

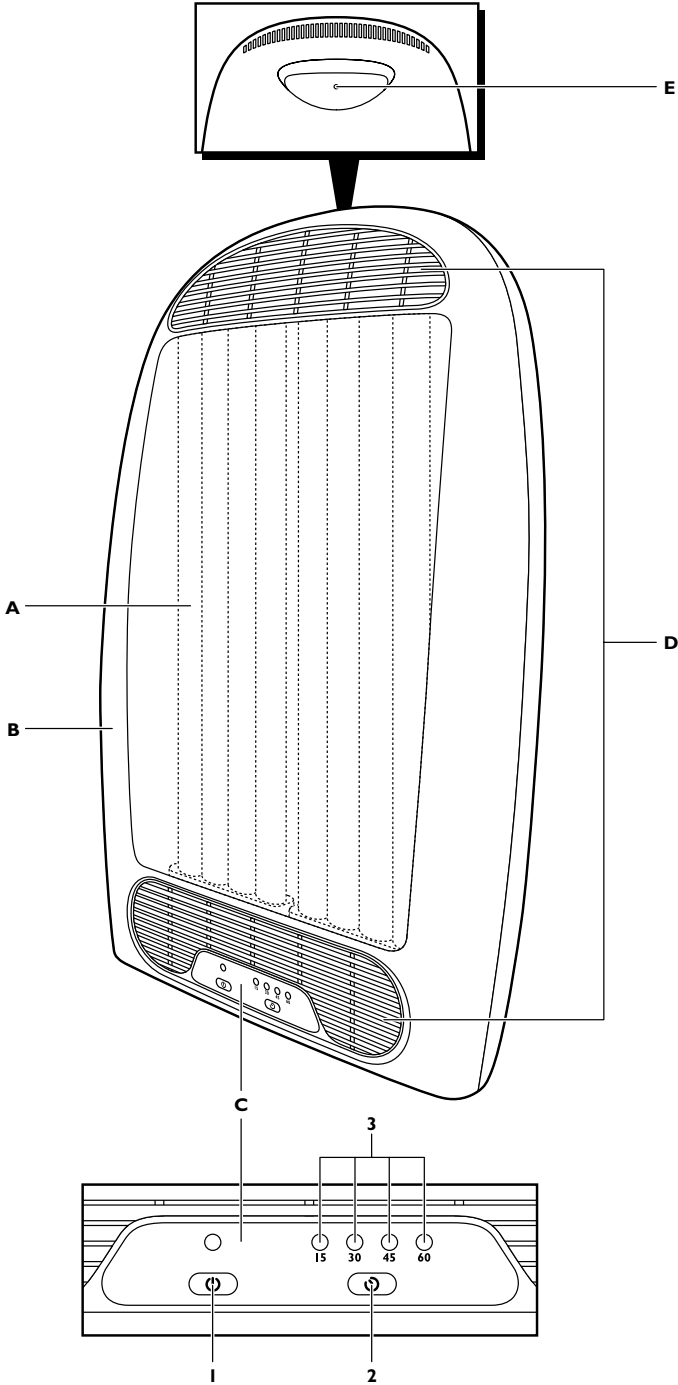
Register your product and get support at  
[www.philips.com/welcome](http://www.philips.com/welcome)

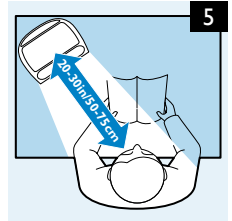
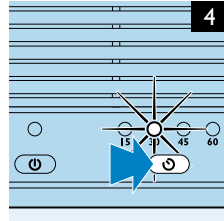
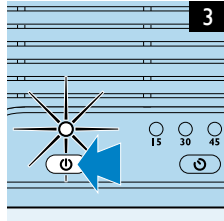
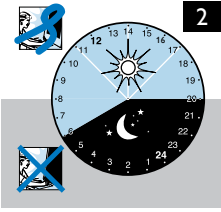
HF3310



**PHILIPS**

Fig. 1







**Important**

Read this user manual carefully before you use the appliance and save it for future reference.

**Danger**

- Water and electricity are a dangerous combination. Do not use this appliance in wet surroundings (e.g. in the bathroom or near a shower or swimming pool).

**Warning**

- 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. Call 1-866-832-4361 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 appliance.

**Caution**

- Always unplug the appliance after use.
- Place the appliance on a stable, level and non-slippery surface.
- Do not place any object on top of appliance.
- Never use the appliance if the lamp housing or cover is damaged, broken or missing.
- To prevent possible damage to the cord, do not wrap cord around the appliance.
- Make sure the vents in the top and in the bottom of the appliance remain open during use.
- Do not use the appliance in a room that is not illuminated by any other lamp, as this may cause eyestrain. Use the light of this appliance as an addition to the normal light (sunlight, electric light) in your home.
- Do not look straight into the light too long, as this may be uncomfortable for your eyes.
- Consult your doctor before you start using the Philips briteLITE energy light if:
  - 1 you suffer or have suffered from severe depression;
  - 2 you are hypersensitive to light (e.g. due to diabetes or epilepsy);
  - 3 you have an eye complaint;
  - 4 you are on specific medication (i.e. certain antidepressants, psychotropic drugs or malaria tablets);
  - 5 you have high blood pressure.
- If use of the appliance causes you to become too active, we advise you to reduce the exposure to bright 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 appliance, we advise you to consult your doctor.
- Use this appliance for its intended household use as described in this manual. Do not use attachments not recommended by Philips Electronics North America Corporation.

