BIOS living™

Jumbo Therapy Light Instruction Manual 59072

1. Introduction

Designed to mimic the effects of daylight, the BIOS Living™ Jumbo Therapy Light provides up to 10,000 LUX of white LED light. Perfect for those who experience low energy levels, and general fatigue.

2. Features

- Adjustable Timer
- 100% UV Free
- 5 Brightness Levels
- Power Adapter Included

3. Safety Information

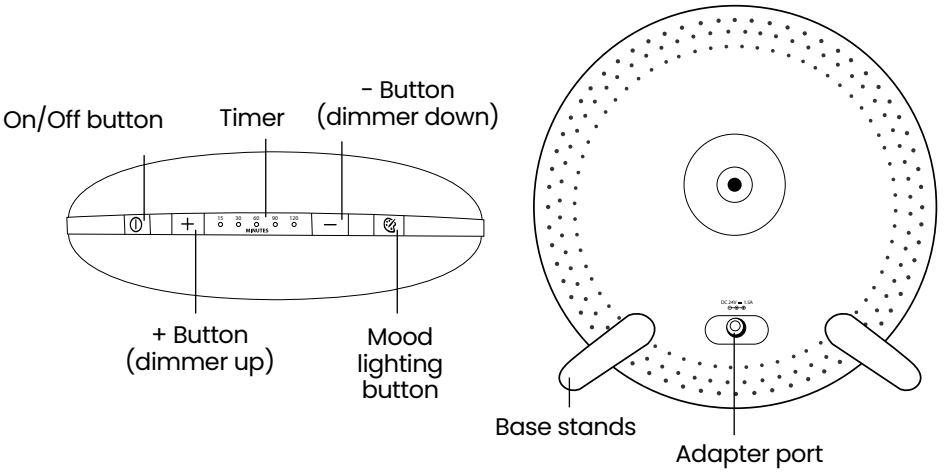
Please read these instructions carefully before use and save it for future reference.

- Use this product for its intended household use only.
- The Jumbo Therapy Light should not be used on any individual under the age of 10 years old.
- Close supervision is necessary when this unit is in use by children over the age of 10 years old.
- **Consult your doctor** before you start using the Jumbo Therapy Light if:
    - You are using medication such as pain relievers, antihypertensive or antidepressant drugs.
    - You have an eye disease such as cataracts, glaucoma, disease of the optic nerve, retinal disease, or in general any inflammation of the vitreous humour.
    - You have diabetes.
    - You suffer or have suffered from severe depression.
- **Not following** the minimum distance and usage duration outlined in the below instructions may result in the following side effects:
    - Headache
    - Eye strain
    - Nausea
- Keep the unit away from any water sources.
- **Do not** use the unit outside.
- **Do not** use if there is visible damage to the packaging or the Jumbo Therapy Light.
- Make sure the Jumbo Therapy Light is cool before storing the unit away.
- **Do not** cover the unit while in use. The unit does warm up.
- This is **not** a general illumination light and is not to be used as such.
- Batteries and electronic instruments must be disposed of in accordance with the local applicable regulations, not with domestic waste.

3. Care of the Device

- Clean the device with a soft, dry cloth. **Do not** use gas, thinners or similar solvents. **Do not** submerge in water.
- **Do not** drop or bang the unit. Prevent sudden jerks, jars or shocks to the device to prevent damage.
- **Do not** disassemble the unit.
- If the unit has been stored at very low or freezing temperatures, allow it to reach room temperature before use.
- **Do not** store the unit in direct sunlight, extreme temperatures, high humidity, or in places with a lot of dust.
- **Do not** open the therapy light. This will void the warranty.

4. About the Jumbo Therapy Light



5. Setting up the Jumbo Therapy Light

This section describes how to get the maximum benefit from your Jumbo Therapy Light.

Important: When you turn on the unit for the first time, the Jumbo Therapy Light will be on the highest light intensity, **do not** look directly into the Jumbo Therapy Light.

1. Screw in the two base stands on the back of the Jumbo Therapy Light (**Figure 1**)

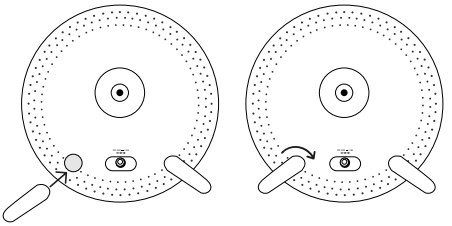


Figure 1

2. Plug the adapter into the back of the unit and then into an outlet.
3. Press the ⏻ button to turn the unit on.

4. Press the ⏻ button again to turn on the **15 minute** timer. The small LED underneath the 15 will light up.
5. Press the ⏻ button again to turn on the **30 minute** timer, continue to press the ⏻ button to turn on the 60, 90, or 120 minute timer.
6. When the unit is on, you can press the **+** or **–** buttons to change the light intensity. If the adapter has not been unplugged, when the unit is turned off and turned back on with the ⏻ button, the last level of intensity you selected is still stored. There are 5 levels of brightness to choose from. If the unit is unplugged the light brightness will reset to the highest level.

   NOTE: To get the full benefits of the 10,000 LUX the light needs to be on the highest brightness level.
7. To turn the Jumbo Therapy Light off, press and hold the ⏻ button for 5 seconds and the unit will turn off.

6. Using the Therapy Light

When using the Jumbo Therapy Light, you are to maintain a distance of 10 – 60cm /3.9" – 23.6" between your face and the light. The closer you are to the light the less time you should use it. The duration of the application depends on the distance. Please see the chart below:

Minimum Distance	Recommended Duration Per Day
10 cm/3.9"	15 minutes
20 cm/7.9"	30 minutes
40 cm/15.7"	1 hour
60 cm/23.6"	2 hours

7. Mood Lighting

The Jumbo Therapy Light also features a fun mood lighting feature that turns on up to 256 coloured atmospheric lights. You may choose to rotate them in a loop or to set it at one colour.

Note: The timer function and light intensity settings also work with the mood lighting. See the steps in section 5 above to change.

1. To activate the mood lighting, first turn on the Jumbo Therapy Light by pressing the ⏻ button. Next press the 🎨 button. The mood lighting will begin the colour rotation.
2. You may choose to set the light on one colour by pressing the 🎨 button once. To begin the colour rotation again, press the 🎨 button again.
3. To turn the mood lighting off and return back to the white light press and hold the 🎨 button for about 5 seconds.

8. Technical Specifications

Dimensions (W x H x D):	27 x 27 x 7.5 cm/10.6" x 10.6" x 3"
Weight:	1.40 lbs/0.63 kg
Lighting elements:	LED Full Spectrum Bright White
Light intensity:	10,000 LUX at 10 cm (on highest brightness level)
Operating environment:	0°C to 35°C/32°F to 95°F
Storage temperature:	-20°C to 50°C/-4°F to 122°F
Storage humidity:	15% to 90%
Adapter:	AC 100 – 240V, 50/60Hz
Colour temperature of LED's	5 300K (± 300K)

1 Year Warranty

The BIOS Living™ Jumbo Therapy Light has a 1 year warranty to be free of manufacturing defects for the original owner.

100% Satisfaction Guarantee
If this product becomes inoperable due to defects, please return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.
Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Email: support@bisomedical.com
Telephone: 1.866.517.2970



Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use.



Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.



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