THANK YOU

FOR PURCHASING
THE AURA DAYLIGHT THERAPY LAMP

IMPORTANT SAFETY INSTRUCTIONS

Read this user manual carefully before use.
Please retain the user manual for your records.

The accompanying documents specify special skills, training, and knowledge required of the operator or responsible organization and lists the environmental restrictions on locations of use.

WARNING

A warning indicates the possibility of injury to the user or operator.

- Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings.
- Check if the voltage indicated on the appliance corresponds to the local voltage before you connect the appliance.
- If the power cord is damaged, do not use the appliance. Please contact us at 516-253-1063 for assistance.
- Close supervision is necessary when this appliance is used by, or near children or invalids.
- Children should be supervised to ensure that they do not play with the device.
- No modification of this device is allowed.
- Never use the appliance if the lamp housing or cover is damaged, broken or missing.
- Do not use the lamp in a room that is not illuminated by any other light, as this may cause eyestrain. Use the light of this device as an addition to the normal light (sunlight, electric light) in your home.
- Do not look straight into the light for too long, as this may be uncomfortable for your eyes.
- Consult your doctor before you start using the The Aura Daylight Therapy Lamp if:

  1. You suffer or have suffered from severe depression.
  2. You are hypersensitive to light (e.g. due to diabetes or epilepsy).
  4. You have an eye condition.
  5. You are on specific medication (i.e. certain antidepressants, psychotropic drugs or malaria tablets).
  6. You have high blood pressure.

If use of the device causes you to become too active, we advise you to reduce the exposure to the light. If there is no improvement, consult your doctor.

If you feel exhausted, distressed or restless and/or suffer from sleeping problems (e.g. insomnia) after you have used the device, we advise you to consult your doctor.

- Do not use in an OXYGEN RICH ENVIRONMENT.
- This device is not classified as category AP/APG equipment.
- This device is not suitable for use in the presence of a flammable anesthetic mixture of air with oxygen or nitrous oxide.
- The power supply cord is not replaceable.
- The MEE must be connected to an appropriate power source.
- Do not use near known devices or sources that can potentially cause interference problems.

IMPORTANT: This product contains a mercury containing fluorescent light tube, which must be recycled or disposed of in accordance with local, state or federal laws.

Go to www.auradaylight.com for more information.

CAUTION

A caution indicates the possibility of damage to the appliance.

Always unplug the appliance after use.

Place the device on a stable, level and non-slippery surface.

Do not place any object on top of appliance.

When unplugging the device, grasp the plug directly to avoid damaging the cord. Never pull on the power cord to remove the plug from the outlet.

Use this appliance for its intended household use as described in this manual. Do not use any attachments that are not recommended by Aura Medical LLC.

If this appliance is damaged in any way or it is not working, it should not be operated. Should you have any issues with this device, please contact customer service or an authorized dealer. Please visit www.auradaylight.com /support or call 516-253-1063 for assistance.

CONTRAINDICATIONS

Light therapy may not be suitable for use on individuals who take photosensitizing medications, who have had cataract surgery, who have pre-existing eye conditions (possibly due to diabetes or high blood pressure), or who have bipolar disorder.

GENERAL

The duration of the light exposure depends on the distance at which the appliance is used. See chapter 'Using The Device' for the appropriate distance and duration.

After the first few uses of light therapy, you may experience some eye strain and/or a light headache. These side effects tend to disappear quickly.

SAFETY AND COMPLIANCE

This device meets the requirements of the safety standard for Light Therapy devices ANSI AAMI Std. ES 60601-1, HA 60601-1-11, IEC 60601 Std. 60601-2-57. Certified to CSA Std. C22.2 No. 60601-1, No. 60601-1-11.

This device complies with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.
Increase the separation between the equipment and receiver.
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
Consult the dealer or an experienced radio/TV technician for help.

CAUTION: Any changes or modifications not expressly approved by the manufacturer of this product and the party responsible for compliance could void the user's authority to operate the equipment.

SYMBOLS

The following symbols may appear on the appliance:

	Consult the user manual supplied
ETL classified C US Intertek 5005086	ETL Listing Mark for Canada and the United States
	Class II equipment
	ON / OFF
SN	Serial Number
IP21	Protected against foreign objects equal to or greater than 12.5mm in diameter and against vertically dripping water.

THANK YOU

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THE AURA DAYLIGHT THERAPY LAMP

Proper use and care of this product will provide you with many years of safe, effective and trouble-free light therapy. Please read this User Guide completely before using this device and follow all usage and care instructions to ensure you receive optimum benefits from this product. Retain this guide for future reference.

