

READ ALL INSTRUCTIONS BEFORE USING

Important Safeguards

▲ DANGER:

- To avoid electrocution, do not operate this device near water.

▲ WARNING:

- Do not use with power supply voltage other than 120 VAC.
- 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.
- Close supervision is recommended when these lamps are used by or near children, or others who may not understand the need for these precautions.
- Do not operate lamp in close proximity to flammable or combustible vapors, such as aerosol spray products, or where oxygen is being administered.
- To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp and allowed sufficient time for the bulb to cool.
- 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.
- Do not shorten or cut the power cord.
- Always unplug lamp before performing bulb replacement or installation and allow sufficient time for the bulb to cool.
- Light bulbs get hot quickly! Do not touch the bulb while the lamp is on.
- This bulb contains a trace amount of mercury. For safe handling, cleanup, disposal, and recycling in accordance with applicable laws in US see www.epa.gov/cfl and in Canada, please visit www.ec.gc.ca/mercure-mercury/ and www.lightrecycle.ca
- This product contains mercury, a chemical known to the State of California to cause birth defects or other reproductive harm.
- This product contains magnets. If you have a pacemaker, implantable defibrillator, insulin pump, any other type of electro-mechanical device, or brain shunts that contain magnets, keep sufficient distance (about six inches) between the device and the lamp.
- Some people may experience light sensitivity to fluorescent lighting. Discontinue use if you experience any discomfort. Follow directions for pretest on page six prior to use.
- Certain medications (e.g., anti-depressants) may induce light sensitivity which may result in discomfort or a level of hyperactivity. Consult with your health care provider before using this product.
- If you have a pre-existing eye condition, consult with your health care provider before using this product.

▲ CAUTION:

- This lamp is for indoor use only.
- 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.
- Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where the power cord exits the lamp.

▲ CAUTION: — continued

- Do not operate this lamp if it has been damaged in any way. For example, the power supply cord or plug has been damaged, liquid has been spilled on or objects have fallen onto the lamp, the lamp has been exposed to rain or moisture, the lamp does not operate normally or has been dropped.
- This lamp may cause interference with radios, cordless telephones or devices that use a wireless remote control, such as televisions. If interference occurs, move the lamp away from the device, plug the lamp or the device into a different outlet or move the lamp out of the line of sight of the remote control receiver.
- Unplug lamp during lightning storms or when unused for long periods.
- Avoid placing the lamp in areas that are dusty, humid/moist, lack ventilation or are subject to constant vibration.
- Do not dismantle other than to replace the bulb. There are no user serviceable parts in these lamps.
- This lamp is not for use with light dimmers, timers, motion detectors, voltage transformers or extension cords.
- Do not leave the lamp unattended during use.
- Do NOT use a lubricating agent in assembly. Please see troubleshooting section if you are having difficulty assembling your lamp.
- Use only the type of bulb and maximum wattage indicated by Verilux®.
- Never cover the lamp or place anything on top of it when it is in operation.
- Do not use solvents or cleaners containing abrasives, or ammonia-based cleaners on this product.
- After cleaning the lamp, all moisture should be properly wiped away and dried before restoring power.

SAVE THESE INSTRUCTIONS

Features

Your new Verilux HappyLight Energy Lamp is a remarkable product with many features and benefits. It:

- delivers Natural Spectrum® Daylight to your home, office, dorm room or apartment.
- cues your body's own energy enhancers to make you more alert and productive.
- has up to 10,000 LUX* of bright Natural Spectrum light to lift spirits, sharpen concentration and improve energy levels.
- permits a customized therapy regimen, with two lenses, a high/low switch and a tilt feature to put as much light as you want where you want it.
- is designed with a compact shape and small footprint to make it easy to place in a convenient location or hung on a wall.
- includes an energy-efficient, cool-burning 36-watt bulb that lasts 10,000 hours.
- includes a best-in-class power system with electronic ballast and patented Flicker Elimination Technology® to assure no-buzz operation and instant-on, flicker-free illumination.

