

## Contents

1. Getting to know your device ..... 10	8. Cleaning and maintaining the device ..... 15
2. Signs and symbols ..... 11	9. Storage ..... 15
3. Notes ..... 11	10. Disposal ..... 15
4. Device description ..... 12	11. What if there are problems? ..... 15
5. Initial use ..... 12	12. Technical specifications ..... 16
6. "beurer LightUp" app features ..... 13	13. Mains part ..... 16
7. Operation ..... 13	

## 1. Getting to know your device

### Dear customer,

Thank you for choosing one of our products. Our name stands for high-quality, thoroughly tested products for applications in the areas of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage and air.

With kind regards,  
Your Beurer team

### Why use a daylight therapy lamp?

When the hours of daylight are noticeably decreased in autumn and people increasingly stay inside, the effects of a lack of light may cumulate. This is often described as "winter depression". The symptoms can present themselves in a number of ways.

Imbalance	Increased need for sleep
Low mood	Loss of appetite
Lack of energy and listlessness	Difficulty concentrating
Generally feeling under the weather	

The cause of these symptoms is the fact that light, particularly sunlight, is essential for life and has a direct effect upon the human body. Sunlight indirectly controls the production of melatonin, which is only passed to the blood in darkness. This hormone shows your body that it's time to sleep. Therefore in months with less sunshine more melatonin is produced, making it difficult to get up in the mornings because your body functions are powered down. Use the daylight therapy lamps immediately after waking up (i.e. as early as possible) to end the production of melatonin and to brighten your mood.















Lack of light also prevents the production of the happy hormone serotonin, which is said to significantly influence our "well-being". The application of light yields qualitative changes to hormones and neurotransmitters in the brain that have an effect on our activity levels, our feelings and our well-being. To compensate for such a hormonal imbalance, the daylight therapy lamp can create a suitable replacement for natural sunlight.

In the medical field, daylight therapy lamps are used to compensate for the effects of a lack of light. Daylight therapy lamps simulate daylight over 10.000 lux. The light can influence the human body and be used as a treatment or as a preventative measure. Normal electric light is not sufficient to influence hormonal balance. Because in a well-lit office the illuminance level amounts to just 500 lux.

- Included in delivery:**
- Daylight therapy lamp
  - These Instructions for use
  - Mains part
  - Quick guide

## 2. Signs and symbols

The following symbols appear in the Instructions for use or on the device.

	Read the Instructions for use.		Permissible storage temperature and humidity
 <b>Warning</b>	Warning notice indicating a risk of injury or damage to health.		Permissible operating temperature and humidity
 <b>Important</b>	Safety note indicating possible damage to the unit/accessory.	 <b>Note</b>	Note on important information.
	Serial number		Manufacturer
	The CE labelling certifies that the product complies with the essential requirements of Directive 93/42/EEC on medical products.		Protection class II
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE		OFF/ON
	Direct current		Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water

## 3. Notes

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

### Safety notes

#### Warning

- This daylight therapy lamp is only intended for radiation on human bodies.
- Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address.
- Ensure that the daylight therapy lamp is positioned on a stable base.
- The device must only be connected to the mains voltage that is specified on the type plate.
- Never submerge the device in water or other liquids and do not use it in the bathroom.
- Must not be used on people with disabilities, children under three years of age or people with reduced sensitivity to heat (e.g. people with skin alternations due to illness), after taking pain relief medication, alcohol or drugs.
- Keep packaging material away from children (risk of suffocation!).
- The device should not be covered, uncovered, or packed and stored when warm.
- Always unplug the mains part and allow the device to cool down before touching it.
- Do not touch the device with wet hands when it is plugged in and do not allow water to spray on the device. Only operate the device if it is completely dry.
- Ensure that you only insert and remove the mains part with dry hands and that you only press the ON/OFF button with dry hands.
- Keep the mains cable away from hot objects and naked flames.
- Danger of strangulation due to excessively long cables.
- Protect the device from heavy impact.
- Do not pull the mains part out of the socket using the mains cable.
- If the mains part or its housing is damaged, this must be replaced by Customer Services or the retailer, as a special tool is needed for repair.
- Disconnection from the power supply network is only guaranteed when the mains part is unplugged.

- Do not use the device in the presence of flammable anaesthetic gas connections with air, oxygen or nitrogen oxide.
- No calibration and no preventive checks or maintenance are to be carried out on this device.
- You cannot repair the device. The device contains no parts that you can repair.
- Do not make any changes to the device without the manufacturer's permission.
- If the device has been changed, thorough tests and checks must be carried out to ensure the continued safety of further use of the device.
- Do not position the device in a location where it is difficult to disconnect it from the mains supply.
- Check the device before each use. Do not use the device if it is damaged in any way. The continuous use of a damaged unit can be dangerous and may cause injury or improper results.
- The main material of the case is made of PC/ABS. Be cautious of potential allergic reactions to these materials.

## General notes

### ⚠ Important

- Always consult a doctor before using the daylight therapy lamp if you are taking medication such as pain relief medication, medication to reduce high blood pressure or antidepressant medication.
- Diabetics and people who suffer from retinal diseases must be examined by an optician before using the daylight therapy lamp.
- Please do not use the daylight therapy lamp if you suffer from an eye disease such as cataracts, glaucoma, diseases of the optic nerve or inflammation of the vitreous body.
- If you have health concerns of any kind, consult your GP!
- Remove all packaging material before using the device.
- Light sources are excluded from the guarantee.

