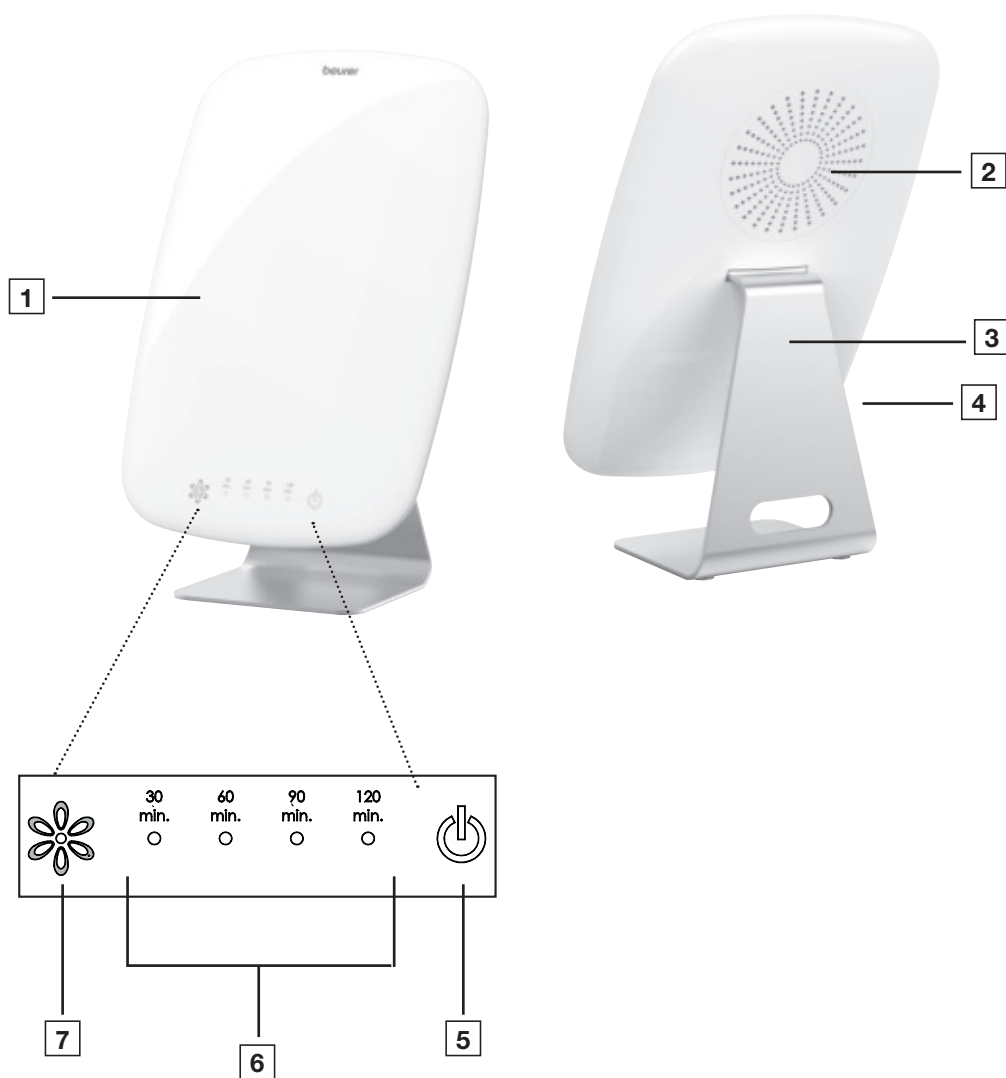




EN Daylight therapy lamp
Instructions for use





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.

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 only passed to the blood 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.

1. 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:

⚠ WARNING

Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.

	Observe the instructions Read the instructions before starting work and/or operating devices or machines
	Manufacturer
	Protection class II device
	ON/OFF
	Medical device
	Item number
	Date of manufacture
	atmospheric pressure limitation
	The electronic device must not be disposed of with household waste
	Batch Code
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	CE labelling This product satisfies the requirements of the applicable European and national directives.
	Permissible storage temperature and humidity
	Permissible operating temperature and humidity
	Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water
	Protection against solid objects greater than 12,5mm and against splashes of water from all directions.
	Serial number
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	For indoor use only
	Authorised representative in the European Community
	Swiss authorised representative
	Importer symbol
	Unique Device Identifier (UDI) for unique product identification

	Direct current
	The device is suitable for use with direct current only
	Type
	Manufacturer in accordance with the Packaging Regulation (PPWR)

2. INTENDED PURPOSE

Purpose

The Bright Light 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

Adult and child over 3 years old.

Intended users

The use of the device does not require a specific knowledge or professional ability. The patient is the intended operator except in case patient that required 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.