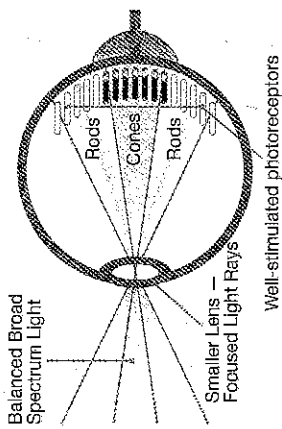
*At "high" intensity setting with high-energy lens: 10,000 Lux at 15cm/6" to 20cm/8".

Benefits

Verilux HappyLights provide broad spectrum light therapy to stimulate all of the eye's photoreceptors: cones, rods and the newly discovered melanopsin. HappyLights offer photopic light (primarily stimulating the cones) and scotopic light (primarily stimulating the rods) to reduce the size of the pupil, relaxing the eye for more comfortable light therapy. Melanopsin helps set the body's daily cycles and is triggered by Natural Spectrum Light. Scientists have demonstrated that bright light therapy can act like daylight to restore balance, mood and energy.

For more information and research on light therapy, visit www.verilux.com.

Natural Spectrum® Light Therapy



Device Pretest

To help determine if you have sensitivity to light treatment, we recommend that you perform this pretest upon first use of this device:

- Step 1 - Start this test with the comfort lens. Turn on the lamp and position it about 18 inches from your face. (Do not look directly into the lamp.)
- Step 2 - Operate the lamp for approximately 10 minutes and turn it off. If the light has caused any discomfort, stop using the lamp and consult a doctor. If you have no discomfort, you may consider gradually decreasing the distance from the lamp and increasing the use time, which results in more lamp intensity and greater effect. You also may change from the comfort lens to the high-energy lens and repeat the device pretest. For your initial sessions, you should monitor the degree of any discomfort and accordingly adjust the time used, lens used and lamp location.

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▲WARNING: If you have a pre-existing eye condition, contact your health care provider prior to use.

Operation

Selecting a Location

- Place your Verilux HappyLight Energy Lamp on a table or other flat surface above, at or below eye level depending on your desired result.
- For best performance, place the HappyLight as close as 6 inches but within 24 inches of your face.
- If you have sensitive eyes or want to use the highest output settings and lens, you may find it preferable to place the lamp above you and use the tilt feature.

▲WARNING: This product contains magnets. If you have a pacemaker, implantable defibrillator, insulin pump, any other type of electro-mechanical device, or brain shunts that contain magnets, keep sufficient distance (about 6 inches) between the device and the lamp.

▲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.

▲ATTENTION: 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 top of appliances that radiate heat.

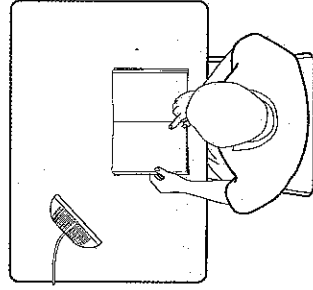
Instructions for Use

Use consists of sitting close to the HappyLight Energy Lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, writing, hobbies and crafts, sewing, needlepoint, applying make-up or working at your computer or desk. You may tilt the lamp as required.

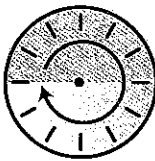
- Turn on the lamp and allow a few minutes for the bulb to achieve full brightness.
- The HappyLight Energy Lamp should be positioned as close as 6 inches, but within 24 inches of your face and should be slightly off-center. (See diagram.) *Note: Do not look directly into the lamp.*
- Consider using the lamp on the high setting in the morning and on the low setting in the afternoon.

The light from the HappyLight Energy Lamp must be directed at your eyes; therefore, your eyes must be open to achieve the full benefit. *Note: Tinted glasses reduce the amount of light reaching your eyes.*

When you are feeling sluggish and lethargic, spend more time with the light, sit closer to it or adjust the settings to increase the intensity. If you experience edginess or are over-stimulated, move the light farther away or reduce session times.



