

# beurer TL 45 Perfect Day



**EN** Daylight therapy lamp  
Instructions for use





Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

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## 1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address.


- 1 daylight therapy lamp
- 1 mains adapter
- 1 set of instructions for use

## 2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	<b>⚠ DANGER</b>
Indicates an imminent danger. If it is not avoided, it will result in death or serious injury.	
	<b>⚠ WARNING</b>
Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.	
	<b>⚠ CAUTION</b>
Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.	
	<b>NOTICE</b>
Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.	
	<b>Product information</b> Note on important information
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive (WEEE)
	Manufacturer
	Marking to identify the packaging material. A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = paper and cardboard

	On/Off
	Medical device
	Article number
	Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water
	Atmospheric pressure limitation
	Batch designation
	Authorised representative in the European Community
	Importer symbol
	Type
	<b>Observe the instructions</b> Read the instructions before starting work and/or operating devices or machines
	<b>CE labelling</b> This product satisfies the requirements of the applicable European and national directives.
	Unique device identifier (UDI) Identifier for unique product identification
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	<b>Protection class II device</b>
	Permissible storage and transport temperature and humidity
	Permissible operating temperature and humidity
	Date of manufacture

 For indoor use only
<b>SN</b> Serial number
<b>DC</b> Direct current
<b>CH REP</b> Swiss Authorised Representative



### 3. INTENDED USE

#### Purpose

The daylight therapy lamp is intended to compensate the effects of lack of light, particularly sunlight, and provide relief from winter seasonal affective disorders, mood disorders and circadian phase sleep disorders.

#### Patient population

For adults and children over the age of 3 years.

#### Intended users

The use of the device does not require a specific knowledge or professional ability. The patient is the intended operator, except for patients who require special assistance.

#### Indication

The device simulates daylight to provide relief from seasonal or mood disorders.

#### Contraindication

Do not use in case of people insensitive to heat, people with skin lesions due to illness, people with a condition that might render his or her eyes more vulnerable to phototoxicity, people with a photosensitive skin condition, patient is taking a photosensitizing medication or herb.

#### Clinical Benefits

Prevent or relieve the depression symptoms such as depressed mood, profound lack of energy, hypersomnia for patients suffering from winter seasonal affective disorders.

#### Why is the daylight therapy lamp called “Perfect Day”?

The beurer TL 45 Perfect Day daylight therapy lamp has three adjustable colour temperatures and therefore enables various applications in order to regulate the day-night rhythm.

The daylight therapy lamp can either be used to imitate the progression of a sunny day or it can be used in a targeted manner in order to support the phases of concentration, therapy and relaxation.

The TL 45 Perfect Day daylight therapy lamp is based on the concept of **“Human Centric Lighting”**.

In Human Centric Lighting (HCL for short), people and their perception of light are the focus. HCL deals with the psychological, physiological and psychobiological effect of light on people, for example light is the signal transmitter for the internal body clock. HCL uses alternating colour temperatures and different levels of light intensity to help people concentrate or relax in the best possible way. Different colour temperatures have a different effect on the human eye, for example.

An increasing number of companies are creating the ideal workplace where employees are provided with the best possible light. This can increase motivation and productivity, and reduce errors and absences. The TL 45 Perfect Day daylight therapy lamp provides all of these benefits at your workplace or your home. It has three colour temperatures: “active”, “therapy” and “relax”.



	active	therapy	relax
Simulated time of day	Morning	Mittag	Abend
Activity	Concentrated work	Therapy at 10,000 lux	Relaxation
Kelvin	4,300 kelvins	6,500 kelvins	3,000 kelvins
Lux	7,000 lux at a distance of approx. 25 cm	10,000 lux at a distance of approx. 20 cm	3,000 lux at a distance of approx. 20 cm

#### Why use a daylight therapy lamp?

When the hours of daylight are noticeably shorter in autumn and people increasingly stay inside in winter, the effects of a lack of light may become apparent. This is often described as “winter depression”. The symptoms can present themselves in a number of ways:

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

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 passed to the blood only in darkness. This hormone shows your body that it's time to sleep. That's why more melatonin is produced in months with less sunshine, making it difficult to get up in the mornings because your body functions are powered down. Use the daylight therapy lamp immediately after waking up (i.e. as early as possible) to end the production of melatonin and to brighten your mood.

Lack of light also prevents the production of the happy hormone serotonin, which is said to significantly influence our well-being. The application of light thus yields quantitative changes to hormones and neurotransmitters in the brain that have an effect on our activity levels, our feelings and our well-being. To compensate for such a hormonal imbalance, daylight therapy lamps can create a suitable replacement for natural sunlight.