**General**

- The duration of the light exposure depends on the distance at which the appliance is used. See chapter 'Using the appliance' for the appropriate distance and duration.
- After the first few light exposures, you may experience some eye strain and/or a light headache. These side effects tend to disappear quickly.
- Learn more about your briteLITE energy light at [www.philips.com/briteLITE](http://www.philips.com/briteLITE)

**SAVE THESE INSTRUCTIONS**

## Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at [www.philips.com/welcome](http://www.philips.com/welcome).

This appliance helps to counteract the tiredness, low spirits and lack of energy that many people experience in fall and winter, when the days are darker and shorter. These symptoms are often referred to as the winter blues.

### briteLITE energy light and the winter blues

The winter blues are characterized by a combination of the following symptoms: tiredness, lack of energy and trouble getting out of bed in the morning. The winter blues occur during the darker period of the year, i.e. from September until March. More than 60% of the population is troubled by the winter blues. Many health experts agree that the winter blues can be counteracted by exposure to bright light. 'Bright light' means daylight with a certain intensity. In winter, the outdoor light intensity is often much lower than in summer: on a gloomy winter day the light intensity varies between 2,500 and 10,000 lux, whereas this may be as much as 100,000 lux on a bright summer day. Moreover, in winter most people spend a lot of time indoors, either at home or at work, where artificial light often has an intensity of as little as 500 lux and sometimes even less. Philips has developed this special lighting appliance for winter blues. This appliance allows you to safely get the amount of light you need to combat the winter blues. Exposure to a personal energy light is generally accepted as one of the safest and most effective ways of fighting the winter blues.

## General description (Fig. 1)

- A Lamp
- B Lamp housing
- C Control panel
- 1 On/off button with power-on light
- 2 Timer button
- 3 Timed lights
- D Vents
- E Handle

## Using the appliance

- It is advisable to start using the briteLITE energy light as soon as you feel the winter blues coming on or when you feel like you need extra light.
- Preferably take your light exposures between 6 o'clock in the morning and 8 o'clock in the evening. (Fig. 2)
- Visit [www.lighttherapy.com](http://www.lighttherapy.com) for a free assessment and to customize a light exposure time schedule just for you.

- 1** Place the appliance on a level surface such as a counter, table or desk.
- 2** Put the plug in the electrical outlet.
- 3** Press the on/off button to turn on the appliance (Fig. 3).
  - ▶ The lamp goes on.
  - ▶ The power-on light and the 45-minute timed light indicator go on.
- 4** Press the timer button repeatedly to select the light exposure time of your preference (Fig. 4).
  - ▶ The timed lights stay on to the selected light time.

*Note:* You can select a light time of 15, 30, 45 or 60 minutes.

*Note:* The default light time is 45 minutes.

- ▶ When the selected light time has elapsed, the lamp switches off automatically.

### Duration

The advisable duration of the light exposure depends on the distance at which the appliance is used:

- approx. 15 minutes at a distance of 13in/33cm
- approx. 30 minutes at a distance of 20in/50cm
- approx. 45 minutes at a distance of 30in/75cm
- approx. 60 minutes at a distance of 40in/100cm

*Note: Usage duration varies depending on your needs. Most people obtain best results using the briteLITE energy light about 30 minutes per session at a distance of about 20-30in/50-75cm.*

### **5** Position yourself near the appliance and place the lamp at a 45° angle so you can comfortably look in the direction of the light (Fig. 5).

Make sure there is a distance of at least 13in/33cm between your face and the briteLITE energy light.

- You do not need to sit right in front of the appliance.
- For the best results, place the briteLITE energy light on a surface at the same level as your midriff (stomach area), e.g. place it on the table at which you are sitting.
- You do not have to take the whole light exposure without interruption. If it suits your schedule better, you can interrupt your light exposure and continue later.
- You can read, eat, work at the computer, watch TV, exercise or perform other tasks while you use your briteLITE energy light.

*Note: Do not stare into the light. It is sufficient that the light reaches your eyes indirectly from the side.*

- Use your briteLITE energy light in a well-lit room to minimize eye strain.

### **6** Look into the light every now and then.

Do not look into the light continuously. You can simply engage in other activities such as reading, writing, or handicraft while taking a light exposure and look into the light every now and then.

### **7** Repeat the light exposures until you feel better.

Generally, improvements occur within 1 week. After then, you can reduce your light time to maintain your desired results.

### **8** You may repeat the light exposure as often as you like during the dark period of the year. Take a light exposure for at least 5 successive days.

### **9** After use, remove the plug from the electrical outlet.

## Cleaning

Clean the appliance and inside the lens at least once a year.

