

## SAD Day Light - DL08127



Rev: 201905

## 1. About the SAD Light

### Instructions for Use

Congratulations on the purchase of your new "SAD Light". The product will offer many years of reliable usage if handled correctly. Please keep your receipt, these instructions and the original packaging safe in case of future requirement.

Please read the instructions carefully to gain the most benefit from your new "SAD Light", although the usage guidelines in this document do not replace the advice of your qualified medical advisor.

### Intended Use:

Medical intended use of this appliance is to treat the symptoms of SAD (seasonal affective disorder) or winter depression. "SAD Light" is intended to boost people's energy levels, to adjust circadian rhythms and make people feel more awake. "SAD Light" is safe and medically proven to provide relief from the symptoms of SAD.

### How does the "SAD Light" work?

In autumn and winter, the seasons with the least sunlight because of shorter days, the lack of sunlight and a problem with certain brain chemicals stops the hypothalamus working properly. The lack of light is thought to affect the production of the hormone melatonin (that makes you sleepy).

"SAD Light" uses bright lights to simulate the sunlight during the darker autumn and winter, whilst eliminating the dangerous UV rays contained in sunlight. The additional light helps adjust the levels of melatonin that can help the symptoms of SAD.

### Seasonal Affective Disorder:

Seasonal Affective Disorder (SAD) as known as winter depression or winter blues.

It may cause people:

- Feel low, listless and fatigued
- Have trouble concentrating
- Lack energy
- Need for more sleep
- Less active than normal

Symptoms occur during the same season each year. Most people with SAD start to have symptoms during winter and feel better in summer.

### Contraindication:

The following conditions may be contraindication for use of this appliance:

- suffer(ed) from severe depression
- recent eye surgery or a diagnosed eye condition whereby doctor has advised you to avoid bright light
- on specific medication (i.e. certain antidepressants, psychotropic drugs or malaria tablets);
- have high blood pressure with vitreous hemorrhage;
- skin sensitive to light, such as systemic lupus erythematosus

Always consult your doctor before your start using this appliance if you have any of the above conditions.

### Possible side effects:

The following side effects you may experience:

- headaches
- Eyestrain
- sleeping problems
- Nausea

### Measures to avoid, minimize or alleviate these side effects:

- Increase the treatment distance
- Avoid using the appliance during the late evening or before sleep
- Stop using the appliance for a few days to make the side effects disappear and then try again.

## 2. Safety and performance standards

The "SAD Light" has been designed and manufactured to conform to the highest standards of safety and performance including electromagnetic compatibility (EMC).

The "SAD Light" conforms to the applicable requirements of the following:

**CE 0123** This appliance meets the requirement of Medical Device Directive 93/42/EEC for medical appliances

Emissions Test Standard	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Comply

Immunity Test standard	IEC 60601-1-2 Test Level	Compliance Level
Electrostatic discharge (ESD) IEC 61000-4-2	±8kV contact ±2kV, ±4kV, ±8kV, ±15kV air	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Electrical fast transient/burst IEC 61000-4-4	±2kV, for power supply lines ±1kV signal input/ output 100 kHz repetition frequency	±2kV, for power supply lines Not applicable 100 kHz repetition frequency
Surge IEC 61000-4-5	± 0.5kV, ±1kV differential lines ± 0.5kV, ±1kV, ±1kV common mode	± 0.5kV, ±1kV differential lines Not Applicable
Voltage dips, interruptions and variations on power supply input lines IEC 61000-4-11	0 % $U_T$ ; 0.5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0 % $U_T$ ; 1 cycle and 70 % $U_T$ ; 25/30 cycles; Single phase: at 0°. 0 % $U_T$ ; 250/300 cycle	0 % UT; 0.5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0 % UT; 1 cycle and 70 % UT; 25/30 cycles; Single phase: at 0°. 0 % UT; 250/300 cycle
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conducted RF IEC 61000-4-6	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz
Radiated RF IEC 61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz

**Note:** UT is the a.c. mains voltage prior to application of the test level.

**Guidance and manufacturer's declaration - electromagnetic Immunity**

Radiated RF IEC61000-4-3 (Test specification for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Modulation (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
	385	380 - 390	TETRA 400	Pulse modulation 18 Hz	1,8	0.3	27
	450	430 - 470	GMRS 460, FRS 460	FM ± 5 kHz deviation 1 kHz sine	2	0.3	28
	710	704 - 787	LTE Band 13, 17	Pulse modulation 217 Hz	0,2	0.3	9
	745						
	780						
	810	800 - 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28
	870						
	930						
	1720	1700 - 1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation 217 Hz	2	0.3	28
	1845						
	1970						
	2450	2400 - 2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28
	5240	5100 - 5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9
	5240						
	5785						