Minimum Recommended Program



30 minutes
to
1 hour/day

Researchers at the National Institute of Health demonstrated that white light, in a range of 2,500 to 10,000 LUX (a measurement of light intensity), helped to reverse the symptoms of "Winter Blues."

Exposure strategies affect people differently. We all have different reactions to our environment. It is important to establish a distance and schedule that is comfortable for you. We recommend you use the light regularly and at about the same time each day. It is not necessary to sit in front of the lamp continuously. You can divide the time into several mini-sessions. Continue to use the HappyLight daily to feel an improvement in your mood and activity level.

When you are feeling sluggish and lethargic, spend more time with the light, sit closer to it or increase the light intensity by switching to the high-energy lens. If you feel a sort of edginess, as though you have consumed too much coffee, it may be time to turn off the unit or reduce the intensity of the light.

* Recommended exposure time is a function of output and distance. Individual results may vary. Also, refer to the warnings at the bottom of page 6 of this manual.

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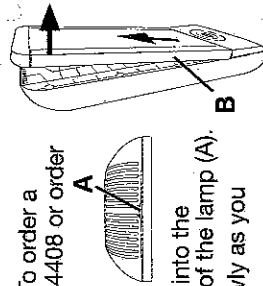
▲WARNING: If you have a pre-existing eye condition, contact your health care provider prior to use.

Bulb Removal and Replacement

Your HappyLight uses a bulb manufactured only by Verilux. To order a replacement bulb, please call Verilux, toll-free, at 1-800-454-4408 or order online at <http://www.verilux.com/customer-service>

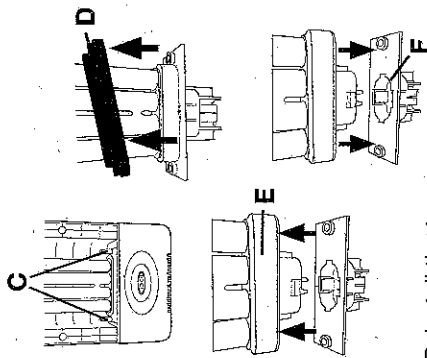
To Replace the Bulb:

1. Unplug the lamp from power outlet.
2. Remove the lens cover by inserting a coin or your finger into the opening between the lens and the lamp body at the top of the lamp (A).
3. Gently pull the lens away from the lamp body, lifting slowly as you pull (B). Place the lens aside – out of harm's way.



Bulb Removal and Replacement — continued

4. Unscrew the two blue thumb screws that hold the black bulb holder and the bulb itself (C).
5. Gently pull up the black bulb holder to expose the base of the bulb (D).
6. Holding the bulb at its base, gently lift out the old bulb, pulling it slowly and gently away from the lamp body as you lift it upward (E).
7. Remove the black bulb holder by lifting it over the top of the old bulb.
8. Place the black bulb holder over the top of the new bulb.
9. Gently insert the new bulb into the receptacle from which you removed the old bulb (F). A "click" sound will indicate the bulb is properly installed.
10. Lower the black bulb holder onto the bulb base. Reinstall the two blue thumb screws.
11. Replace the lens, first by inserting its base into the opening in the lamp base and then by aligning its top with that of the lamp base (G). Snap lens into place.

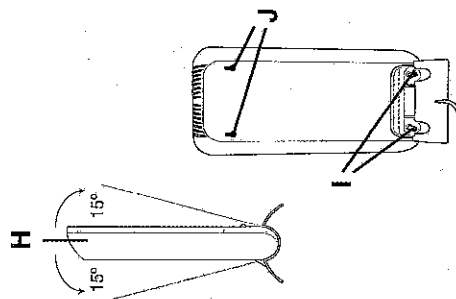


▲WARNING: This product contains magnets. If you have a pacemaker, implantable defibrillator, insulin pump, any other type of electro-mechanical device, or brain shunts that contain magnets, keep sufficient distance (about 6 inches) between the implanted device and the lamp.

Using the Tilt and Wall Hanging Options

The HappyLight Liberty Series Energy Lamp offers several ways to direct light where you want it, so you can have more freedom of movement without compromising the quality of the therapy.

