

beurer

TL 70



EN Daylight therapy lamp
Instruction for use

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1. About the daylight therapy lamp

Dear valued customer,

Thank you for choosing one of our products. Our name stands for high-quality, thoroughly tested products for applications in the areas of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage and air.

With kind regards

Your Beurer team

Why use a daylight therapy lamp?

Intended Use

The intended use of the Light Therapy Lamp is to provide light source to offer a kind of “Light therapy” function in which the artificial light environment would provide end user with sense of relax or help them to ease depression, or treat seasonal affective disorder. Many people regularly experience lack of energy throughout the day, this product can be used to boost them and let them feel more energetic by suppressing sleep hormone inside body. When the hours of daylight are noticeably decreased in autumn and people increasingly stay inside, the effects of a lack of light may cumulate. This is often described as „winter depression“. The symptoms can present themselves in a number of ways:

Imbalance	Need for more sleep
Subdued mood	Loss of appetite
Lack of energy and listlessness	Difficulty concentrating
Generally feeling under the weather	




















The cause of these symptoms is the fact that light, particularly sunlight, is essential for life and has a direct effect upon the human body. Sunlight indirectly controls the production of melatonin, which is released into the blood only in darkness. This hormone tells the body when it is time to sleep. In the months when there is less sunlight, therefore, production of melatonin increases. This makes it harder to get up in the morning, since the body's functions are shut down. If you use the daylight therapy lamp immediately after waking up in the morning—thus as early as possible—you can end the production of melatonin so that your mood can take positive turn. In addition, light deficiency also hinders production of the happiness hormone serotonin, which decisively affects our well-being. So application of light involves quantitative changes in hormones and neurotransmitters in the brain, which can affect our level of activity, our feelings and our well-being. Light can help reverse this hormone imbalance. To compensate for such a hormonal imbalance, the daylight therapy lamp can create a suitable replacement for natural sunlight.

In the medical field, daylight therapy lamps are used to compensate for the effects of a lack of light. Daylight therapy lamps simulate daylight over 10,000 lux. The light can influence the human body and be used as a treatment or as a preventative measure. Normal electric light is not sufficient to influence the hormonal balance. Because in a well-lit office the illuminance level amounts to just 500 lux.

- Included in delivery:**
- Daylight therapy lamp
 - Mains part
 - These operating instructions

2. Signs and symbols

The following symbols appear in these instructions or on the device.

	Observe the instructions Read the instructions before starting work and/or operating devices or machines		Permissible operating temperature and humidity
	Warning Warning instruction indicating a risk of injury or damage to health		Product information Note on important information
	Important Safety note indicating possible damage to the device/accessory		Manufacturer
	Serial number		Protection class II device The device is double-protected and thus corresponds to protection class 2
	CE labelling This product satisfies the requirements of the applicable European and national directives.		OFF / ON
	Disposal Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE	IP 21	Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water
	Direct current The device is suitable for use with direct current only		Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Permissible storage temperature and humidity		Separate the packaging elements and dispose of them in accordance with local regulations.
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard		Medical device
			Item number
			Date of manufacture

3. Notes

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

Safety notes

Warning

- The light of the daylight therapy lamp is only intended for use on the human body.
- Before use, ensure that all packaging materials are removed and that there is no visible damage to the unit or accessories. When in doubt, do not use the unit and contact your dealer or the customer service address provided.
- Also ensure that the daylight therapy lamp has a firm footing.
- Connect the unit only to the mains voltage listed on the type plate.
- Do not dip the unit into water and do not use it in wet rooms.
- Do not use it in the vicinity of people who are helpless, children under age 6 or people who are insensitive to heat (people with skin lesions due to illness); do not use after taking painkillers or drugs or drinking alcohol.
- Keep children away from packaging materials (risk of suffocation).
- Do not cover up or pack away the unit while it is warm.
- Always unplug the mains part and allow the device to cool down before touching it.