### 3. Signs and symbols

The following symbols appear in this manual, on the "SAD Light" or on its accessories:

 Warning	Warning instruction indicating a risk of injury or damage to health		Read operating instructions before use
 Important	Safety note indicating possible damage to the appliance/ accessory		Caution: Consult accompanying documents
	Specifies serial number of the "SAD Light"		Class II Equipment
	OFF/ ON		Date of Manufacture
	Authorized Representative in the European Community		Manufacturer
<p><b>IP21</b></p>	Ingress Protection Rating		

## 4. Notes

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

### Safety notes

#### **Warning**

- Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower). Do not immerse appliance in water or any other liquid.
- Before use, ensure that all packaging materials are removed and that there is no visible damage to the appliance or accessories. When in doubt, do not use the appliance and contact your dealer or the customer service address provided.
- The adaptor contains a transformer. Do not cut off the adaptor to replace it with another plug, as this can cause a hazardous situation.
- This appliance is only intended for use on the human body.
- 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 appliance.
- There is no need for any special training for this appliance.
- Keep the cord away from hot objects and open flames.
- Connect the appliance only to the mains voltage listed on the type plate.
- Always remove the mains plug and let the appliance cool off before you touch it.
- Do not touch the appliance with wet hands while it is plugged in; do not allow any water to be sprayed onto it. The appliance must be operated only when it is completely dry.
- Protect the appliance from strong impacts.
- Avoid pulling the cord when removing the plug from the socket. Instead, hold the plug.
- If the adaptor, cord or the appliance is damaged, contact customer service or the dealer, since special tools are needed to make repairs. Never try to repair the appliance yourself.
- Disconnection from the power supply network is only guaranteed when the mains part is unplugged.
- This appliance is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.
- This appliance requires no calibration, preventive inspection and maintenance.
- This appliance is not repairable and contains no user serviceable parts.
- The operator shall not touch the appliance and the patient simultaneously.
- The appliance is protected against unauthorized use. Do not modify this appliance without authorization of the manufacturer.
- If this appliance is modified, appropriate inspection and testing must be conducted to ensure continued safe use of the equipment.

### General notes

#### **Important**

- This appliance is not intended for commercial or clinical use, but only for individual, private household use.
- If you are taking medication such as pain relievers, antihypertensives or antidepressants, consult your doctor before using this appliance.
- People with retinal diseases as well as diabetics need to be examined by an ophthalmologist before using this appliance.

- Please do not use if you have an eye disease such as cataracts, glaucoma, diseases of the optic nerve in general and inflammation of the vitreous humour.
- If you have health concerns of any kind, contact your general practitioner!

