

verilux[®]
The Healthy Lighting Company™



TwiLight™ Mini | *Ultra*

Blue Light Therapy Sleep System

VT04

IMPORTANT SAFETY INSTRUCTIONS

CAUTION:

- TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT DISMANTLE. THERE ARE NO SERVICEABLE PARTS INSIDE.
- TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT EXPOSE THIS UNIT TO RAIN OR MOISTURE.



The exclamation point within an equilateral triangle alerts the user to the presence of important operating and maintenance instructions in this owner's guide.

WARNING: TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK OR PERSONAL INJURY:

- Turn off/unplug and allow to cool before replacing bulb or cleaning.
- Do not look directly at the lighted bulb without the diffuser being in place.
- Do not operate the lamp in close proximity to flammable or combustible vapors, such as aerosol (spray) products or where oxygen is being administered.
- Use only the type of bulb and maximum wattage indicated by the manufacturer.
- Never cover the lamp when it is in operation.

IMPORTANT SAFETY INSTRUCTIONS

- 1. Read these instructions** – before using this lamp.
- 2. Keep these instructions** – for future reference.
- 3. Heed all warnings.**
- 4. Follow all instructions.**
- Do not use this lamp in damp/humid or wet locations.
- For indoor use only.
- Clean only with dry cloth.
- Do not block any ventilation openings.
- Do not place near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
- Do not defeat the safety purpose of the polarized plug. A polarized plug has two blades with one wider than the other. The wider blade is provided for your safety. If the provided plug does not fit in your outlet, consult an electrician for replacement of the obsolete outlet.
- Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where it exits from the lamp.
- Unplug this lamp during lightning storms or when unused for long periods of time.
- If the lamp has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen onto the lamp, the lamp has been exposed to rain or moisture, does not operate normally, or has been dropped, it should not be operated. There are no user serviceable parts within this lamp.

SAVE THESE INSTRUCTIONS

GENERAL PRECAUTIONS

- Do not use with power supply voltage other than 120V AC
- Avoid placing the lamp in areas that are dusty, humid/moist, lack ventilation, or are subject to constant vibration.
- Not for use with light dimmers, timers, motion detectors, voltage transformers, or extension cords.
- Do NOT use lubricating agent in bulb assembly.
- The light bulb may become loose during transit. To reinstall the light bulb, see the bulb installation instructions on page 6.
- Close supervision is recommended when this lamp is used by or near children, or others who may not understand the need for these precautions. Do not leave the lamp unattended during use.

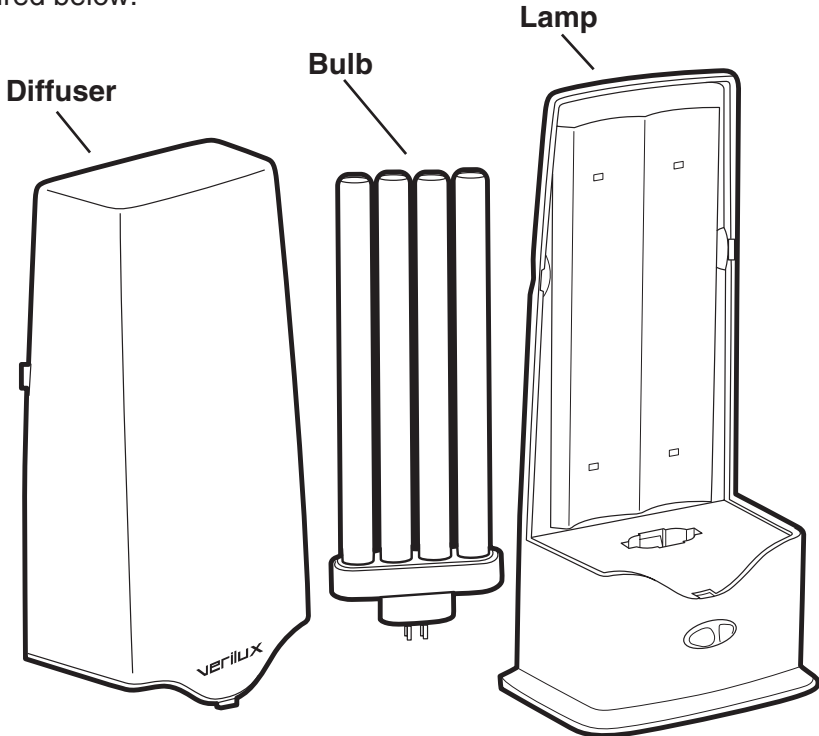
This lamp has been tested and found to comply with Part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This lamp generates, uses, and can radiate radio frequency energy and, if not used in accordance with the instructions, may cause interference to radio communications. If interference occurs try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the lamp and receiver.
- Connect the lamp into an outlet on a circuit different from that to which the receiver is connected.
- Move the lamp out of the line of sight of the remote control receiver.
- Consult the dealer or an experienced radio/TV technician for help.

