

# HappyLight Deluxe

Sunshine Supplement Light System Système de Supplément Solaire





Dear Customer,

Thank you for purchasing the Verilux<sup>®</sup> HappyLight<sup>®</sup> Deluxe Sunshine Supplement Light System. You have received an innovative and quality manufactured product, backed by a one year limited warranty.

This product brings Natural Spectrum<sup>®</sup> Daylight into your home or office. Many other healthy lighting products are available through our catalog and online. To request a free copy of our catalog, call our toll-free number 1-800-454-4408. You may also visit us on the web at www.verilux.com to learn more about all of our quality Verilux products.

As a Verilux customer, your satisfaction means everything to us. We look forward to serving you now and in the future.

Have a Bright Day!

Nicholas Harmon

Nicholas Harmon President, Verilux, Inc.

# Contents

Warnings and Precautions4
Features
Operation
Selecting a Location6
Instructions for Use6
Bulb Removal and Replacement8
Re-installing Bulb and Plastic Diffuser
Troubleshooting
Care and Cleaning
Technical Specifications11
Warranty

# **Warnings and Precautions**

Please read the following precautions before using this lamp:

- This lamp is for indoor use only.
- Do not place this lamp near any heat sources such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- Do not block any ventilation openings in the rear of the lamp.
- 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 the plugs, convenience receptacles and the point where the power cord exits the lamp.
- Unplug this lamp during lightning storms or when unused for long periods.
- If the lamp has been damaged in any way, for example, the power supply cord or plug has been damaged, liquid has been spilled or objects have fallen onto the lamp, the lamp has been exposed to rain or moisture, the lamp does not operate normally or it has been dropped, it should not be operated. There are no user serviceable parts in this lamp.
- Do not use this lamp 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.
- This lamp is not for use with light dimmers, timers, motion detectors, voltage transformers or extension cords.
- 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.
- Do not use a lubricating agent in bulb assembly.

#### Do not use this product if:

- You are hypersensitive to light and/or experience eye discomfort.
- You are currently taking any medication that might increase your sensitivity to light.
- You feel uncomfortable after using the product.
- You have a history of eye disease including, but not limited to, cataracts or macular degeneration.
- Turn off/unplug and allow to cool before replacing bulb or cleaning.

# Warnings and Precautions — continued



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

- Turn off/unplug and allow to cool before replacing the bulb or cleaning.
- Light bulbs get hot quickly! Do not touch the bulb while the lamp is on.
- 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 Verilux<sup>®</sup>.
- Never cover the lamp or place anything on top of it when it is in operation.
- To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp, and have allowed sufficient time for the bulb to cool.

#### SAVE THESE INSTRUCTIONS

# Features

Your new Verilux HappyLight® Deluxe Sunlight Supplement Light System:

- Delivers Natural Spectrum<sup>®</sup> Daylight delivered to your home, office, dorm room or apartment with no dangerous Ultraviolet (UV) wavelengths.
- Has up to 10,000 LUX of bright Natural Spectrum light to lift spirits, sharpen concentration and improve energy levels.
- Activates your body's own energy enhancers to make you more alert and productive.
- Has two energy efficient, cool burning 36 Watt 10,000 hour bulbs.
- Includes best-in-class power system with electronic ballast and patented Flicker Elimination Technology<sup>®</sup> to assure no-buzz operation and instant on, flicker-free illumination.
- Comes fully assembled, ready to use and enjoy.

# Operation

#### **Selecting a Location**

- Place your Verilux<sup>®</sup> HappyLight<sup>®</sup> Deluxe Sunshine Supplement Light System on a table or other flat surface.
- For best performance, place the HappyLight as close as 9 inches, but within 24 inches from your face.

**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.

#### Instructions for Use

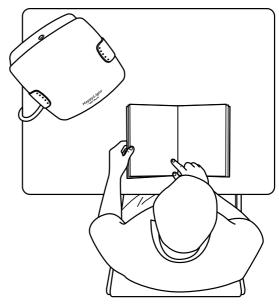
Use consists of sitting close to the HappyLight Deluxe with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, writing, hobbies and crafts, sewing, needlepoint, applying make-up, painting or working at your computer or desk.

