

## FEEDBACK

Du är välkommen att skicka kommentarer om din upplevelse och effekterna av behandlingen. Användarnas upplevelser är viktiga för oss och vi gör vårt bästa för att ta hänsyn till dessa när vi vidareutvecklar våra produkter och tjänster.

Du kan skicka dina kommentarer med post (adressen finns på baksidan av användarmanualen) eller i ett e-postmeddelande till [info@valkee.com](mailto:info@valkee.com). Glöm inte att uppge dina kontaktuppgifter.

Om du är nöjd med Valkee Ljuslurar, får du gärna berätta det för dina vänner. Hänvisa till exempel gärna till vår Facebook-sida på [facebook.com/ValkeeCompany](https://www.facebook.com/ValkeeCompany).

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## GENERAL INFORMATION

Read this user manual carefully before starting to use the Valkee Bright Light Headset ('the device'). These instructions contain important information about the appropriate use of the device. Keep the manual for further reference.

The package contains the following:

- Valkee NPT 1100 Bright Light Headset
- a USB cable
- silicone fittings
- silicone rings
- wire holder
- Valkee NPT 1100 User Manual (this manual)
- Valkee NPT 1100 Quick Guide

Bright light therapy is a primary treatment for seasonal affective disorder. In clinical studies, the Valkee Bright Light Headset has efficiently alleviated symptoms of seasonal affective disorder. However, the effects of bright light treatment vary greatly, depending on each individual, so read the section of these instructions entitled 'Recommendations for use' carefully.

The device has been granted a CE marking (Class IIa, EU), and it is manufactured in Finland by Valkee Oy.



The device meets the requirements of the Medical Device Directive, 93/42/EEC.

## GENERAL INFORMATION

### Product description

#### Specifications

Dimensions (mm)	80 x 40 x 15
Weight	54 g
Operating temperature	-10 to 35 °C
Permissible air humidity	30%–75%
Maximum luminosity*	3.5 lumens
Maximum permissible treatment duration*	12 min
Battery life with a fully charged battery**	14 treatments, on average
Battery recharging time (depends on the charging method)	
mains adapter	Appr. 2 h
charging via a computer	4.5 h
Charging temperature range	8 to 35 °C

\* The treatment efficiency of the device (duration and intensity) can be adjusted online via the MyValkee interface (see the section 'Adjustment of treatment settings').

\*\* For 12-minute treatment sessions at maximum level. The charge capacity of the battery decreases with age. Leaving the battery in a hot or cold place reduces the capacity and life of the battery. In order to increase battery life, we recommend recharging the battery occasionally even when the device is not being used regularly.

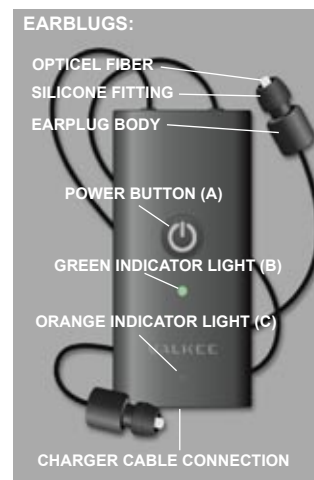


Figure 1.

## USING THE DEVICE

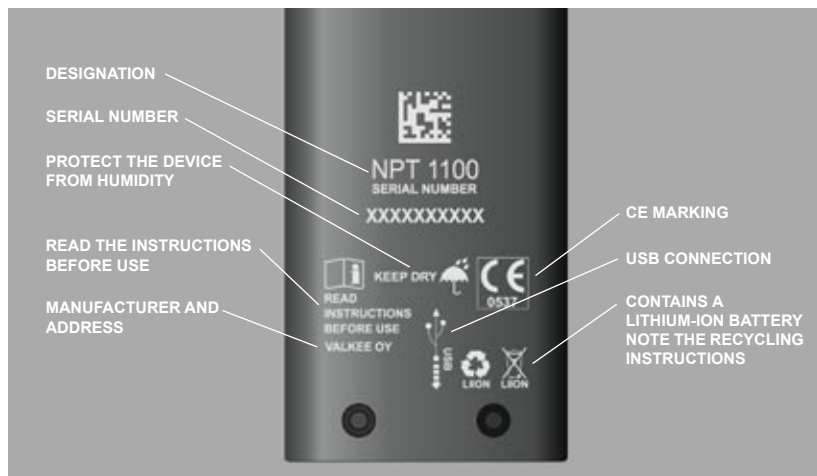


Figure 2. Explanations of the symbols on the back of the device.

**Read the warnings and recommendations and the instructions for use below before starting to use the device. Use the device only as described in these instructions.**

### Warnings

- Effects on children and pregnant women of treatment carried out with this device have not been studied. Do not leave the device or any of its components within the reach of children.

