

SIoux

HAPPYLAMP-1
LIGHT
THERAPY
LAMP



SUXIO HappyLamp-1 Light Therapy Lamp Instruction Manual

[Home](#) » [SUXIO](#) » SUXIO HappyLamp-1 Light Therapy Lamp Instruction Manual 

Contents

- [1 SUXIO HappyLamp-1 Light Therapy Lamp](#)
- [2 INTRODUCTION](#)
- [3 SPECIFICATIONS](#)
- [4 WHAT'S IN THE BOX](#)
- [5 FEATURES](#)
- [6 SETUP GUIDE](#)
- [7 CARE & MAINTENANCE](#)
- [8 TROUBLESHOOTING](#)
- [9 PROS & CONS](#)
- [10 WARRANTY](#)
- [11 FREQUENTLY ASKED QUESTIONS](#)
- [12 VIDEO – PRODUCT OVERVIEW](#)
- [13 References](#)
- [14 Related Posts](#)

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SUXIO HappyLamp-1 Light Therapy Lamp



INTRODUCTION

An inventive remedy for Seasonal Affective Disorder (SAD) and other disorders linked to poor light exposure is the SUXIO HappyLamp-1 Light Therapy Lamp. This corded electric lamp has a sleek, small design, 100 LED light sources, and a touch screen controller for simple control. With 12 watts of power and 10,000 lux of brightness, the HappyLamp-1 is perfect for use at home or in the office to improve mood and vitality. At \$19.99, it offers a cost-effective alternative to costly medical procedures for taking use of light therapy's advantages. This device, which was introduced by SUXIO, serves those looking for an easy-to-use and efficient method of using natural light therapy to manage their mental health.

SPECIFICATIONS

| | |
|--------------------------------|-----------------------------------|
| Brand | SUXIO |
| Price | \$19.99 |
| Light Source Type | LED |
| Power Source | Corded Electric |
| Controller Type | Touch Screen |
| Number of Light Sources | 100 |
| Connectivity Technology | USB |
| Wattage | 12 watts |
| Control Method | Touch |
| Connectivity Protocol | Corded Electric |
| Voltage | 5 Volts |
| Brightness | 10000 Lux |
| Manufacturer | SUXIO |
| Item Weight | 11.4 ounces |
| Item Model Number | HappyLamp-1 |
| Pattern | USB-A |
| Cutting Diameter | 15 Inches |
| Coverage | 40 square inches |
| Warranty Description | 2 years warranty, 90 days refund. |
| Assembled Diameter | 15 Inches |

WHAT'S IN THE BOX

- Light Therapy Lamp
- Manual

FEATURES

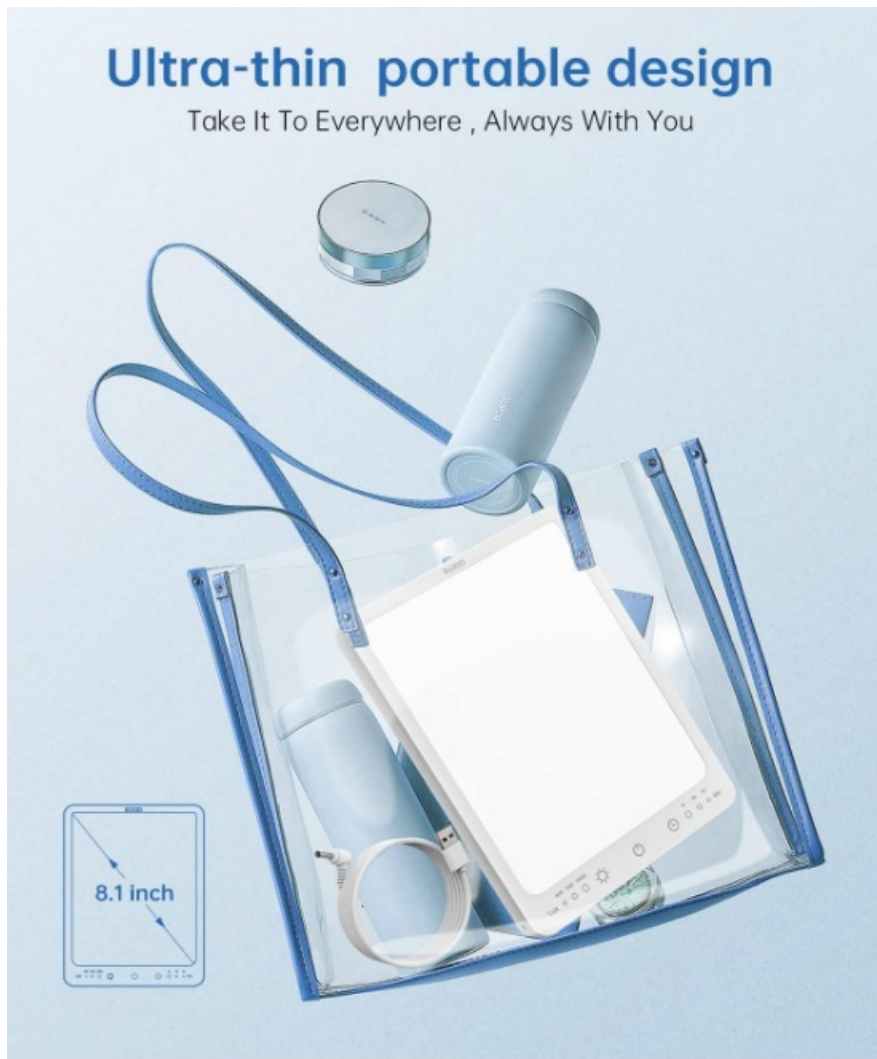
- With three distinct brightness levels—4000, 7000, and 10,000 Lux—the 3-Mode Therapy Light enables users to select the intensity that best suits their requirements. Upon beginning, the light gradually rises to the memory level, which facilitates acclimatization to varying light levels.