- **1.** Turn on the lamp and allow a few seconds for the bulb to achieve full brightness.
- **2.** The HappyLight Deluxe should be positioned as close as 9 inches, but within 24 inches from your face, and slightly offset from center (see

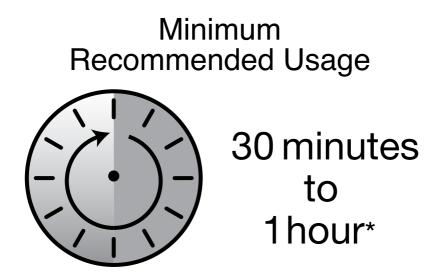
diagram). Note: Do not stare directly at the light.

The light from the HappyLight Deluxe 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 the light, or add more lighting devices to increase the intensity. If you experience edginess, or are over stimulated, move the light further away or reduce usage time.



# **Operation** — continued



#### **Recommended Daily Use**

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 the "Winter Blues".

Different exposure strategies work for different people. 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<sup>®</sup> 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 the light or add more lighting devices to increase the intensity. If you feel a sort of edginess, as though you have drank too much coffee, then it may be time to turn the unit off.

\*10,000 LUX at 9". Recommended exposure time is a function of output and distance. Individual results may vary.

# **Bulb Removal and Replacement**

#### Step 1: Opening the Lens Cover

Place the HappyLight on its back on a large flat surface. Press down gently on the center of the lens cover (Fig. 1). This releases the locking tabs located under the grey handles. Open the lens cover by grasping the gray handles with your hands. Remove the lens and gently place it next to the unit with the logo face up.

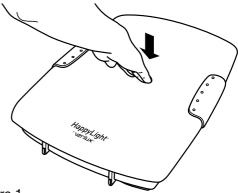
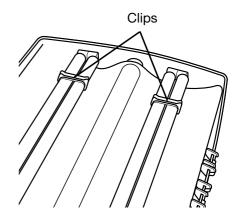


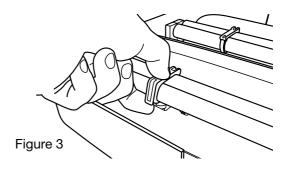
Figure 1

#### Step 2: Opening the Bulb Clips

Locate the clear plastic clips across each fluorescent tube (Fig. 2). Put a finger under the clear plastic clip on the outer side and pull up (Fig. 3). The clip should pop open. Repeat on other side.







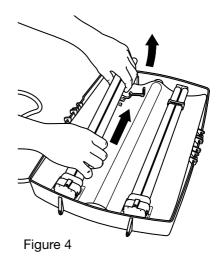
# **Bulb Removal and Replacement — continued**

#### Step 3: Removing Bulbs

Gently lift the fluorescent tube up and out of the clip holder. Grasp the tube by the white plastic base with the Verilux<sup>®</sup> logo on it and remove the tube from the socket by pulling the tube towards the black cushion pads (Fig. 4). Repeat removal of the second bulb.

#### Step 4: Installing New Bulbs

Ensure the HappyLight<sup>®</sup> is on its back on a large flat surface. Hold the fluorescent tubes by the white plastic base, not the glass. Ensure the Verilux logo is facing up. Line up the pins on the base of the fluorescent tube with the holes in the socket. Gently push the bulb into the socket until it snaps securely in place. Repeat on other side.



**Bulb Disposal:** All fluorescents contain some amount of mercury. Some states have special requirements regarding their disposal. Please go online to: www.lamprecycle.org or call 1-866-300-5606 for more information.

# Troubleshooting

Before requesting service on your Verilux<sup>®</sup> 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 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.
Blackening/Darkening at Ends of Bulb	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.
	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.
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. <b>CAUTION:</b> 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.

# **Care and Cleaning**

Your Verilux lamp 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 the lamp, make sure you have turned off and unplugged the lamp, and have allowed sufficient time for the bulb to cool.

# **Technical Specifications**

#### HappyLight<sup>®</sup> Deluxe

#### Environment

Operating Temperature: 15°C to 35°C; 56°F to 95°F

Storage Temperature: 0°C to 40°C; 32°F to 104°F

Relative Humidity: 5% to 95% non-condensing

### Bulb

Replacement bulb: 36 Watt 10,000 hour bulb (replace with Verilux  $^{\scriptscriptstyle \otimes}$  brand only, Model number CFL36VLX)

#### Power

Input Power: AC 120V~60Hz

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

This limited warranty is provided by: Verilux, Inc., 340 Mad River Park, Waitsfield, VT 05673

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, Inc. will, at its option, repair or replace defective parts of this product, at no charge to the customer, subject to the following 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. The use of 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 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 800-786-6850.

**Note:** Verilux recommends using a quality surge suppressor on all electronics 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 and 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, 9am - 5pm EST



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