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

### 4. WARNINGS AND SAFETY NOTES

#### WARNING

- The daylight therapy lamp is only intended for the use on the human body.

- Before use, ensure that all packaging materials are removed and that there is no visible damage to the device or accessories. When in doubt, do not use the device and contact your retailer or the specified Customer Service address.
- This equipment is not intended for use by children and persons with reduced physical, sensory and mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment to ensure that they do not play with the equipment and to avoid the risk of fire and burns.
- Ensure that the daylight therapy lamp has a firm footing.
- Connect the device only to the mains voltage listed on the type plate.
- Check if the voltage indicated on the equipment corresponds to the local mains voltage before you connect the equipment to avoid risk of electrocution or permanent damage to the equipment.
- Do not dip the device into water and do not use it in wet rooms.
- Keep children away from packaging materials (risk of suffocation!).
- Do not cover up or pack away the device while it is warm.
- Always unplug the mains adapter and allow the device to cool down before touching it.
- Always unplug the appliance after use and in case of a power failure to avoid risk of damage to the equipment.
- Do not touch the device with wet hands while it is plugged in and do not allow any water to be sprayed onto the device. The device must be operated only when it is completely dry.
- Ensure that you only insert and remove the mains adapter 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.
- Protect the device from strong impacts.
- Do not pull the mains adapter out of the socket using the mains cable.
- Do not use the device if it shows signs of damage or does not function properly. In these cases, contact Customer Services.
- If the mains connection cable of this device is damaged, it must be disposed of. If it cannot be removed, the device must be disposed of.
- Disconnection from the power supply network is only guaranteed when the mains adapter is unplugged.
- Do not use the device in the presence of flammable anaesthetic gas connections with air, oxygen or nitrogen oxide.
- Do not leave the device unattended when it is switched on to avoid the risk of fire or burns.
- If the wall socket used to power the device has poor connections, the plug of the device becomes hot. Make sure you plug the device into a properly installed wall socket to avoid the risk of fire and burns.
- Do not subject the device to heavy shocks to avoid risk of damage to the lamp.
- 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.
- No calibration and no preventive checks or maintenance need 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 the device for any future use.

- To avoid strangulation and entanglement, keep cable out of reach of young children.
- The patient is an intended operator. The patient can use the device and its accessories according to this manual.

## General notes

### ▲ IMPORTANT

- Always consult a doctor before using the daylight therapy lamp if you are taking medication such as pain relief medication, medication to reduce high blood pressure or antidepressant medication.
- Diabetics and people who suffer from retinal diseases must be examined by an optician before using the daylight therapy lamp.
- Do not use the device if you suffer from an eye disease such as cataracts, glaucoma, diseases of the optic nerve or inflammation of the vitreous body.
- Always consult a doctor before using the daylight therapy lamp if you have a strong sensitivity to light, your skin is sensitive to light or you are prone to migraine attacks.
- If you have health concerns of any kind, consult your general practitioner!
- Remove all packaging material before using the device.
- Light sources are excluded from the warranty.
- If the device has been in storage or recently transported, allow it to rest for at least two hours at room temperature before using it.
- The mains adapter is part of the ME equipment.
- Check whether light flashes, dark areas/shadows and other abnormalities occur after power-on. If there is any abnormality, please contact Customer Services or an authorised retailer.
- The patient cannot undergo an MRI scan while using this device.
- Report any serious incident that has occurred in relation to the device to the local competent authority and the manufacturer or European Authorised Representative (EC REP) Vigilance Contact Point: <https://ec.europa.eu/growth/sectors/medical-devices/contacts>.
- PRC is the abbreviation for the People's Republic of China.

## Instructions for repairs

### ▲ IMPORTANT

- Do not open the device. Do not attempt to repair the device yourself. This could result in serious injury. Failure to comply will invalidate the warranty.
- For repairs, please contact Customer Services or an authorised retailer.

## 5. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

<b>1</b> Fluorescent screen	<b>5</b> Active sensor
<b>2</b> Stand	<b>6</b> Therapy sensor
<b>3</b> ON/OFF sensor <b>①</b>	<b>7</b> Mains part connector
<b>4</b> Relax sensor	<b>8</b> Mains part

## 6. 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.

## Setting up the device

Place the device on a level surface. The position should be chosen to ensure a distance of between 20 cm and 45 cm between the user and the device. The lamp is most effective at this distance.


## Mains adapter connector


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

### ▲ IMPORTANT

- Ensure that there is a mains socket close to the set-up area.
- Arrange the mains cable so that no-one will trip over it.