LIGHT AND HEALTH

It's amazing what a little light can do. Sunlight improves our mood, makes us feel more optimistic, gives us energy and promotes better sleep. But most of us spend nearly all our time indoor. So few get the sunshine we need.

Light therapy has been clinically proven to relieve symptoms associated with the winter blues and helps restore circadian rhythm. Together with scientists and medical professionals Aura Daylight has developed the BL40 light therapy device which allows you to safely get the amount of light you need to help combat winter blues and to restore your internal body clock.

USING THIS DEVICE

Position the Aura Daylight Lamp approximately 8-10 inches from your face, and offset it to a 30 to 45 degree angle, like sunlight coming in through a window. Your eyes must be open to properly benefit from the treatment.

The light beam emitted from the device is very bright – like the sun. There is no need to stare at the light source, although it is not harmful to glance at it occasionally.

Typically, you will know when you have received sufficient light. Most people feel a sense of heightened alertness, energy, and/or mood.

GENERAL DESCRIPTION

1. Energy lamp
2. "-" Symbol Timer Reduce
3. Time Indicator
4. Base
5. Lamp Housing with angle adjustment
6. Light Intensity Dial
7. "+" Symbol Timer Add
8. On/Off Symbol
9. Case

IMPROVES MOOD

ELEVATES ENERGY

UV FREE

USAGE INSTRUCTIONS

Light therapy for winter blues usually consists of 15 to 30 minutes of bright light every morning as early as possible upon waking – ideally before 8 AM.

Find a routine that works best with your schedule. You may find it easiest to get your light while eating breakfast, exercising, applying makeup, or while working at the computer. Some people find a second exposure of bright light in the middle of the afternoon gives them an extra boost of energy to make it through the day.

The device should not be used in the evening as it could interfere with your normal sleep time.

Everyone is unique in their light needs; you may have to try different exposure times to find your best level.

TIMING

Using the Light Therapy Lamp at a given time of day directly affects your alertness. The best time to use it is in the morning. Do not use the Aura Daylight Lamp late in the evening. If you use it within 2 hours of your bedtime, it could disrupt your sleep.

If you find it difficult to wake up each day without an alarm clock or if you often sleep in, you need morning light. Use the energy lamp within the first hour or two after waking up.

If you find it difficult to stay awake in the evening and wake up too early in the morning, you need evening light. Use the energy lamp before you start to feel tired.

If mornings or evenings do not seem to be the problem, but you feel generally tired during the day, then the time at which you use the energy lamp is not as important. You can use the Light Therapy Lamp in the morning or around midday.

LIGHT THERAPY THAT ADJUSTS TO YOU!

Each individual responds differently to light. The BL40 is the only light therapy lamp that will adjust to EVERY user. The patented lux intensity dial and the built in timer feature promote a better treatment experience by allowing the user to adapt to the light in their very own way.

TIMER SETTINGS

The timer setting allows you to set your treatment time:

Treatment time	LED's illuminated
0 - 10 minutes	1
10 - 20 minutes	2
20 - 30 minutes	3
30 - 40 minutes	4
40 - 50 minutes	5
50 - 60 minutes	6

When you switch on the device, the default timer setting is 30 minutes. Pushing "+" "-" keys, will adjust the treatment time setting accordingly. The unit will shut off once the timed treatment is complete.

LIGHT INTENSITY

Many users complain about headaches and a" too intense light " experience at the beginning of their light therapy sessions. The lux intensity dial allows the user to start with a lower light intensity and then slowly build it up as the body adapts to the light.

Adjust the dial to a comfortable light intensity by turning it clockwise. At the lowest setting the lamp will emit about 5000 lux. At the highest setting it emits the full clinical strength of 10,000 lux +/- 20%.

ANGLE ADJUSTMENT

The Aura Daylight Lamp Adjusts to a 70 or 85 degree angle for comfortable positioning.

SAFETY NOTES: The minimum allowed distance between the face/body is 6 inches. Never try to touch the hot parts while the device is in use or still hot. You may stop using the device by turning off the power switch at any time.

CLEANING

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as gas or acetone to clean the appliance. Do not let water run into the appliance or spill water onto the appliance.

1. Switch off the appliance, unplug from outlet and let it cool down.
2. Clean the outside of the appliance with a damp cloth

This appliance has no other user-serviceable parts.

STORAGE

If the appliance will not be used for an extended period of time, remove cord from outlet and store in a safe, dry location where it will not be crushed, banged, or subject to damage.