## USING THE DEVICE

- Also, the interaction of the device and other medical treatment has not been studied. If you are taking regular medication, consult your doctor about the use of the device.
- If you have a systemic disease or chronic illness, consult your doctor about the use of the device. Always consult a doctor if you are not sure about the suitability of the device for you.
- The most common side effects are temporary headache at the beginning of treatment, insomnia, restlessness, decreased quality of sleep, and sleeplessness in the early hours of the morning. You may experience a warming sensation in the auditory canal during treatment.
- Do not switch on the device until you have inserted the earplugs in your auditory canals. If you need to remove the earplugs from your auditory canals before the treatment is finished, switch off the device by pressing the power button, holding it down for two seconds. Avoid looking directly at the optical fibers when the device is switched on.
- Gently insert the earplugs in your ears. If excessive force is used, the earplugs could damage the skin of the auditory canals.
- Auditory canals differ. The earplugs and their silicone inserts fit the auditory canals of most adults. Do not modify the earplugs. If required, you can use the device without the silicone fittings, if your auditory canals are small. In this case, exercise special caution in order not to damage the skin of the auditory canal.
- Make sure that neither the device nor a cable can catch on anything when you are using the device.

## USING THE DEVICE

- Your hearing is limited while you are using the device. Therefore, the device should not be used while one is driving a vehicle or using a power tool. Do not use the device in situations that require unrestricted hearing.
- Do not use the device in combination with another device connected to the electrical network, such as a hair-dryer, curling iron, or electric razor.
- Handle the device with care:
  - Protect the device from moisture, and do not use it in a damp environment.
  - Protect the device from impacts, vibration, falling, pressure, and bending and other deformation.
  - Protect the device from dust, dirt, freezing, heat, extreme changes in temperature, and direct sunlight.
  - Clean the device carefully after each use. If the optical fibers become dirty or are scratched, their luminosity may be reduced.
  - Do not use the device if the device itself or the cables, optical fibers, or earplugs are damaged. Always check before use that all parts of the device are undamaged.
- The device is intended for use by one person only. If, however, you share the device with someone, pay attention to the hygiene of the earplugs.
- Do not try to open, repair, or adjust the device yourself. If you open the device, the warranty becomes void and safe operation of the device can no longer be guaranteed.
- After the device has been removed from use, take it to a collection point for waste electrical and electronic equipment. See 'Removing the device from use'.

## USING THE DEVICE

- If any third party makes any modifications to the device itself or to its software, the warranty becomes void.
- Recharge the device by using a charger intended for the charging of medical devices (a suitable USB cable or a USB socket charger, not included in the delivery).

### Recommendations for use

Use the device regularly, every day at the same hour, for at least 2–4 weeks. The longest treatment duration allowed is 12 minutes at a time. For most people, the most suitable treatment time is in the morning. The effects and impact of the device vary greatly from one individual to another.

If you wish, you can shorten the treatment time by removing the earplugs from your ears in the middle of the treatment. Switch off the device by depressing the power button for two seconds before removing the earplugs. Alternatively, you can adjust the duration and efficacy of the treatment via the MyValkee interface; see the section 'Adjustment of treatment settings'.

If you notice side effects after several treatments, try changing the treatment time from morning to closer to noon and/or adjusting the treatment settings. If the side effects continue, discontinue treatment and contact the device's manufacturer or a physician.

Recharge the device occasionally even when it is not in regular use. This increases the battery life.

Take care of the hygiene of the device, particularly if several people use the same device.

Also protect the device from dirt, dust, humidity, and impacts. Valkee carrying bags suitable for this purpose are available separately from Valkee Oy.

## USING THE DEVICE

### Recharging

Recharge the battery via the USB cable from a computer's USB port. You can also recharge the battery with a USB mains charger (not included in the sales package).

Before charging, make sure that the computer is switched on. Charge the battery fully before using the device for the first time.

1. Insert the smaller connector of the USB cable into the USB connector of the device (see Figure 3).
2. Insert the other end of the USB cable into the computer's USB port (see Figure 3). The device is charging when the orange indicator (C in Figure 1) is flashing. The orange light is lit steadily when the battery is full.
3. You may then disconnect the device from the charger or computer. The device cannot be switched on while it is connected to a charger or the computer.

When the battery is nearly empty, the device emits three short beeps and the orange indicator flashes occasionally during treatment.

When the battery is completely empty, the device makes four long beeping sounds and the orange indicator light flashes if you try to switch the device on.

## USING THE DEVICE



Figure 3.

### NOTE!

The device cannot be used while the battery is being recharged. Remove the earplugs from your ears before connecting the device to a charger or to a computer with the USB cable.

Fully recharge the battery if the device will be unused for more than two months. This increases the battery life.

If the battery's capacity to be charged weakens gradually to the extent that the battery needs to be replaced, contact a Valkee service point or the manufacturer. Do not try to replace the battery yourself. If you open the device, the warranty becomes void.