- Do not touch the unit with wet hands while it is plugged in; do not allow any water to be sprayed onto the unit. The unit must be operated only when it is completely dry.
- Ensure that you only insert and remove the mains part with dry hands and that you only press the ON/OFF button with dry hands.
- Keep the mains cable away from hot objects and naked flames.
- Danger of strangulation due to excessively long cables.
- Protect the unit from strong impacts.
- Do not pull the mains part out of the socket using the mains cable.
- If the mains part or its housing is damaged, this must be replaced by customer services or the retailer, as a special tool is needed for repair.
- Disconnection from the power supply network is only guaranteed when the mains part is unplugged.
- Do not use the device in the presence of flammable anaesthetic gas connections with air, oxygen or nitrogen oxide.
- No calibration and no preventative checks or maintenance is to be carried out on this device.
- You cannot repair the device. The device contains no parts that you can repair.
- Do not make any changes to the device without the manufacturer's permission.
- If the device has been changed, thorough tests and checks must be carried out to ensure the continued safety of further use of the device.
- Do not position the device in a location where it is difficult to disconnect it from the mains supply.
- Check the device before each use. Do not use the device if it is damaged in any way.
- The continuous use of a damaged unit can be dangerous and may cause injury or improper results.
- The main material of the case is made of PC/ABS. Be cautious of potential allergic reactions to these materials.
- The device should not be used on children under 6 years of age as hazard of inhalation or swallowing of small parts and contact injuries by not following manual instructions.
- It is not allowed to use accessories, detachable parts and materials those are not described in the instructions for use.
- Do not leave the equipment unattended when it is switched on to avoid the risk of fire or burns.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment to avoid the risk of fire or burns.
- Children should be supervised to ensure that they do not play with the equipment to avoid the risk of fire and burns.
- Water and electricity are a dangerous combination!
To avoid risk of electrocution,
 - do not use this equipment in wet surroundings (e.g. in the bathroom or near a shower or swimming pool),
 - do not let water run into the appliance.
- If the wall socket used to power the equipment has poor connections, the plug of the equipment becomes hot. Make sure you plug the equipment into a properly installed wall socket to avoid the risk of fire and burns.
- Do not subject the equipment to heavy shocks to avoid risk of damage to the lamp.
- Always unplug the appliance after use and in case of a power failure to avoid risk of damage to the equipment.

General notes

Important

- If you are taking medication such as pain relievers, antihypertensives or antidepressants, consult your doctor before using the daylight therapy lamp.
- People with retinal diseases as well as diabetics need to be examined by an ophthalmologist before beginning to use the daylight therapy lamp.
- Please do not use if you have an eye disease such as cataracts, glaucoma, diseases of the optic nerve in general and inflammation of the vitreous humour.
- If you have health concerns of any kind, contact your general practitioner!
- Before you use the unit for the first time, remove all packaging materials.
- The lamp tubes are excluded from the warranty.
- The device should be positioned on a stable base and keep away from pets and children accessible area.

Repairs

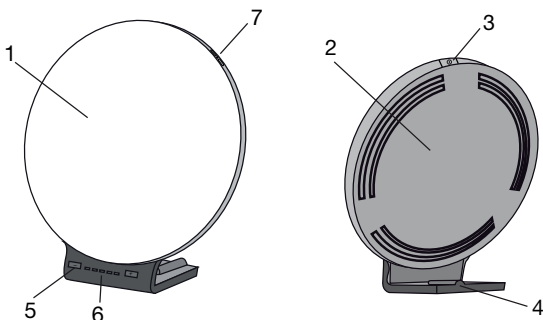
⚠ Important

- Do not open the device. Please do not attempt to repair the unit yourself. This could result in serious injuries. Failure to observe this regulation shall void the warranty.
- If you need to have the unit repaired, contact customer service or an authorised dealer.
- Upon request, the manufacturer may provide the circuit diagram, component list, description, calibration details, other information necessary to assist the maintenance personnel in repairing medical equipment parts repairable by the manufacturer's designated maintenance personnel.