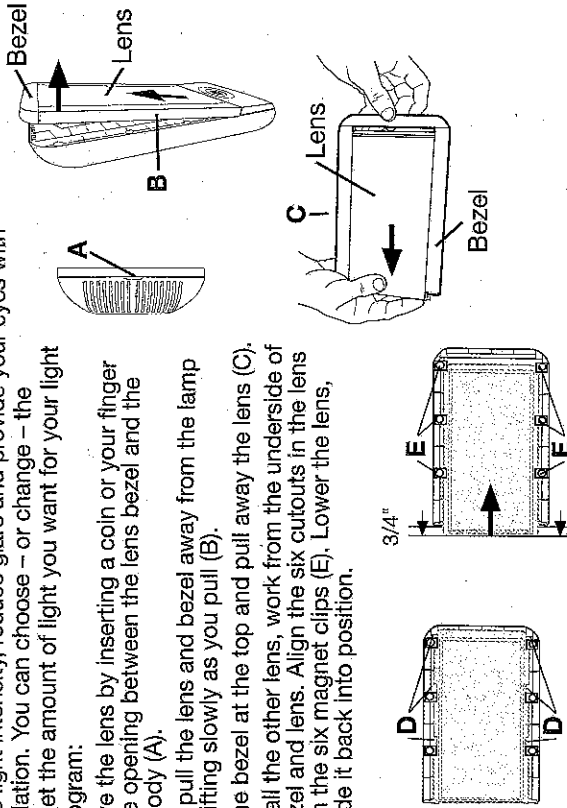
1. Your HappyLight has a tilt range of 15° forward and 15° backward (H). Simply loosen the two blue thumb screws on the back of the lamp (I), adjust the lamp to the position you want, and re-tighten the thumb screws.
2. For wall hanging, the back of your HappyLight has two openings designed to receive screw heads (J). Remove the base by unscrewing the two blue thumb screws on the back of the unit. Store the base and apart at the location you desire, install the screws, hang the lamp and plug it in. Install the screws into studs or use screw anchors as required.



Changing the Lenses/Lens Replacement

Your HappyLight Liberty Series Energy Lamp comes with interchangeable comfort and high-energy lenses, inserted in a bezel and held with magnets to the lamp body, that regulate the light intensity, reduce glare and provide your eyes with even stimulation. You can choose – or change – the covers to get the amount of light you want for your light therapy program:

1. Remove the lens by inserting a coin or your finger into the opening between the lens bezel and the lamp body (A).
2. Gently pull the lens and bezel away from the lamp body, lifting slowly as you pull (B).
3. Hold the bezel at the top and pull away the lens (C).
4. To install the other lens, work from the underside of the bezel and lens. Align the six cutouts in the lens (D) with the six magnet clips (E). Lower the lens, and slide it back into position.



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Your lenses will yellow over time and should be replaced annually. Contact Verilux customer service at 1-800-786-6850 or order online at www.verilux.com.

Keep Your Therapy Sessions Clear, not Cloudy.
For peak performance, replace the lamp's bulb and lenses every year.

Your energy lamp is designed to provide just the right illumination for your light therapy, and that includes filtering the light to reduce glare and block unwanted ultra-violet (UV) rays. A full season of use will reduce the light output of the bulb, and the UV rays will yellow the filters and compromise their performance. To rebalance your lamp and restore it to optimal performance, replace the bulb and lenses on an annual basis.*

Order these parts – and other Verilux products and accessories – at www.verilux.com.

Part	Product number	Price
Bulb	CFML36VLX	\$24.95
Bulb/Two-Lens Combo Pack	VT20LSP	\$38.95

* In addition to replacing the bulb, have a spare on hand to be sure you can continue improving your mood and energy without interruption.

Care and Cleaning

Your lamp is made from high-quality materials that will last for many years with minimum care. You may want to periodically clean the lamp using a mild non-abrasive cleaner and soft cloth. When cleaning, make sure you have turned off and unplugged the unit and allowed sufficient time for the unit to cool.