3. WARNINGS AND SAFETY NOTES

⚠ WARNING

- The daylight therapy lamp is intended for radiation on human bodies only.
- Before use, ensure that there is no visible damage to the device or applied parts 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.
- Ensure that the daylight therapy lamp is positioned on a stable base.
- The device must only be connected to the mains voltage that is specified on the type plate.
- Never submerge the device in water and do not use it in the wet rooms.
- Do not use the daylight therapy lamp on animals!
- Do not use device on patient is taking a photosensitizing medication or herb.
- Do not use device on:
 - children under age 3
 - people insensitive to heat
 - people with skin lesions due to illness
 - people that has a condition that might render his or her eyes more vulnerable to phototoxicity
 - people that has a photosensitive skin condition
- Keep packaging material away from children (risk of suffocation).
- If the device is warm, do not cover it or pack and store it.
- Always unplug the mains adapter and allow the device to cool down before touching it.

- 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.
- 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 heavy 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 such cases, contact Customer Services.
- 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 children under three years. Children under three years should be supervised to ensure that they do not play with the equipment to avoid the risk of fire and burns.
- 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.
- In the event of damage to the mains connection cable for this device, the cable must be disposed of. If it is not a removable cable, 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.
- 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 device is intended for use by the patient themselves. The device and applied parts must be used in accordance with these instructions for use.

General notes

⚠ CAUTION

- Diabetics and people who suffer from retinal diseases must be examined by an optician before using the daylight therapy lamp.
- Please 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.
- Please do not use in case of a recent eye surgery or a diagnosed eye condition whereby doctor has advised you to avoid bright light.
- Always consult a doctor before using the daylight therapy lamp if you have a strong sensitivity to light, skin sensitive to light or you are prone to migraine attacks.
- It must not be used on people with disabilities, children under 3 years of age or people with reduced sensitivity to heat (people with skin alterations due to illness).
- Always consult a doctor before using the daylight therapy lamp if you are taking medication such as pain relief medica-

tion, medication to reduce high blood pressure or antidepressant medication.

- Severe cases of SAD should, in any case, be closely supervised by a clinician.
- 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, keep it for at least two hours at room temperature before using it.
- Power adapter is part of the ME equipment.
- Power-on check item: please check whether light flashes, dark areas/shadows and other abnormalities occur after power-on. If there is any abnormality, please contact the after-sales hotline.
- The patient cannot undergo MRI scan while using this device.
- Please report any serious incident that has occurred in relation to the device injury or adverse event to the local competent authority and to the Manufacturer or to the European Authorised Representative (EU REP) Vigilance contact point: <https://ec.europa.eu/growth/sectors/medical-devices/contacts/>
- PRC is the abbreviation of the People's Republic of China.

Instruction for repairs

⚠ CAUTION

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

4. 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 applied parts 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

5. DEVICE DESCRIPTION

The corresponding drawings are shown on page 3.

- 1 Fluorescent screen
- 2 Rear of the device housing
- 3 Stand
- 4 Mains adapter connector
- 5 On/Off button
- 6 Timer setting
- 7 Brightness setting (dimmer)

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 25 cm and 45 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 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.

NOTICE

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

7. USAGE

1	Insert the mains adapter into the connector.										
2	Switching on the lamp Press and hold the On/Off button 5 for 2 seconds. When the device is next switched on, it will start with the saved brightness level and treatment time.										
3	LED display/timer The TL 95 Daylight therapy lamp indicates your current treatment time using 4 LEDs. The treatment time can be set at the following 4 levels. The timer function will not be active when the lamp is switched on for the first time. The lamp now runs 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 4 by pressing briefly the On/Off button 5 . Level 1 sets a treatment time of 30 minutes. The other levels are as follows: <table border="1" data-bbox="624 935 1001 1078"> <thead> <tr> <th>Treatment time</th><th>Level (Number of lit LEDs)</th></tr> </thead> <tbody> <tr> <td>30 minutes</td><td>1</td></tr> <tr> <td>60 minutes</td><td>2</td></tr> <tr> <td>90 minutes</td><td>3</td></tr> <tr> <td>120 minutes</td><td>4</td></tr> </tbody> </table> The lamp switches off automatically after this treatment time and steadily becomes darker. To deactivate the timer function, briefly touch the On/Off button 5 until the LEDs go out.	Treatment time	Level (Number of lit LEDs)	30 minutes	1	60 minutes	2	90 minutes	3	120 minutes	4
Treatment time	Level (Number of lit LEDs)										
30 minutes	1										
60 minutes	2										
90 minutes	3										
120 minutes	4										
4	Brightness setting The TL 95 Daylight therapy lamp has 6 brightness levels. The desired brightness level can be set using the flower button on the side – this level should be set so that it is pleasant for the eye during the treatment. Settings 1 to 6 correspond to 25%, 33%, 43%, 57%, 75% and 100% intensity respectively. When the device is switched off, the last level that was set is saved. Note: The device can also be used as a reading lamp from level 1.										