## 7. USAGE

<b>1</b>	<b>Plugging in the mains part</b> Insert the mains part into the mains part connector on the rear of the daylight therapy lamp and into a suitable socket.																								
<b>2</b>	<b>Switching on the daylight therapy lamp</b> To switch on the daylight therapy lamp, touch the ON/OFF sensor  .																								
<b>3</b>	<b>Enjoying the light</b> Select your desired setting by using the touch sensors on the daylight therapy lamp. We recommend the following two applications: <b>Example of application in order to imitate a sunny day</b> <table border="1"><thead><tr><th>Programme</th><th>Start of application</th></tr></thead><tbody><tr><td>relax</td><td>6 am</td></tr><tr><td>active</td><td>10 am</td></tr><tr><td>therapy</td><td>12 pm</td></tr><tr><td>active</td><td>2 pm</td></tr><tr><td>relax</td><td>8 pm</td></tr></tbody></table> <b>Example of application for optimum light during a work day</b> <table border="1"><thead><tr><th>Programme</th><th>Start of application</th></tr></thead><tbody><tr><td>therapy</td><td>6 am</td></tr><tr><td>active</td><td>8 am</td></tr><tr><td>relax</td><td>12 pm</td></tr><tr><td>active</td><td>1 pm</td></tr><tr><td>relax</td><td>8 pm</td></tr></tbody></table>	Programme	Start of application	relax	6 am	active	10 am	therapy	12 pm	active	2 pm	relax	8 pm	Programme	Start of application	therapy	6 am	active	8 am	relax	12 pm	active	1 pm	relax	8 pm
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<b>4</b>	<b>Therapy setting application</b> Position yourself as close as possible to the daylight therapy lamp (approx. 20 – 45 cm). You can continue to go about your day-to-day activities during application, including reading, writing, making telephone calls, etc. <ul style="list-style-type: none"><li>• Keep looking directly into the light for a short period of time, as it is absorbed and shows an effect via the eyes/retina.</li><li>• Use the daylight therapy lamp as often as you like. However, the treatment is most effective if you carry out the light therapy for at least 7 successive days according to the prescribed times.</li><li>• Regardless of the recommendation in point 3, you can use the therapy application at different times. The most effective time of day for treatment is between 6 am and 8 pm.</li><li>• Do not look directly into the light for the entire application period, as this may cause over-stimulation of the retina.</li><li>• Start with a brief application period and gradually increase the time over the course of a week.</li></ul> <b>Note:</b> You may experience pain in the eyes and headaches after the first few applications. This pain should disappear in further sessions as the nervous system becomes accustomed to the new stimuli.												
<b>5</b>	<b>What you need to bear in mind</b> We recommend a distance of between 20 and 45 cm from the face to the daylight therapy lamp during application. The duration of the application depends on the distance: <table border="1"><thead><tr><th>Lux</th><th>Distance</th><th>Application duration</th></tr></thead><tbody><tr><td>10,000</td><td>Approx. 20 cm</td><td>½ hour</td></tr><tr><td>5,000</td><td>Approx. 30 cm</td><td>1 hour</td></tr><tr><td>2,500</td><td>Approx. 45 cm</td><td>2 hours</td></tr></tbody></table> In principle: The closer you are to the light source, the shorter the application time.	Lux	Distance	Application duration	10,000	Approx. 20 cm	½ hour	5,000	Approx. 30 cm	1 hour	2,500	Approx. 45 cm	2 hours
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2,500	Approx. 45 cm	2 hours											
<b>6</b>	<b>Enjoying the light over longer periods</b> Repeat application on at least 7 consecutive days during darker periods of the year, or for longer depending on your individual needs. Application should take place during the mornings where possible.												
<b>7</b>	<b>Switching off the daylight therapy lamp</b> To switch off the daylight therapy lamp, touch the ON/OFF sensor  . The light will go out. Unplug the mains part from the mains socket. <b>▲ IMPORTANT</b> The daylight therapy lamp remains hot after use. Allow the daylight therapy lamp to cool down sufficiently before putting it away and/or packing it away.												

## 8. CLEANING AND MAINTENANCE

The device should be cleaned from time to time.

### ▲ IMPORTANT

- Ensure that no water gets inside the device!  
The device must be switched off, disconnected from the mains and allowed to cool down each time before cleaning.
- Do not clean the device in the dishwasher. Use a slightly damp cloth to clean the device.