## USING THE DEVICE

### First use

#### NOTE!

Check that the earplugs and optical fibers are undamaged before each use. A damaged optical fiber can harm the skin in the auditory canal.

If you need to stop the treatment when it is in progress, press the power button, holding it down for two seconds, which switches the device off.

1. Select suitable silicone adapters for your ears, and attach them to the earplugs (see Figure 4). You can use earplugs without the silicone fittings if your auditory canals are small.
2. If necessary, place the silicone rings in the earplugs to ensure that they fit properly. Note the asymmetrical structure of the ring. Place the ring in the earplug such that it rests against the ear lobe. (See Figure 5)
3. Connect the wires to the holder, and adjust the wire loop's length as required (see Figure 6).
4. Lift the wire loop over your head, and place the earplugs carefully in your ears, with the loop over your neck (see Figures 7 and 8).
5. Switch on the device (see Figure 9). First the device beeps and the green indicator lights starts to flash. Finally the device beeps twice and switches off automatically.

If the device does not switch on or if the orange indicator (C in Figure 3) is blinking, recharge the device as instructed in 'Recharging'.

## USING THE DEVICE



Figure 4.



Figure 5.



Figure 6.



Figure 7.



Figure 8.



Figure 9.

## USING THE DEVICE

### **Adjustment of treatment settings**

You can adjust the device's treatment and voice settings via the online MyValkee user interface (<http://www.valkee.com/myvalkee/>). The instructions for the interface can be found at the same address.

First, register as a user of the MyValkee interface. When you log in for the first time, the interface installs the software required on your computer. The installation is safe. Your firewall program may ask separately about permission to perform the installation.

### **Cleaning**

Clean the earplugs after each use. Remove the silicone parts, and clean them carefully with a damp cloth or soft paper.

Handle the optical fibers with care – they are easily damaged.

## USING THE DEVICE

### **Removing the device from use**

Do not dispose of the device with household waste. The device and its lithium-ion battery must be recycled, or otherwise disposed of, in compliance with the regulations in force.

Do not open the device or disconnect the battery. If the battery comes loose or is removed, it must not be opened, taken apart, or modified. If the battery leaks, avoid skin or eye contact with the electrolyte. If contact nonetheless occurs, immediately rinse your skin and eyes with water and contact a doctor.

Do not use a damaged battery. Keep the device and the battery out of the reach of children. Keep the device away from open flames – the battery could explode.

### **Fault situations**

In the event of a fault, the orange and green indicator lights flash simultaneously and the device beeps several times or does not switch on at all.

In the event of a fault, reset the device by pressing the power button and holding it for approximately 30 seconds. If required, contact the manufacturer. The contact information can be found on the back cover of the user manual.

## WARRANTY AND SERVICING

The manufacturer, Valkee Oy, grants a one-year warranty for the device, starting on the date of purchase. The warrantor is responsible for the device being suitable for its purpose and remaining usable throughout the warranty period. The warranty covers any material, design, and manufacturing defects manifesting themselves during the warranty period.

The warrantor is not responsible for faults that are caused by the actions of the buyer or other user.

The warranty does not cover the following, among other things:

- normal wear of the device or its components
- cosmetic changes in the device
- faults or damage caused by use or handling of the device in a manner that is incorrect, inappropriate, or counter to the operation and service instructions
- faults or damage caused by the customer, for example, from opening the device or repairing, adjusting, or modifying it
- faults or damage caused by factors that the manufacturer cannot reasonably be expected to have control over

The customer must inform the warrantor or the vendor of any faults within reasonable time from when he or she detected them or should have detected them. When reporting a fault, the customer must present a certificate of warranty, a receipt of purchase, or another reliable account of where and when the product was purchased.

The warrantor or a service company authorised by the warrantor may choose to repair the fault or to provide the customer with a faultless device within reasonable time from receipt of the customer's report of a fault.

## LIMITATION OF RISK

The customer may not appeal to the warranty if the device has been modified or if it has been repaired by a party other than a service company authorised by the warrantor.

The warranty does not restrict the customer's right to application of any consumer protection legislation in force.

The contact information of the device's manufacturer can be found on the back cover of the user manual.

### LIMITATION OF RISK

The warranty does not restrict the customer's statutory rights or any other rights the customer has in relation to the vendor.

The manufacturer's liability is always restricted to the purchase price of the device. The manufacturer is under no circumstances liable for compensation for any incidental, indirect, or consequential damages unless legislative requirements impose an obligation of such compensation. Under the terms of warranty, the manufacturer is not responsible for any damages that are in any way a result of incorrect use of the device or of use that runs counter to the usage instructions.

These instructions are protected by the applicable copyright laws. Copying of these instructions, in full or in part, is permitted only with the written permission of Valkee Oy. Valkee Oy reserves the right to modify these instructions without prior notice.