5 Enjoying the light

Position yourself as close as possible to the lamp, at a distance of between 25 cm and 45 cm. You can continue to go about your day-to-day activities during the treatment, including reading, writing, making telephone calls, etc.

- Keep looking directly into the light for a short period of time, as it is absorbed and shows an effect via the eyes/retina.
- Use the daylight therapy lamp as often as you want. However, the treatment is most effective if you carry out the light therapy for at least 7 successive days according to the prescribed times.
- The most effective time of day for the treatment is between 6 am and 8 pm, and we recommend that you use the device for 2 hours per day.
- However, do not look directly into the light for the entire treatment time, as this may cause over-stimulation of the retina.
- Start with a brief treatment time and gradually increase the time over the course of a week.

NOTICE

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.

6 Things to consider

We recommend a distance of between 25 and 45 cm from the face to the lamp during treatment.

The treatment time depends on the distance:

Lux	Distance	Treatment time
10,000	approx. 25 cm	0.5 hours
5,000	approx. 35 cm	1 hour
2,500	approx. 45 cm	2 hours

In principle:

The closer you are to the light source, the shorter the treatment time.

7 Extra bright

This daylight therapy lamp is particularly bright (14,000 lux at a distance of approx. 20 cm).

8 Enjoying the light over longer periods

Repeat the treatment on at least 7 consecutive days during darker periods of the year, or for longer depending on your individual needs. The treatment should take place during the mornings where possible.

9 Switching off the lamp

Press and hold the On/Off button  for 2 seconds. The LEDs switch off. Unplug the mains adapter from the mains socket.

CAUTION

The lamp remains hot after use. Allow the 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.

CAUTION

- 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. APPLIED PARTS AND REPLACEMENT PARTS

To purchase applied parts and replacement parts, please visit www.beurer.com or contact the service address for your country (see the service address list). Applied parts and replacement parts are also available from retailers.

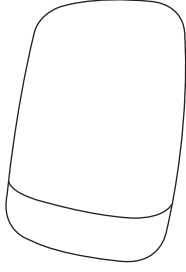
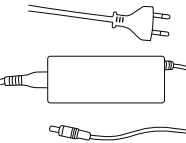
10. WHAT IF THERE ARE PROBLEMS?

Problem	Possible cause	Solution
Device does not light up	On/Off button  switched off	Switch on the On/Off button  .
	No power	Connect the mains adapter correctly.
	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.

11. 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 – WEEE (Waste Electrical and Electronic Equipment). 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 company or your retailer, for example.



Component	Disposal Description	Photo
Device	The component mainly is PC , metal and ABS. All comply with RoHS and REACH, and all could be safety disposal.	
Power adapter	The adapter mainly includes plastic and electronic components, All comply with RoHS and REACH, and all could be safety disposal.	

Radiance output	Risk group classified in accordance with IEC 62471	Maximum value
EIR: Infrared radiation hazard exposure limits for the eye	Exempt Group	2.146e-1
LIR: Retinal thermal (mild visual irritation)	Exempt Group	7.057e-2
LB: Blue light	Exempt Group	8.867e0
LR: Retinal thermal	Exempt Group	1.187e2

Subject to technical changes.
The serial number is located on the device or in the battery compartment.

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

Notes on electromagnetic compatibility
The device complies with Regulation (EU) 2017/745 of the European Parliament and of the Council on medical devices and the respective national regulations and 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 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 applied parts 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.

Mains adapter

Model no.	LXCP62 (II)-240
Input	100–240 V ~ 50/60 Hz, 1.5 A max
Output	24 V DC, 2.5 A
Protection	The device is double-protected.
	Polarity of the DC voltage connection
Classification	IP24, protection class II

13. WARRANTY

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

Notification of incidents

For users/patients in the European Union and identical regulation systems, the following applies: If during or through use of the product a major incident occurs, 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.

12. TECHNICAL SPECIFICATIONS

Type	GCE505
Model no.	TL 95
Dimensions (L x W x H)	30.0 x 15.8 x 47.5 cm
Weight	approx. 1900 g
Light	Full-spectrum LEDs
Power output	max. 60 watts
CRI	min. 95
Light intensity	10,000 lux (at a distance of approx. 25 cm)
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
Product classification	Protection class II, IP21
Applied parts	Mains adapter, instructions for use
Colour temperature of the LEDs	6500K ±400 Kelvin
Threshold of short wavelength	420 - 680 nm
Maximum light output	66.88 W / m²
Expected service life of the device	10.000 hours

Maximum radiance output of the TL 95

Radiance output	Risk group classified in accordance with IEC 62471	Maximum value
EUVA: Eye UV-A	Exempt Group	0
ES: Actinic UV skin & eye	Exempt Group	0



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