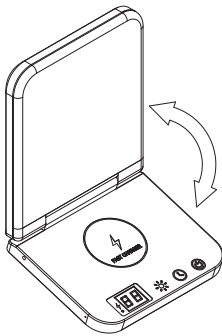


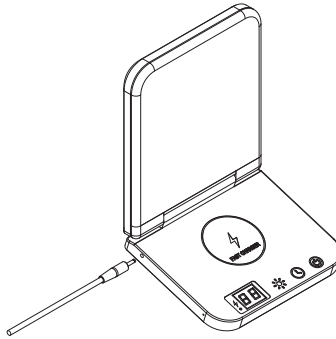
Micro ENE Inc.

Light Therapy Lamp

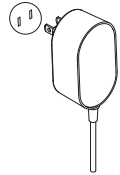
(with wireless phone charger)



1.1

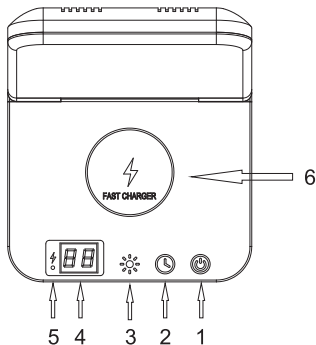


1.2



1.3

- 1.1 Place the light therapy lamp on a table and make it open up.
- 1.2 Connect the power adapter.
- 1.3 Plug the power adapter into an electrical outlet(100-240V~ 50/60Hz).



- 1.Power switch: Turn on/off the Light Therapy Lamp.
- 2.Timer switch: 00(Steady on), 15min, 30min, 60min, 90min.
- 3.Brightness switch: 20%, 40%, 60%, 80%, 100%.
4. Digital display: Displays the current time or brightness.
- 5.Wireless charging indicator light.
- 6.Wireless charging position(Place the phone on the charging position. It supports 10W/7.5W/5W and automatically identifies the phone to charge.)

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Light Therapy is a treatment method that regulates circadian rhythms and mood by exposing individuals to high-intensity light.

Usage:

- **Seasonal Affective Disorder (SAD):** Typically, it is recommended for about 20-30 minutes each day.
- **Insomnia and Other Sleep Disorders:** For adjusting circadian rhythms (such as jet lag), light therapy may be needed for a few days to a few weeks, with 20-30 minutes of treatment each day. In the treatment of sleep disorders, it is advisable to undergo therapy in the early morning to suppress melatonin secretion and promote daytime alertness.
- **Depression or Other Mental Health Issues:** For patients with non-seasonal affective disorders, the duration and frequency of light therapy are similar to those for SAD, usually around 30 minutes per day.
- **Other Uses (e.g., Skin Treatment):** This depends specifically on the light therapy device used and the skin condition.

Notes:

- It is generally recommended to maintain a distance of approximately 30 centimeters (12 inches). Try to keep the daily usage time consistent. Avoid light therapy in the evening or at night to prevent interference with sleep.
- Light therapy devices are typically non-UV. The light therapy lamp should be placed in front of the eyes (Do not look directly at the light source) so that the light can enter the brain through the eyes and regulate melatonin secretion.
- A color temperature of 6,500K, similar to midday sunlight, is generally considered more effective in regulating the biological clock and improving mood. A standard recommended light therapy intensity is 10,000 lux, with about 20-30 minutes of exposure each day achieving the desired effect. However, specific durations should be based on medical advice.