4. Unit description

Overview

1. Fluorescent screen
2. Rear of the device housing
3. On/Off button
4. Mains part connector
5. Timer adjustment „- / +“
6. Timer LED display
7. Brightness adjustment (dimmer)



5. Initial use

Take the device out of the plastic wrapping. Check the device for damage or faults. If you notice any damage or faults on the device, do not use it and contact customer services or your supplier.

Positioning the device

Place the device on an even surface. The position should be chosen to ensure a distance of between 10 cm and 40 cm between the user and the device. The lamp is most effective at this distance.

Mains connection

- To prevent possible damage to the device, the daylight therapy lamp must only be used with the mains part described here.
- Insert the mains part into the connection provided for this purpose on the rear of the daylight therapy lamp. The mains part must only be connected to the mains voltage that is specified on the type plate.
- After using the daylight therapy lamp, unplug the mains part from the mains socket first and then disconnect it from the daylight therapy lamp.

⚠ Note:

- Ensure that there is a socket near the place where the lamp will stand.
- Lay the mains cable in such a way that no one can trip over it.

6. Operation

1	Insert the mains part into the connector.												
2	Switch on the light ► Press the ON/OFF button.												
3	LED display/timer The daylight therapy lamp TL 70 indicates your current treatment time with the aid of 5 LEDs. The treatment time can be set at the following 5 levels. The timer function is not activated when the light is switched on for the first time. The light now shines until it is switched off again or a treatment time is set (timer = 0 min). In order to use the timer, set the desired level from 1 to 5 using the „+/-“ buttons. On level 1, a treatment time of 15 minutes is set. The other levels are as follows: <table><tr><th>Treatment time</th><th>Number of lit LEDs</th></tr><tr><td>15 Minutes</td><td>1</td></tr><tr><td>30 Minutes</td><td>2</td></tr><tr><td>45 Minutes</td><td>3</td></tr><tr><td>90 Minutes</td><td>4</td></tr><tr><td>120 Minutes</td><td>5</td></tr></table> The light switches off automatically after this treatment time. If you wish to deactivate the timer function, you can press the „-“ button until the LEDs go out.	Treatment time	Number of lit LEDs	15 Minutes	1	30 Minutes	2	45 Minutes	3	90 Minutes	4	120 Minutes	5
Treatment time	Number of lit LEDs												
15 Minutes	1												
30 Minutes	2												
45 Minutes	3												
90 Minutes	4												
120 Minutes	5												
4	Brightness adjustment The daylight therapy lamp TL 70 has 10 brightness levels. The desired brightness level can be set using the „+/-“ buttons on the side – this level should be set so that it is pleasant for the eye during the treatment. When the device is switched off, the last level that was set is saved. When the device is next switched on, it restarts with the saved brightness level.												
5	Enjoying the light Sit as close as possible to the lamp, between 10 cm and 40 cm. You can go about your normal activities while using it. You can read, write, make telephone calls, etc. <ul style="list-style-type: none">• Every so often, briefly look directly into the light, since the effect results from the eyes/ retina receiving the light.• Use the daylight therapy lamp as often as you want. However, the treatment is at its most effective if you carry out the light therapy according to the prescribed time period of at least 7 successive days.• The most effective time of day for the treatment is between 6am and 8pm and we recommend that it is used for 2 hours per day.• Do not look directly into the light the whole time you are using it, however, since that could lead to overstimulation of the retina.• Start with shorter periods of illumination, which you increase over the course of a week. i Note: Eye aches and headaches may arise after the first times using the lamp. These will go away in later sessions, as the nervous system will become accustomed to the new stimulation.												