- Do not use any abrasive cleaning products and never submerge the device in water. Do not touch the device with wet hands when it is plugged in and do not allow water to spray on the device. Only operate the device if it is completely dry.

## 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 specifications" chapter.

## 9. WHAT IF THERE ARE PROBLEMS?

Problem	Possible cause	Solution
Device does not light up	Device is switched off.	Touch the ON / OFF button.
	No power	Connect the mains adapter correctly to a suitable socket.
	No power	The mains adapter is faulty. Contact Customer Services or your retailer
	LEDs have reached the end of their service life. LEDs faulty	For repairs, please contact Customer Services or an authorised retailer.

## 10. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive Waste Electrical and Electronic Equipment (WEEE). If you have any questions, please contact the local authorities responsible for waste disposal. You can obtain the location of collection points for old devices from the local or municipal authorities, local waste disposal companies or your retailer, for example.




Component	Disposal	Photo
Device	The components consist mainly of PP. All components comply with RoHS and REACH directives and can be disposed of safely.	
Mains adapter	The adapter mainly contains plastic and electronic components. All components comply with RoHS and REACH directives and can be disposed of safely.	

## 11. TECHNICAL SPECIFICATIONS

Model no.	TL 45 Perfect Day	
Type	GCE 503	
Dimensions (W, H, D)	200 x 250 x 60 mm	
Weight	Approx. 475 g	
Light	LEDs	
Maximum light output	therapy	25 W/m <sup>2</sup>
	active	25 W/m <sup>2</sup>
	relax	14 W/m <sup>2</sup>
Nominal output power	therapy	25 W ± 2 W
	active	16 W ± 1 W
	relax	6 W ± 1 W
Light intensity	therapy	10,000 lux (distance of approx. 20 cm) 6,500 K
	active	7,000 lux (distance of approx. 25 cm) 4,300 K
	relax	3,000 lux (distance of approx. 20 cm) 3,000 K
Radiation	Radiance output outside of the visible range (infrared and UV) is low enough that no eye or skin damage is anticipated.	
Operating conditions	0°C to +35°C, 15 – 90% relative humidity, 700 – 1060 hPa ambient pressure	
Transport and storage conditions	-20°C to +60°C, 15 – 90% relative humidity, 700 – 1060 hPa ambient pressure	
Threshold of short wavelength	therapy	445 nm
	active	445 nm
	relax	445 nm
Operating height	≤2,000 m	
Product classification	External power supply, IP21	
Colour temperature of LEDs	therapy	6,500 K ± 300 K
	active	4,300 K ± 300 K
	relax	3,000 K ± 300 K
Expected service life of the device	10,000 hours	

### Mains part

Model no.	MP 45-240150-AG MP 45-240150-AB
Input	100–240 V ~ 50/60 Hz

Output	24 V DC, 1.5 A, only in conjunction with GCE503
Protection	The device is double-protected.
	Polarity of the DC voltage connection
Classification	IP21, protection class II
Manufacturer	Mitra Power Solutions Co., LTD
Weight	Approx. 170 g

## Maximum radiance output of the TL 45 Perfect Day

Radiance output	Risk group classified in accordance with IEC 60601-2-83	Maximum value
Euva: Eye UV-A	Exempt Group	0
ES: Actinic UV skin & eye	Exempt Group	1.717e-5 W·m <sup>2</sup>
EIR: Infrared radiation hazard exposure limits for the eyes	Exempt Group	5.976e-2 W·m <sup>2</sup>
LIR: Retinal thermal	Exempt Group	6.688e-2 W·m <sup>2</sup>
LB: Blue light	Exempt Group	1.655e1 W·m <sup>2</sup>
LR: Retinal thermal	Exempt Group	2.023e2 W·m <sup>2</sup>

Subject to technical changes.

The serial number is located on the device.

Brightness: 10,000 lux (this point about the light intensity is merely for information purposes. With regard to the standard 60601-2-83, this light source is classified as an Exempt Group).

## Notes on electromagnetic compatibility

The device complies with the Regulation (EU) 2017/745 of the European Parliament and of the Council on medical devices as well as the European standard EN 60601-1-2 (in accordance with CISPR 11, IEC61000-3-2, IEC61000-3-3, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-4, IEC 61000-4-5, IEC 61000-4-6, IEC 61000-4-11, IEC 61000-4-8) 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 device may not be fully usable 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 could impair the performance of the device.

## 12. WARRANTY

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

For users/patients in the European Union and identical regulation systems, the following applies: If a major incident occurs during or through use of the product, notify the manufacturer and/or their representative of this as well as the respective national authority of the member state in which the user/patient is located.



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