The upper light will illuminate automatically and turn off when the shade is closed.

To adjust the brightness of the upper light briefly press the dimmer button at the base of the lamp. There are three brightness levels and OFF.

**Note**: If the lamp is turned off with the dimmer button, it can be switched back on by briefly pressing the dimmer button again, without the need to open and close the shade).

### Using the lamp in Light Therapy Mode

To enter ‘Light Therapy Mode’ and illuminate the lower light, press and hold the dimmer button for two seconds. Both the upper and lower lights are illuminated on maximum brightness for 30 minutes.

After 30 minutes of Therapy Mode the lamp automatically turns off. If you would like to continue your light therapy session, simply hold the button for two seconds and the lamp enters another 30 minute session. Alternatively, briefly pressing the button switches the lamp back into ‘task’ mode and only the upper shade is illuminated.

As with ‘Task Mode’ while in ‘Light Therapy Mode’ the brightness can be reduced by briefly pressing the dimmer button. There are three brightness levels that can be selected. The 30 minute timer continues to function independent of the brightness level adjustment, the 30 minutes starting from when the lamp is first put into ‘Light Therapy Mode’.

**Tip:** At any point during the operation of the lamp the light can be toggled between the single upper light and the combined upper and lower lights:

- a brief press for upper light operation

- press & hold to operate both upper and lower lights. If the lamp is closed while in Light Therapy Mode both lights will turn off. Opening the shade will switch on the upper light only. To re-enter Therapy Mode, simply press and hold the button.

## Technical specification

* Tested to Medical Safety Standard EN/IEC 60601-1.
* Adjustable brightness: three-step dimmer button.
* Bulb lifespan: Up to 50,000 hours~~.~~

### Light output

* Light source: LED.
* Lumens: 800.
* Lux: 10,000 at 10cm; 5,000 at 20cm; 2,500 at 30cm.
* Colour temperature: 6,000k (daylight white light).
* CRI: 95+.
* Power consumption: 19W.

## Cleaning

After removing from mains power supply, the light can be cleaned with a duster or damp (not wet) cloth containing a mild soap solution and then dry with a soft cloth. Do not use spray cleaners or large amounts of liquid.

## How to contact RNIB

Phone: 0303 123 9999

Email: shop@rnib.org.uk

Address: RNIB, Northminster House, Northminster, Peterborough PE1 1YN

Online Shop: shop.rnib.org.uk

Email for international customers: exports@rnib.org.uk

## Terms and conditions of sale

This product is guaranteed from manufacturing faults for 24 months from the date of purchase. If you have any issues with the product and you did not purchase directly from RNIB then please contact your retailer in the first instance.

For all returns and repairs contact RNIB first to get a returns authorisation number to help us deal efficiently with your product return.

You can request full terms and conditions from RNIB or view them online.

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### Why recycle?

Unwanted electrical equipment is the UK’s fastest growing type of waste.

Many electrical items can be repaired or recycled, saving natural resources and the environment. If you do not recycle, electrical equipment will end up in landfill where hazardous substances will leak out and cause soil and water contamination – harming wildlife and human health.

RNIB are proud to support your local authority in providing local recycling facilities for electrical equipment.

To remind you that old electrical equipment can be recycled, it is now marked with the crossed-out wheeled bin symbol. Please do not throw any electrical equipment (including those marked with this symbol) in your bin.

### What is WEEE?

The Waste Electrical or Electronic Equipment (WEEE) Directive requires countries to maximise separate collection and environmentally friendly processing of these items.

### How are we helping?

In the UK, distributors including retailers must provide a system which allows all customers buying new electrical equipment the opportunity to recycle their old items free of charge. As a responsible retailer, we have met the requirements placed on us by financially supporting the national network of WEEE recycling centres established by local authorities. This is achieved through membership of the national Distributor Take-back scheme (DTS).

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