

Setup and Take Device Pretest

Step 1: Set up - Remove Stand

- The Stand is affixed to the back of the HappyLight Therapy Lamp
- To remove the stand, slide stand upward to remove from keyhole

Step 2: Setup - Affix Stand

- Affix stand by inserting tabs on stand into slots at base of lamp and pressing together

Step 3: Setup - Plug In

- Place the lamp on a flat surface
- Insert power adapter plug into the adapter socket - as shown on rear of the lamp
- Plug adapter into a standard 120 VAC electrical outlet
- Turn on the lamp with the power button located on the top of the lamp

Step 4: Take Device Pretest

- Before you begin using your HappyLight Therapy Lamp, please take the Device Pretest, directions found below. Read through for helpful information and safety precautions.

- Pretest:

To Help determine your degree of sensitivity to light we recommend that you perform this pretest upon first use of your HappyLight Therapy Lamp.

- Step 1 - Turn on the lamp and position it about 18 inches away from your face. **Do not** look Directly into the lamp.)
- Step 2 - Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using the lamp and consult a doctor. If you have no discomfort, you may consider gradually increasing the brightness of the light, decreasing your distance from the lamp and increasing your usage of time. When you first start using the lamp, you should monitor the degree of any discomfort and accordingly adjust the brightness, distance and time.

Warning: Certain medications (e.g., antidepressants) and diagnosed mental health conditions may induce light sensitivity, which may result in discomfort, hyperactivity and hypomania. Consult with your healthcare provider before using this product.

Warning: If you have a pre-existing eye condition or are at risk for developing Age Related Macular Degeneration or other eye conditions, consult with your healthcare provider before using this product.