SET-UP INSTRUCTIONS

Unpacking

Please remove all packaging material. Check the carton for the items pictured below:



Selecting a location

- Place your Verilux® TwiLight™ Mini Ultra Blue Light Therapy Sleep System on a table or other flat surface.
- If using around infants and young children avoid placing system where bright light shines directly into developing eyes.

Note: Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products, such as heaters. Do not place the lamp on the top of appliances that radiate heat.



WARNING: DO NOT BLOCK VENTS

Vents are necessary for proper function of the electronic ballast; blocking them may cause overheating of the electronics and increase risk of fire.

SET-UP INSTRUCTIONS

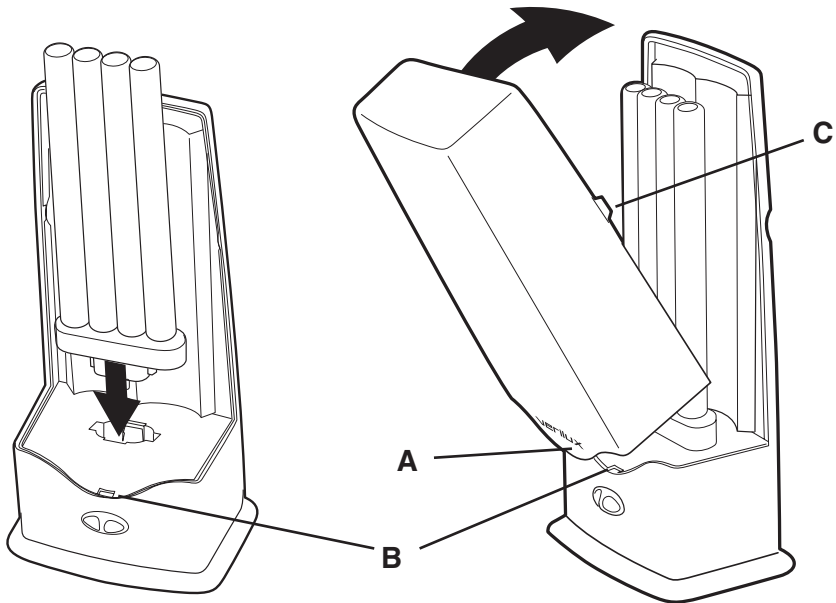
Bulb & Diffuser installation

1. Insert bulb into lamp by firmly holding bulb base and pushing it into the socket (See below). Bulb will not appear blue until it is illuminated.

Note: Make sure bulb is fully inserted into the socket. The bottom of the bulb base should touch the plastic housing of the lamp.

2. Attach the plastic diffuser to the lamp body by first inserting the tab located at the bottom of the diffuser (A) into the opening of the lamp base (B).

3. Rotate the plastic diffuser and align the side snap tabs (C) into position – press firmly to snap parts together.



4. Plug lamp into a standard 110-120V outlet, switch it on and begin enjoying the benefits of Verilux® Blue Light therapy light!

Note: please allow a few minutes for the bulb to warm up to full illumination.

Note: if bulb does not illuminate instantly, please refer to the troubleshooting section of this manual.

SET-UP INSTRUCTIONS

Instructions for use

Blue light therapy consists of exposing your eyes to a sufficient quantity of blue light in the 460 nm range for 30 – 60 minutes, 2–3 hours prior to falling asleep or for the same duration in the morning. Blue Light has been shown to act as a “switch” to help regulate both sleep and daytime circadian rhythm. The Verilux® TwiLight™ Blue Light Therapy Sleep System should be located between 1’ and 10’ away from you during the exposure period. You do not need to look directly at the light to benefit from its effects and some people may experience discomfort if they stare directly at the light.

- Locate the system on a flat surface such as a dresser or nightstand.
- Turn the system on 5 minutes prior to your session in order for it to develop maximum brightness.
- Continue with your normal evening activities, but allow the healthful blue light to bathe you in its illumination. Other ambient light sources should be reduced during exposure time.
- If a young child or infant is being treated with the TwiLight™ System, exposure to the direct light must be avoided to guard against potential damage to developing eyes.
- Optimum exposure time is different for each person; therefore, it is important to test various brightness levels, times of day, exposure times and distances from the light source to determine which combination is most effective.