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

⚠ ATTENTION: Clean only with a soft dry cloth – do not use solvents or cleaners containing abrasives or ammonia.

⚠ ATTENTION: After cleaning the lamp, wipe away all moisture and let the lamp dry completely before restoring power.

Troubleshooting

Before requesting service on your Verilux lamp, please:

- Make sure all power connectors, cords and plugs are inserted fully and securely.
- Be sure the bulb is securely seated in the socket. (See pages 8 and 9.)
- Make sure there is power to the wall outlet, or try another outlet – one that is 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 bulb for blackening/darkening at bottom of spiral where it joins the base (an indicator of bulb life) and replace bulb.
	Is the bulb connected securely into socket?	Be sure the bulb is securely seated into socket. Repeat the bulb installation process. ⚠ CAUTION: DISCONNECT LAMP FROM OUTLET PRIOR TO REPEATING THE BULB INSTALLATION PROCESS.
	Is the bulb new?	Sometimes when a new bulb is turned on for the first time the tube will darken, but this will fade after a few minutes.
Blackening/Darkening at Ends of Bulb	Is the bulb old?	With older bulbs, darkening of the tube 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.
	Has the plug come loose?	Insert plug securely into wall outlet.
Light Flickers	Is the bulb connected securely to the socket?	Be sure the bulb is securely seated into the socket. Repeat the bulb installation process. ⚠ CAUTION: DISCONNECT LAMP FROM OUTLET PRIOR TO REPEATING THE BULB INSTALLATION PROCESS.
	Is the lamp connected to a dimmer switch?	Connect lamp plug only to wall outlet without dimmer switch.
Light won't lit	Are the thumb screws too tight?	Loosen the two blue thumb screws on the back of the unit, adjust the lamp to the desired angle and re-tighten the two thumb screws.

Technical Specifications

HappyLight Liberty Series Natural Spectrum Energy Lamp

Environment: Operating Temperature: 10 to 30°C (50 to 86°F) Storage Temperature: -20 to 50°C (-4 to 122°F) Relative Humidity: 20 to 90% non-condensing

Bulb: Replacement bulb: 36 watt 10,000-hour bulb. Replace with Verilux brand only. Model number CFML36VLX by calling 1-800-454-4408 or visiting www.verilux.com.

Power: Input Power: 120 VAC, 60Hz, 0.50 A

ETL Listed in Canada and the USA

One-Year Limited Warranty

ATTENTION! ONCE OPENED, PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE WHERE IT WAS PURCHASED FOR REPAIR OR REPLACEMENT!

Many questions can be answered by visiting www.verilux.com, or you may call our Customer Service Department at 1-800-786-6850 during normal business hours.

This limited warranty is provided by Bear Down Brands LLC, 2803 S Yale St., Santa Ana, CA 92704.

Verilux warrants this product to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Verilux or an authorized Verilux distributor. **Proof of purchase is required for all warranty claims.** During the limited warranty period, Verilux, will, at its option, repair or replace defective parts of this product at no charge to the customer, subject to these limitations: This limited warranty does not include any postage, freight, handling, insurance or delivery fees. This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product.

This warranty does not cover damage to the product resulting from return shipping or handling. Shipping insurance is recommended to help protect your product.

Return Authorization is required for all returns. To obtain a Return Authorization, please contact the Verilux Customer Service Department at 1-800-786-6850.

If, during the first year of ownership, this product fails to operate properly, it should be returned as specified at www.verilux.com/warrantyreplacement or as instructed by a Verilux customer service representative at 1-800-786-6850.

Note: Verilux recommends using a quality surge suppressor on all electronic equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges. Suppressors may be purchased at electronics stores.

Due to ongoing improvements, actual product may have slight variations from the product described in this manual.

Please visit our website at: www.verilux.com or call our Customer Service Department at

1-800-786-6850

Representatives are available Monday — Friday, 8am — 5pm PST

verilux®

Bear Down Brands LLC
2803 S Yale St., Santa Ana, CA 92704