- **Three Timer & Memory Function:** Adapts to various therapy requirements by providing timers for 30, 60, and 90 minutes. The memory feature makes it convenient for daily usage by enabling the light to resume the last setting used upon restart.
- The incredibly thin design of the portable light therapy box makes it convenient to transport. It is ideal for usage at home, at the workplace, or when traveling because it comes with a 49-inch USB cord. Because it is USB-powered, there are numerous power source alternatives available.
- **Safe & Natural Bright Light Therapy:** Equipped with 100 flicker-free, glare-free, and hot-spot-free LEDs that emit safe, natural light. This makes the environment more comfortable for users and lessens eye strain.
- **Energy Efficient:** It is an energy-efficient option for light treatment because it uses only 12 watts of power. A longer usage period without using excessive amounts of electricity is guaranteed by the low power consumption.
- **Touch Control:** For simple operation, a touch-sensitive control panel is included. This offers a smooth user experience by enabling consumers to change the brightness level and timer with a single press.
- **Memory Function:** This feature makes it simple to begin light therapy without having to change settings every time by allowing users to set their preferred settings just once, and the lamp will remember them for subsequent sessions.
- **Compact Design:** The lamp is perfect for transportation due to its small size and lightweight. When traveling, it is simple to carry in a suitcase or move from room to room.

Ultra-thin portable design

Take It To Everywhere , Always With You



- **Versatile Stand:** This lamp comes with a standing stand that can be tilted to various positions so that users can place it at the best angle for their needs. Comfort and efficient light coverage during therapeutic sessions are guaranteed by this versatility.

SETUP GUIDE

- **Unpack the light:** Take the light, standing stand, and USB wire out of the box.
- **Pick a Spot:** Decide on a good spot for the lamp. Any flat surface where you can quickly reach the light, such as a desk or bedside table, is an ideal location.
- **Attach the Stand:** Fasten the stand to the lamp if it isn't already attached. The stand's ability to be tilted at various angles is essential for arranging the lamp for the best possible light coverage.
- Connect the USB cable to a USB port (on a computer, power bank, or USB adapter) after inserting it into the light.



- Turn on the lamp by tapping the touch-sensitive control panel. The previous memory setting used will be the default mode and timing setting.
- **Choose the Level of Brightness:** Depending on your demands and comfort, you can cycle between the three brightness levels—4000 Lux, 7000 Lux, and 10,000 Lux—by tapping the control panel.
- **Put the timer on:** Select a setting of 30, 60, or 90 minutes to correspond with the length of your light therapy. For convenience and safety, the lamp will automatically switch off at the designated time.
- **Position the Lamp:** To aim the light toward your face, use the stand to change the lamp's angle. Look for a spot where the light is unhindered and not too bright for your eyes.
- **Modify Light Intensity:** Throughout the session, if necessary, change the brightness. After restarting, you can quickly go back to the old settings thanks to the memory function.
- **Use Every Day:** For optimal effects, incorporate the light into your regular schedule. Regular use, particularly in the morning, can enhance mood and assist control of sleep patterns.
- **As Needed, Move the Lamp:** To guarantee uniform light exposure and the best possible light therapy, move the lamp from time to time. This can support consistent circadian rhythm stimulation.
- **Keep a Safe Distance:** To prevent too much brightness, keep a safe distance of 16 to 24 inches from the lamp when using it.

CARE & MAINTENANCE

- **Frequent Cleaning:** To get rid of dust and debris, wipe the lamp's surface with a gentle, dry cloth. Steer clear of

abrasive cleansers and water.