## **EMC information**

### **Warning**

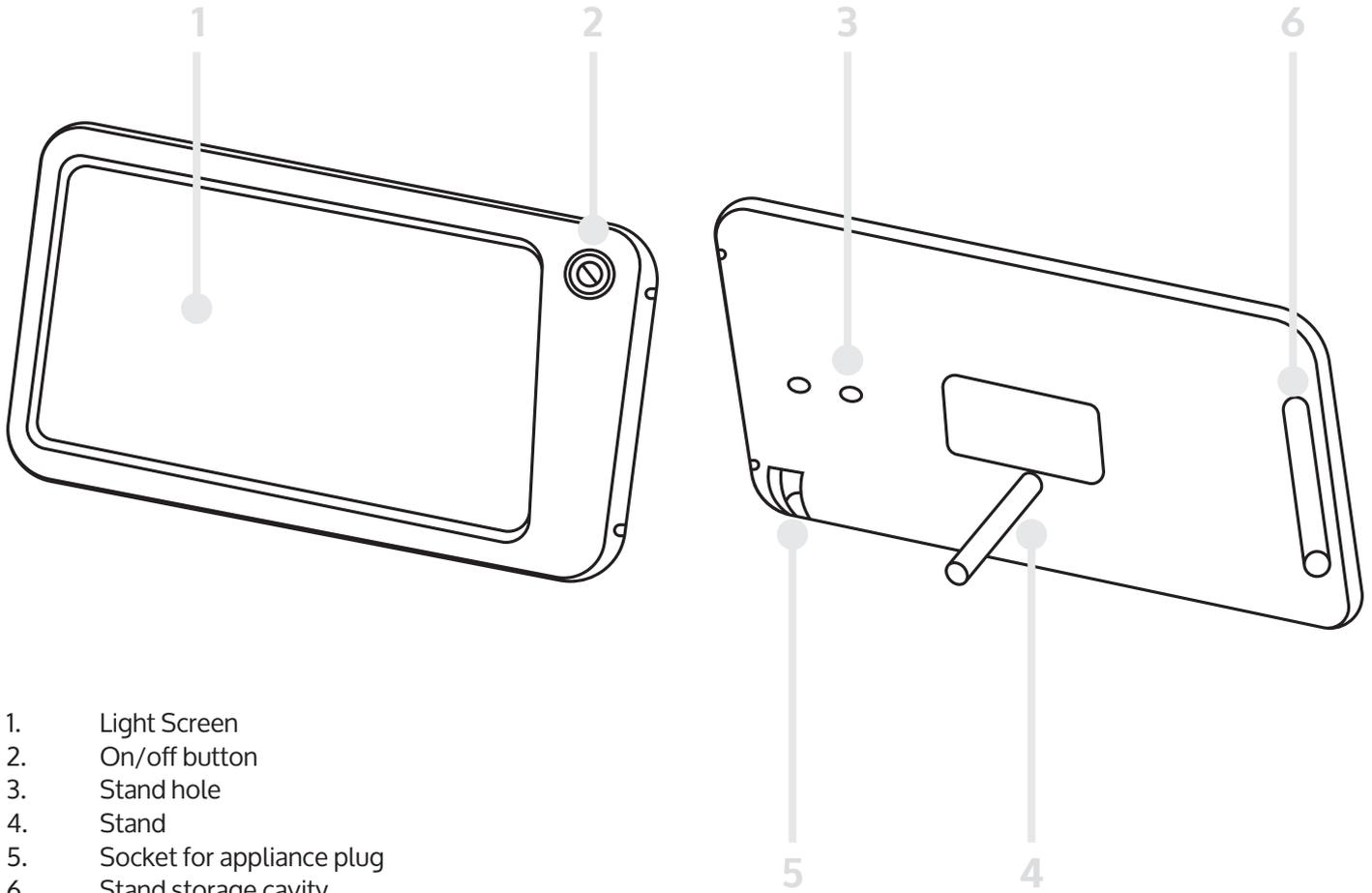
- Use of this appliance adjacent to or stacked with other device should be avoided because it could result in improper operation. If such use is necessary, this appliance and the other device should be observed to verify that they are operating normally. If the appliance does not light on or flickering, it means that the appliance is not operating normally.
- Don't near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.
- Do not change any cable without authorization of the manufacturer. Use of cables other than those specified or provided by the manufacturer of this appliance could result in increased electromagnetic emissions or decreased electromagnetic immunity of this appliance and result in improper operation.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm to any part of this appliance, including power cable. Otherwise, degradation of the performance of this equipment could result.
- If the appliance does not light on or flickering due to the electromagnetic disturbances, do not use it and try to place the appliance in other location.
- For maintaining the basic safety and essential performance with regard to electromagnetic disturbances for the expected service life, please precaution to take if the use location is near (e.g. less than 1,5 km from) from AM, FM or TV broadcast antennas.

## **Maintenance and Repairs**

### **Important**

- Avoid exposing the screen to direct sunlight, spotlight or any other heat source.
- Do not use alcohol or ammonia base liquid to clean the screen.  
The cleaning information provided in the section "Cleaning and Storage".
- Please do not attempt to repair the appliance yourself. This could result in serious injuries.  
Failure to observe this regulation shall void the warranty.
- If this appliance is damaged in any way or it is not working, it should not be operated.  
Please try to fix the problem according to FAQ table. If the problem is still not resolved, please contact customer service or the dealer, since special tools are needed to make repairs.  
Never try to repair the appliance yourself.

## 5. Unit description



1. Light Screen
2. On/off button
3. Stand hole
4. Stand
5. Socket for appliance plug
6. Stand storage cavity

## 6. Installation

1. Remove the stand from the stand storage cavity.
2. Insert the end of stand into the hole on the back of appliance.
3. Place the appliance on a solid surface approximately 20 - 30cm from your eyes, the light must bathe your face from the side.
4. Connect the appliance only to the mains voltage listed on the type plate.

### Note

- Push the plug completely into the mains socket.
- Ensure that there is a socket near the place where the appliance will stand.
- Lay the mains cable in such a way that no one can trip over it.

## 7. Operation

Before use, please check the appliance for damage or faults. If you notice any damage or faults on the appliance, do not use it and contact customer services or your supplier.

### I. Turning on

Press the ON/OFF button once of the appliance to turn on with higher intensity.

### II. Choosing the light intensity

To choose a lower intensity, press the ON/OFF button again.

### III. Taking the light

You can read, write, make telephone calls or work while you use the appliance. When using the appliance, try to maintain the recommended distance of 20 - 30 cm between your eyes and the appliance.