TECHNICAL SPECIFICATIONS

Model	**BL40**
Rated voltage	**110-120Vac**
Rated frequency	**60Hz**
Rated input	**45W**
Classification	**ETL Classified**
Ingress of water	**IP21**
Weight	**2.2 Lbs**
Dimensions(L x B x H)	**218 X 326 X 83 mm**

2016/08/19 Version 1.0

Operating conditions
Temperature +10°C (+50°F) to +30°C (+86°F)
Relative humidity from 30% to 90%

Storage conditions
Temperature from -20°C (-4°F) to +50°C (+122°F)
Relative humidity from 30% to 90% (no condensation)
Atmospheric Pressure: 700hPa-1060hPa

Transport conditions
Temperature from -20°C (-4°F) to +50°C (+122°F)
Relative humidity from 30% to 90% (no condensation)

Circuit diagrams, component part lists and other technical descriptions are available on request. As the user of this device, you should take all possible measures to prevent the occurrence of electromagnetic interference or other types of interference between this device and other appliances.

LIGHT TUBE REPLACEMENT

WARNING:

Before replacing the light tube, turn off the device and allow it to cool down completely before unplugging the main plug from the socket.

Ensure that no water enters the unit.

Light tubes are excluded from the warranty.

PROCEDURE

PLEASE FOLLOW THE STEP BY STEP INSTRUCTIONS TO REPLACE THE LIGHT TUBE:

STEPS FOR UNINSTALLING THE LIGHT TUBE:

1. Unscrew the 2 back cover screws
2. Separate the front cover from the back cover
3. Unscrew the 2 screws on the fluorescent tube
4. Remove the old tube with base out from tube holder
5. Remove the silicone rubber and the tube base from old tube

STEPS FOR INSTALLING THE NEW LIGHT TUBE:

1. Assemble the new tube with tube base
2. Insert the tube with the base into the tube holder in the lamp.
3. Screw the 2 fluorescent tube screws into its designated place.
4. Set and move slowly down the silicone rubber to its original position.
5. Assemble the front cover and back cover.
6. Screw the 2 back cover screws into place.

NOTE: Ensure that no objects remain in the casing and that the power cable is not trapped.

PLEASE NOTE: Light tubes should be replaced ONLY with the compatible light tube provided by Aura Medical LLC.

Type: Aura Fluorescent Light Tube LT40 36W

Lamp Lifetime >8000 hours

FREQUENTLY ASKED QUESTIONS

Listed below are the questions most frequently asked about the appliance. If you cannot find the answer to your question, Please visit www.auradaylight.com/support or call 516-253-1063 for assistance

Can I look directly at the appliance when it is switched on?

Yes, you can look into the light every now and then, but we advise you not to look into the light continuously. It is sufficient to sit close to the lamp.

How often should I use the Aura Daylight Lamp?

We recommend using the lamp on a daily basis for at least a week. Most people report results in just 30 days and often much sooner.

Can I use the Aura Daylight Lamp if I have eye problems?

If you have eye problems, you should consult your doctor or ophthalmologist before you use the Light Therapy Lamp or undergo any other form of light exposure. There are certain eye-related conditions that may respond unfavorably to light.

Can I use the Aura Daylight Lamp during pregnancy?

Yes, there are no known side effects when using the Light Therapy Lamp during pregnancy.

Is it harmful to sit in front of a switched-on energy lamp for a prolonged period of time?

No, using the Light Therapy Lamp longer than the recommended time is not harmful. However, do not use the light after 8 p.m. to avoid sleep disruptions

2 YEAR LIMITED WARRANTY

Aura Medical LLC warrants, subject to the conditions set forth below, that should this product be defective by reason of improper workmanship or material during the specified warranty period, Aura Medical will repair the same or necessary parts or replacements , without charge for either parts or labor.

NOTE: Due to its fragile nature, the light tube is excluded from the warranty.

CONDITIONS

1. Unauthorized Repair, Abuse, Etc.:
The unit must not have been previously altered, modified, repaired or serviced by anyone other than Aura Medical LLC. The serial number on the unit must not have been altered or removed. The unit must not have been subject to accident, misuse, abuse, or operated contrary to the instructions contained in the Owner's Guide.

2. Proper Delivery:
Before returning the unit for repair or replacement please contact Aura Medical by telephone at 516-253-1063 or email support@auradaylight.com. For outside of the USA , please return to the place of purchase.

3. Proof of Date of Purchase:
This warranty applies to the product from the original date of purchase. Therefore, the owner must furnish proof of original purchase with either invoice or receipt

Product Name: Aura Daylight Lamp
Model Number: BL40
Manufactured For: Aura Medical LLC
34 Franklin Avenue, Suite 312
Brooklyn, NY 11205
www.auradaylight.com

Questions or Inquiries?
Please call us at 516-253-1063
Email us at: support@auradaylight.com

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USER MANUAL