Instructions for Use

Use consists of sitting close to the HappyLight Energy Lamp 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 or working at your computer or desk. You may tilt the lamp as required.

1. Turn on the lamp and allow a few minutes for the bulb to achieve full brightness.

2. The HappyLight Energy Lamp should be positioned as close as 6 inches, but within 24 inches of your face and should be slightly off-center.
   
   Note: Do not look directly into the lamp.

3. Consider using the lamp on the high setting in the morning and on the low setting in the afternoon.

   Note:
   “|” = low setting
   “||” = high setting

The light from the HappyLight Energy Lamp 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 it or adjust the settings to increase the intensity. If you experience edginess or are over-stimulated, move the light farther away or reduce session times.

Minimum Recommended Program 30 minutes
1 hour+/Day