Do not attempt to remove the reflector and lamps.

Never immerse the appliance in water or any other liquid, nor rinse it under the faucet.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

### **1** Switch off the appliance and unplug it.

### **2** Clean the outside of the appliance with a dry cloth.

### **3** To clean the inside of the appliance, remove the four screws at the back of the appliance that are marked with a (+) with a screwdriver.

### **4** Remove the front lens.

### **5** Tilt the appliance forward (1) and wipe away any dust from the lamps and the reflector with a damp cloth (2).

**6** Wipe the front lens with a damp cloth.

**7** Reassemble the front lens and reattach the screws with a screwdriver.

*Note: Make sure the lamps, the reflector and the front lens are completely dry before you reassemble the front lens.*

This appliance has no other user-serviceable parts. For assistance call 1-866-832-4361.

### 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.
- Do not wrap cord around the appliance when storing.

### Disposal

- Dispose of the device in accordance with local regulations.
- Your local or national recycling organizations may also have disposal information.
- For assistance call 1-866-832-4361.

### Assistance

For assistance call toll free: 1-866-832-4361 or visit our website:  
[www.philips.com/briteLITE](http://www.philips.com/briteLITE)

### 45-Day Money-Back Guarantee

If you are not fully satisfied with your Philips briteLITE energy light, send the product back along with the original dated sales receipt and we will refund you the full purchase price.

The briteLITE energy light must be shipped prepaid by insured mail, insurance prepaid, and have the original sales receipt, indicating purchase price and the date of purchase, enclosed. We cannot be responsible for lost mail. The briteLITE energy light must be postmarked no later than 45 days after the date of purchase. Philips reserves the right to verify the purchase price of the briteLITE energy light and limit refunds not to exceed suggested retail price.

To obtain Money-Back Guarantee Return Authorization Form, call 1-866-832-4361. Please allow 4-6 weeks for delivery of the check.



### Full Two-Year Warranty

Philips Electronics North America Corporation (USA) and Philips Electronics Ltd (CANADA) warrant each new Philips product, model HF3310 against defects in materials or workmanship for a period of two years from the date of purchase, and agree to repair or replace any defective product without charge. IMPORTANT: This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, or the affixing of any attachment not provided with the product. NO RESPONSIBILITY IS ASSUMED FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. In order to obtain warranty service, simply call toll-free 1-866-832-4361.

In US Manufactured for: Philips Consumer Lifestyle, A Division of Philips Electronics North America Corporation, 1600 Summer Street – 5th Floor; Stamford, CT 06905-5125

In Canada Imported for: Philips Electronics LTD, 281 Hillmount Road, Markham, Ontario L6C 2S3

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### Frequently asked questions

This chapter lists the questions most frequently asked about the appliance. If you cannot find the answer to your question, call 1-866-832-4361 for assistance.

Question	Answer
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.
Are there any side effects to using the briteLITE energy light?	During the first few days of use, some people may experience minor headaches or strained or watery eyes. These symptoms generally disappear within a few days. If not, consult your doctor before you proceed with your light exposure.
How often should I use the briteLITE energy light?	We recommend that you start taking daily light exposures for 5 to 7 days in a row, preferably in the morning. Most people start to feel more energetic within 5 days. If you do not notice any improvement within that time, continue using the briteLITE energy light for another 7 to 14 days and make the sessions longer. Do not give up too soon, since it may take up to 2 weeks before you notice any significant improvement. However, if using the briteLITE energy light causes you to become too active, we advise you to reduce the light exposure.
Can I use the briteLITE energy light if I am on medication?	If you are on prescribed medication, we advise you to consult your doctor first before you use the briteLITE energy light or use any other form of light. Certain medicines cannot be used in combination with light exposure. Anti-depressants combined with light exposure may result in eye damage.
Can I use the briteLITE energy light if I have eye problems?	If you have eye problems, you should consult your doctor or ophthalmologist before you use the briteLITE energy light or undergo any other form of light. There are certain eye and eye-related conditions that may respond unfavorably to light.

Question	Answer
Can I use the briteLITE energy light if I have a skin allergy?	If you are allergic to light or have a diagnosed chronic skin disease, it is safest to consult your doctor before you use the briteLITE energy light or undergo any other form of light.
Can I use the briteLITE energy light during pregnancy?	Yes, there are no known side effects from using the briteLITE energy light during pregnancy.
Can I use the briteLITE energy light if I am allergic to light?	If you are allergic to light, we recommend that you consult your doctor before you use the briteLITE energy light or use any other form of light.
Is it harmful to sit in front of a switched-on briteLITE energy light for a prolonged period of time?	No, using the briteLITE energy light longer than the recommended time is not harmful. However, do not use the light after 8 p.m.
Do I have to wear any sunscreen lotion?	No, the briteLITE energy light is not a tanning device. It has a special screen that filters out all UV rays; it is therefore safe for your skin and does not give you a tan. If you use the briteLITE energy light in accordance with the instructions in the user manual, you do not have to worry about tanning or other skin reactions.



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