6	Important instructions When using the lamp, maintain the recommended distance of 10 - 40 cm between your face and the lamp. The duration of the application depends on the distance: <table border="1" data-bbox="140 167 546 316"> <thead> <tr> <th>Distance</th><th>Duration</th></tr> </thead> <tbody> <tr> <td>Up to 10 cm</td><td>½ hour/day</td></tr> <tr> <td>Up to 25 cm</td><td>1 hour/day</td></tr> <tr> <td>Up to 40 cm</td><td>2 hours/day</td></tr> </tbody> </table> <p>Basically, the closer you are to the source of light, the less time you should use it.</p>	Distance	Duration	Up to 10 cm	½ hour/day	Up to 25 cm	1 hour/day	Up to 40 cm	2 hours/day
Distance	Duration								
Up to 10 cm	½ hour/day								
Up to 25 cm	1 hour/day								
Up to 40 cm	2 hours/day								
7	Enjoying light over longer periods Repeat your use of the lamp in the dark seasons for at least 7 successive days, or even longer, depending on your individual needs. If possible, conduct the treatment in the morning hours.								
8	Switching off the lamp ▶ Press the On/Off button. The LEDs switch off. Unplug the mains part from the mains socket. ⚠ CAUTION! The light remains hot after use.. Let the lamp cool off first long enough before you put it away and/or pack it up!								

7. Cleaning and care of the unit

The unit should be cleaned occasionally.

⚠ Important

- Ensure that no water penetrates inside the unit!
Before you clean the unit, always switch it off, unplug it and let it cool off.
- Do not wash the unit in a washing machine!
Use a slightly damp cloth to clean the device.
- Do not touch the unit with wet hands while it is plugged in; do not allow any water to be sprayed onto the unit. The unit must be operated only when it is completely dry.
Do not use abrasive detergents and never immerse the unit in water.

8. Storage

If you are not going to use the device for an extended period of time, disconnect it and store it in a dry place, out of the reach of children.

Follow the storage instructions provided in the “Technical data” chapter.

- It takes about 30 mins. from the lowest storage ambient temperature of - 20 °C to resume normal operation at an ambient temperature of 20 °C.
- It takes about 30 mins. from the highest storage ambient temperature of 50 °C to resume normal operation at an ambient temperature of 20 °C.

9. Disposal

For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the unit at a suitable local collection or recycling point. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



10. What if there are problems?

Problem	Possible cause	Solution
Device does not light up	On/off button switched off	Switch on the on/off button.
	No electricity	Connect the mains part properly.
	No electricity	The mains part is faulty. Contact customer services or your retailer.
	LEDs have reached the end of their service life. LEDs faulty.	If you need to have the unit repaired, contact customer service or an authorised dealer.

11. Technical specifications

Model no.	TL 70
Dimensions (WHD)	366 x 335 x 203 mm
Weight	1130 g (1240 g incl. mains adapter)
Lighting elements	LED
White wavelength	410 - 800 nm
Maximum light output	14.83 mW/m ²
Power	36 Watts
Light intensity	10.000 lux (Distance: approx. 10 cm)
Operating conditions	+5°C to +35°C, 15 - 90% relative humidity atmospheric pressure range 86-106 kpa
Storage conditions	-20 °C to +50 °C, 15 - 90% relative humidity atmospheric pressure range 86-106 kpa
Product classification	External power supply, Protection class II, IP21
Color temperature of LEDs	5.300 Kelvin (+/- 300 K)
Included in delivery	Daylight therapy lamp, Mains part, These operating instructions

Subject to technical modifications.

The serial number is located on the device or in the battery compartment.

This device meets the requirements of the European Directive 93/42/EEC and 2007/47/EC Medical Devices as well as the Medical Devices Act.


Notes on electromagnetic compatibility

The device complies with the EU Medical Devices Directive 93/42/EEC (therapy setting), the German Medical Devices Act (Medizinproduktegesetz) and the European standard EN 60601-1-2 (in accordance with CISPR-11, IEC 61000-3-2, IEC 61000-3-3, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-4, IEC 61000-4-5, IEC 61000-4-6, IEC 61000-4-8, IEC 61000-4-11) and is subject to particular precautions with regard to electromagnetic compatibility.

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly.

- The use of accessories other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation.
- Failure to comply with the above can impair the performance of the device.

12. Mains part

Model no.	MP45 – 240150 – AG
Input	100–240 V ~ 50/60 Hz
Output	24 V DC, 1.5A, only in connection with TL 70
Protection	The device is double protected and therefore corresponds to protection class 2, protection class II
	Polarity of the the DC voltage connection
Classification	IP22
Expected service life	3 years

13. Warranty / Service

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.



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