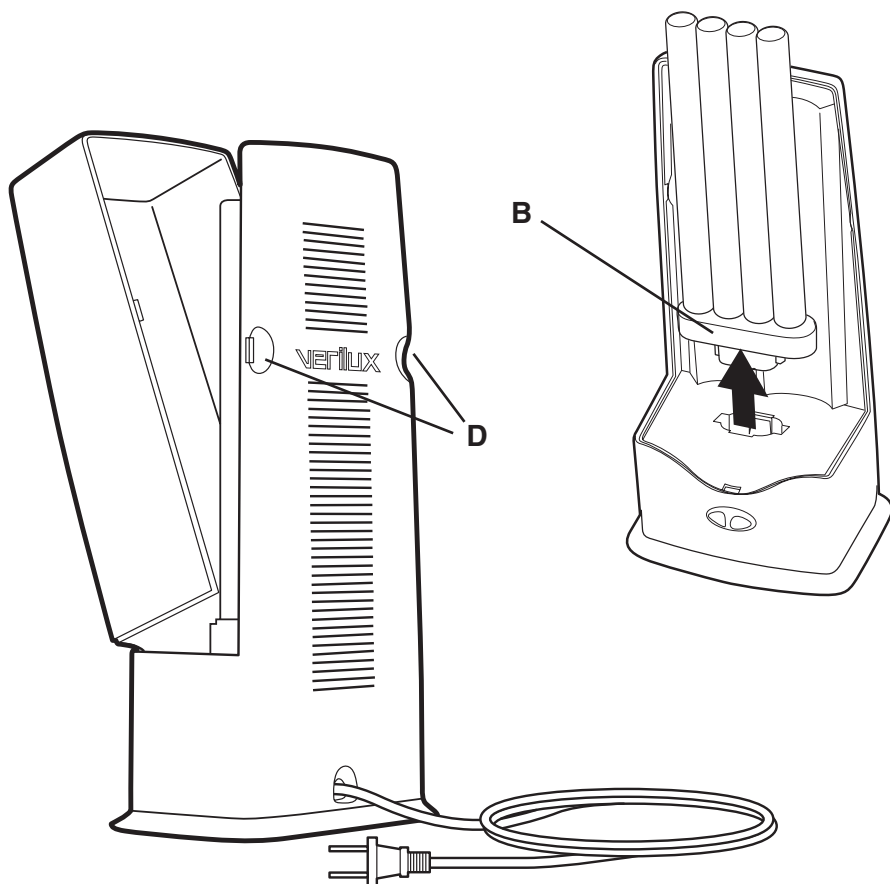


Note: *Eye disease researchers have found limited evidence that bright light and blue light therapy may cause additional harm to people with pre-existing eye damage (including glaucoma and macular degeneration), and could increase the incidents of age related blindness. Medical professionals recommend people with pre-existing retinal conditions be tested prior to using any bright light or blue light therapy system.*

BULB REPLACEMENT

Bulb removal and replacement

1. Unplug lamp from power source.
2. To access the bulb, remove the plastic diffuser by depressing the tabs (D) and lifting it out.
3. Firmly hold the bulb base (B) (Do not hold the glass portion of the bulb) and pull bulb from the socket in an outward motion (rocking slightly if needed).
4. To re-install bulb and plastic diffuser, see instructions on page 6.



TROUBLESHOOTING

Before requesting service on your Verilux® lamp please read the following:

- Make sure all power connectors, cords, and plugs are inserted fully and securely.
- Be sure the bulb is securely seated in the socket. (See page 6)
- Make sure there is power to the wall outlet or try another outlet – not connected to a dimmer.

PROBLEM	CHECK	SOLUTION
Light won't come on	Has the plug come loose?	Insert plug securely into wall outlet.
	Is the bulb old?	Check the bulb for blackening/darkening at the ends (an indicator of bulb life) and replace bulb. See www.VeriluxStore.com .
	Is the bulb connected securely to the socket?	Be sure the bulb is securely seated into the socket, repeat the bulb installation process.
Blackening/darkening at ends of bulb	Is the bulb new?	Sometimes when a new bulb is turned on for the first time the ends will darken, but this will fade after a few minutes.
	Is the bulb old?	With older bulbs darkening of the ends indicates end of bulb life. (This doesn't affect operation except to reduce the amount of light available since the phosphor in that area has become inactive). Bulb replacement is recommended.
Light flickers	Has the plug come loose?	Insert plug securely into wall outlet.
	Is the bulb connected securely to the socket?	Be sure the bulb is securely seated into the socket, repeat the bulb installation process.
	Is the lamp connected to a dimmer switch?	Connect lamp plug only to wall outlet without a dimmer switch.

CARE & CLEANING

Your TwiLight™ Mini Ultra is made from high quality materials that will last for many years with a minimum of care.

Clean only with a soft dry cloth – **DO NOT USE SOLVENTS OR CLEANERS CONTAINING ABRASIVES OR AMMONIA**



WARNING: To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp, and allow sufficient time for the bulb to cool.

DISCLAIMER

Verilux® does not make any medical claims regarding the use of this product. Always consult a qualified health care professional before using light therapy. It is advisable that you contact a doctor if:

- You are hypersensitive to light and/or experience eye discomfort.
- You are currently taking any medication that might increase your sensitivity to light.
- There is no improvement after using the product for thirty days, or if you feel uncomfortable after using the product.
- You have a history of eye disease including, but not limited to, cataracts or macular degeneration.

Each individual's sensitivity to light is different. Each person must use his/her own judgment when determining the length of time spent exposed to the light. The use of this product is the sole responsibility of the consumer.

Note: *The light source used in this lamp does not emit any discernable levels of UV.*

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