- **Examine the USB Cable:** Look for indications of wear or damage on the USB cable on a regular basis. If required, replace to avoid electrical problems.
- Verify that all connections are secure by checking for loose ones. If the lamp dims or flickers occasionally, make sure the USB connections are tight.
- **Steer Clear of Excessive Heat:** Keep the lamp away from extreme heat. To avoid overheating, put it somewhere with good ventilation.
- **Handle Carefully:** To prevent breaking the stand or any internal parts, move or adjust the lamp carefully.
- **Maintain the Control Panel Clean:** Use a gentle, dry cloth to wipe away any dirt or fingerprints that may have accumulated on the touch-sensitive control panel.
- **Store Correctly:** To prevent dust and damage, keep the lamp in its original packaging or a protective box while not in use.
- **Prevent Water Exposure:** Avoid using the light in a damp environment and keep it dry. Exposure to water can harm devices and impair their functionality.
- **Verify Memory Function:** To make sure the lamp accurately recalls the most recent settings, periodically verify the memory function. Otherwise, quickly reset.
- **Use the Suggested Adaptor:** As advised, use a 5V-2A adaptor. Using a different adaptor (5V-1A) could result in malfunctions like automatic shutdown or flashing.
- **Keep an eye on Light Output:** Check the light output on a regular basis. Replace the LEDs if you observe a drop in brightness or light quality.
- **Rotate Usage:** To prevent wear on one section of the light panel, rotate the lamp on a regular basis if it is used every day. This will keep the surface's light output uniform.
- **Look for Firmware upgrades:** To enhance the operation of the light, manufacturers may occasionally issue firmware upgrades. For any updates, visit the manufacturer's website.

TROUBLESHOOTING

| Issue | Solution |
|------------------------------------|--|
| The lamp does not turn on | Check the power connection and ensure the lamp is securely plugged in. |
| The light is too dim | Adjust the lamp's distance from the user to increase light exposure. |
| The touch screen not responding | Ensure the lamp is plugged into a functioning power source and try again. |
| The lamp flickers or goes out | Inspect the power cord for any visible damage or replace the fuse. |
| Controls unresponsive | Restart the lamp by unplugging it for a minute, then plugging it back in. |
| Light appears uneven | Reposition the lamp to provide a more uniform light coverage over the intended area. |
| Lamp overheats | Allow the lamp to cool down for a few minutes before use. |
| The lamp produces a humming sound | Check the power supply to ensure it is not overloading the lamp. |
| The light timer doesn't work | Verify the power settings on the touchscreen control and reset if necessary. |
| The warranty claim process unclear | Contact SUXIO customer support with the purchase receipt and product details for assistance. |

PROS & CONS

PROS

1. **Affordable:** Priced at \$19.99, it offers great value for light therapy benefits.
2. **Portable Design:** Compact size makes it easy to place on desks or countertops.
3. **Touch Screen Control:** User-friendly touch screen interface for easy adjustments.
4. **High Brightness:** Produces 10,000 lux of light to effectively combat SAD.
5. **Energy Efficient:** Low wattage (12 watts) ensures minimal energy consumption.

CONS

1. **Limited Coverage:** Only covers a small area, making it less suitable for multiple users.
2. **No Adjustable Stand:** Lack of a stand means it must be placed directly on surfaces.
3. **Lack of Timer Function:** No automatic shut-off timer can lead to overuse.
4. **No Battery Option:** Corded electric design limits mobility.
5. **No Remote Control:** Requires manual adjustments, which can be inconvenient.

WARRANTY

The SUXIO HappyLamp-1 Light Therapy Lamp comes with a **2-year limited warranty** from the date of purchase, providing protection against any defects in materials or workmanship. Additionally, there is a 90-day refund period, allowing customers to return the product if they are not satisfied with its performance. To initiate a warranty claim, customers need to provide proof of purchase and report the issue to SUXIO's customer support. This warranty ensures peace of mind for users, offering confidence in the longevity and reliability of the HappyLamp-1.

FREQUENTLY ASKED QUESTIONS

What type of light source does the SUXIO HappyLamp-1 Light Therapy Lamp use?

The SUXIO HappyLamp-1 utilizes LED as its light source, providing efficient and consistent light for therapeutic use.

What is the power source for the SUXIO HappyLamp-1 Light Therapy Lamp?

It operates on a corded electric power source, ensuring stable and continuous performance.

What type of controller does the SUXIO HappyLamp-1 Light Therapy Lamp use?

It features a touch screen controller for easy operation and adjustment of settings.

How many light sources are there in the SUXIO HappyLamp-1 Light Therapy Lamp?

There are 100 individual light sources, providing ample coverage for therapeutic light therapy.

What connectivity technology does the SUXIO HappyLamp-1 Light Therapy Lamp support?

The lamp supports USB connectivity, allowing it to be powered by a USB port or a compatible adapter.

What is the wattage of the SUXIO HappyLamp-1 Light Therapy Lamp?

It consumes 12 watts, offering an energy-efficient solution for light therapy.

How is the SUXIO HappyLamp-1 Light Therapy Lamp controlled?

The lamp is controlled via a touch screen interface, making it user-friendly and easy to adjust.

What voltage does the SUXIO HappyLamp-1 Light Therapy Lamp operate on?

It operates on 5 volts, suitable for USB-powered devices.

VIDEO – PRODUCT OVERVIEW



[References: https://manuals.plus/wp-content/uploads/2024/12/SUXIO-HappyLamp-1-Light-Therapy-Lamp-Instruction-Manual-1.mp4](https://manuals.plus/wp-content/uploads/2024/12/SUXIO-HappyLamp-1-Light-Therapy-Lamp-Instruction-Manual-1.mp4)

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