Usage guidelines are as follows:

Distance	Duration of higher intensity	Duration of lower intensity
30cm	Approx. 2 hours	/
20cm	Approx. 1 hour	Approx. 2 hours

In effect, the closer you are to the source of light, the less time you need to use it.

#### Note

- Do not look directly into the light continuously! Some eye pain or mild headaches may be experienced during initial sessions but these should pass. If in doubt just lower your treatment times until comfortable again.
- Do not leave the appliance unattended in the duration.

### IV. Enjoying light over longer periods

During the darkest period of the year, repeat the treatment for at least 7 consecutive days, or longer, depending on your individual requirements.

### V. Switching off

Press the ON/OFF button of the appliance to switch off.

## 8. Cleaning and storage

### Warning

- Before you clean the appliance, always switch it off, unplug it and let it cool off.
- Do not touch the appliance with wet hands.
- Clean using a damp cloth, to which you can apply a little detergent if necessary.
- Do not let water run into the appliance or spill water onto the appliance.
- Cleaning can be done once per month.

When this appliance is not being used, it should be stored in a dry location out of reach of children. Do not keep the appliance connected to a power source. Follow the storage instructions provided in the section "Technical Specification".

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## 9. Disposal



Please note that this appliance is marked with the WEEE symbol on the left. This means that this appliance must not be disposed of together with ordinary household waste, as electrical and electronic waste must be disposed of separately.

If you have any questions, please contact your local authorities responsible for waste disposal.

## 10. FAQ

Problem	Possible causes	Solutions
Device does not light up	On/ Off button switched off	Switch on the on/ off button
	No Power	connect the main plug correctly
	No Power	The main cable is defective. Contact customer services or your retailer
	LEDs have reached the end of its service life	If you need to have the appliance repaired, contact customer service or an authorized dealer.
	LEDs faulty	

## 11. Technical Specification

<b>Model</b>	LND018915V1
<b>Dimensions (WxHxD)</b>	260 x 150 x 20mm
<b>Weight</b>	500g
<b>Lighting elements</b>	LEDs
<b>Power</b>	DC12V, 1A
<b>Light intensity</b>	> 10,000 lux in 10cm
<b>Mains connection</b>	12V DC, 1.0A, only in adapter model: AW025WR-1200100BH or AW025WR-1200100VH
<b>Operating environment</b>	0 to +40°C and 30% to 90% relative humidity Atmospheric pressure: 700-1060hPa
<b>Storage and transport environment</b>	-10 to +60°C and 30% to 90% relative humidity Atmospheric pressure: 700-1060hPa
<b>Product classification</b>	1. Class II equipment 2. No applied part 3. Protection against ingress of water: IP21 4. Not category AP / APG equipment 5. Mode of operation. Continuous operation
<b>Maximum length of power cord</b>	2000 mm
<b>Location of emission aperture</b>	Screen
<b>Treatment area</b>	Around 400cm <sup>2</sup>
<b>Risk group of light source equipment</b>	Exempt Group
<b>Product service life</b>	5 Years

Subject to technical modification.

**Maximum output of optical radiation for the "SAD Light":**

<b>Radiance Output</b>	<b>Risk group classified by IEC 60601-2-57:2011</b>	<b>Max. value</b>
$E_{UVA}$ : Eye UV-A	Exempt Group	$1.0 \times 10^{-4} \text{ W}\cdot\text{m}^{-2}$
ES: Actinic UV skin & eye	Exempt Group	$1.0 \times 10^{-4} \text{ W}\cdot\text{m}^{-2}$
EIR: Infrared radiation hazard exposure limits for the eye	Exempt Group	$1.0 \times 10^1 \text{ W}\cdot\text{m}^{-2}$
EH: Thermal hazard for the skin	Exempt Group	$2.0 \times 10^1 \text{ W}\cdot\text{m}^{-2}$
LB: Blue light	Exempt Group	$5.0 \times 10^1 \text{ W}\cdot\text{m}^{-2}\cdot\text{sr}^{-1}$
LR: Retinal thermal	Exempt Group	$5.0 \times 10^1 \text{ W}\cdot\text{m}^{-2}\cdot\text{sr}^{-1}$

**12. Contact information**

**The "SAD Light " is manufactured by:**

Zero-Plus International Limited  
Room 1004, 10/F., Join-In Hang Sing Centre,  
71-75 Container Port Road, Kwai Chung,  
New Territories, Hong Kong  
Email: sales@zeroplus.hk

**The "SAD Light" is distributed by:**

**European Authorised Representative:**  
Globalmind Consumer Electronics GmbH  
Ernst-Mantius-Str.11,  
21029 Hamburg,  
Germany



**Important**

If this appliance is damaged in any way or it is not working and you cannot find the answer to your question in FAQ. Please contact customer service or the retailer for assistance.