

# Daylight TriSun SAD and desk lamp (DH477)

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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 TriSun 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.

With the TriSun choose from Daylight 6,000K, Cool light 4,000K and Warm light 2,700K in both the light therapy and desk mode. Adjust the brightness level, move the arm and shade into the perfect position, and charge your phone whenever needed using the built-in USB port.

## 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.

The base of the lamp has a USB port with 5V / 1.2A output. It is suitable for charging mobile phones and other similar USB powered devices. Simply insert the USB cable that is supplied with your device into the USB port. The port provides power whether the lamp is switched on or off.

**CAUTION:** DO NOT CONNECT USB DEVICES WHICH REQUIRE MORE POWER THAN 5V / 1.2A

The lamp can be used in Desk or Therapy Modes. In both modes, the shade and arm can be adjusted, angled and rotated as required to enable optimum position of the light. When in Desk Mode the timer function will not operate and the lamp will remain on until turned off.

### Using the lamp in Desk Mode

Press the central protruding button (button 1) to switch ON and press again to switch OFF.

Rotating button 1 clockwise will increase brightness, and anti-clockwise will decrease brightness.

The colour of the light can be changed by touching the colour change icon which is located to the right of button 1. This button doesn’t have a tactile marking. It is represented with a printed letter C in a circle.

For every touch, the light colour will cycle between daylight (6,000K), cool light (4,000K) and warm light (2,700K).

### Using the lamp in Light Therapy Mode

To start ‘Light Therapy Mode’ touch the sun icon, located to the left of button 1. This button doesn’t have a tactile marking. The lamp will flash once to indicate the start of light therapy and will automatically switch to daylight (6,000K) and on maximum brightness for 30 minutes.

After 30 minutes of ‘Light Therapy Mode’ the lamp automatically turns off. If you would like to continue your light therapy session, simply touch the sun icon and the lamp starts another 30 minute session. Alternatively, pressing button 1 switches the lamp back into ‘Desk Mode’, brightness and light colour can be adjusted as described above.

As with Desk Mode, while in Light Therapy Mode the brightness can be reduced by rotating button 1.

During Therapy Mode if warmer light colour is preferred, the colour change icon can be used to select cool light or warm light.

Adjusting the brightness or light colour does not affect the 30 minute timer, the timer is started from the moment the sun icon is touched. Retouching the sun icon at anytime within the 30 minutes will restart the 30 minute timer and default back to daylight maximum brightness.

Please note: both cool light and warm light provide a good therapy light and some individuals prefer the softer warmer light, however, for optimum results in the shortest time we recommend daylight is used for light therapy sessions.

## 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.

## Technical specification

* Tested to Medical Safety Standard EN/IEC 60601-1.
* Automatic 30-minute off timer.
* Built-in USB A
* 95+ CRI.
* Adjustable brightness
* Adjustable colour temperature
* Bulb lifespan: Up to 50,000 hours.

### Light output

* Light source: LED.
* Lumens: 1,000.
* Lux: 10,000 at 16cm; 5,000 at 24cm; 2,500 at 36cm.
* Colour temperature: 6,000K / 4,000K / 2,700K.
* CRI: 95+.
* Power consumption: 14W.

## How to contact RNIB

Phone: 0303 123 9999

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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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