## Repairs

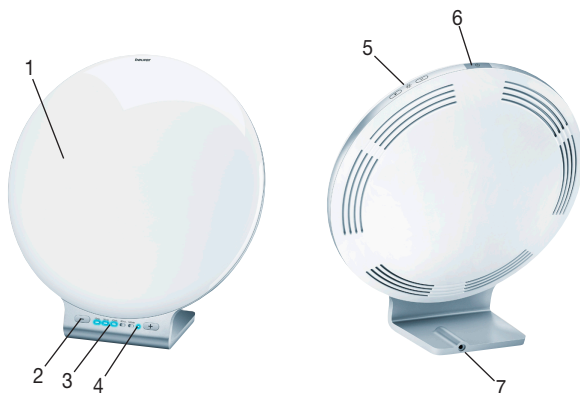
### ⚠ Important

- Do not open the device. Do not attempt to repair the device yourself. This can result in serious injury. Failure to comply will result in voiding of the warranty.
- For repairs, please contact Customer Services or an authorised retailer.

## 4. Device description

### Overview

1. Fluorescent screen
2. Timer adjustment
3. Timer LED display
4. LED for Bluetooth®
5. Brightness adjustment (dimmer)
6. On/off button
7. Mains part connection



### System requirements:

- iOS ≥ 8.0, Android™ ≥ 4.4
- Bluetooth® ≥ 4.0

## 5. Initial use

Take the device out of the plastic wrapping. Check the device for damage or faults. If you notice any damage or faults on the device, do not use it and contact customer services or your supplier.

### Positioning the device

Place the device on an even surface. The position should be chosen to ensure a distance of between 10 cm and 40 cm between the user and the device. The lamp is most effective at this distance. Ensure that there is a mains socket close to the set-up area. Arrange the mains cable so that no-one will trip over it.

## Power supply

### Important

To prevent possible damage to the device, the daylight therapy lamp must only be used with the mains part described here.

1. Insert the mains part into the connection provided for this purpose on the rear of the daylight therapy lamp. The mains part must only be connected to the mains voltage that is specified on the type plate.
2. After using the daylight therapy lamp, unplug the mains part from the mains socket first and then disconnect it from the daylight therapy lamp.

## App connection

You can control all of the device's functions with the "beurer LightUp" app on your smartphone.

To control the device's functions with the app on your smartphone, proceed as follows:

1. Ensure that your smartphone is connected to the Internet and that the daylight therapy lamp is switched on.
2. Download the "beurer LightUp" app from the Apple App Store (iOS) or Google Play Store (Android).

### Note:

Depending on the settings for your smartphone, additional charges may be incurred for connecting to the Internet or transferring data.

3. Open the "beurer LightUp" app and follow the instructions.
4. Select the "TL 100" device in the app settings. You can now use the app to control the daylight therapy lamp and to adjust the "moodlight" (with brightness control and timer in each case).
5. The blue *Bluetooth*® LED on the daylight therapy lamp will light up once the daylight therapy lamp is connected with the smartphone.

## 6. "beurer LightUp" app features

After downloading the "beurer LightUp" app and connecting the daylight therapy lamp to a smartphone via *Bluetooth*® (see chapter „5. Initial use“), you can control the daylight therapy lamp and the moodlight from the app.

### Daylight

You can switch the daylight on and off using the app. In addition, you can also use the app to adjust the brightness and set a timer for the daylight.

### Moodlight

You can use the app to adjust the moodlight. The app allows you to select from ten pre-configured moodlight settings (with brightness control and timer in each case). After activating a moodlight setting, a moodlight with change of colour begins to light up.

The pre-configured moodlight settings can only be adjusted from the app.


### Note:

The moodlight and "beurer LightUp" app must not be considered medical products. Adjustments to the daylight function must be made on the device itself!

## 7. Operation

1	Insert the mains part into the connector.
2	<b>Switching on the lamp</b> ▶ Press the on/off button.

<p><b>3</b></p>	<p><b>LED display/timer</b></p> <p>The daylight therapy lamp TL 100 indicates your current treatment time with the aid of 5 LEDs. The treatment time can be set at the following 5 levels. The timer function is not activated when the light is switched on for the first time. The light now shines until it is switched off again or a treatment time is set (timer = 0 min). In order to use the timer, set the desired level from 1 to 5 using the +/- buttons. On level 1, a treatment time of 15 minutes is set. The other levels are as follows:</p> <table border="1" data-bbox="136 264 786 453"> <thead> <tr> <th>Treatment time</th> <th>Number of lit LEDs</th> </tr> </thead> <tbody> <tr> <td>15 minutes</td> <td>1</td> </tr> <tr> <td>30 minutes</td> <td>2</td> </tr> <tr> <td>45 minutes</td> <td>3</td> </tr> <tr> <td>90 minutes</td> <td>4</td> </tr> <tr> <td>120 minutes</td> <td>5</td> </tr> </tbody> </table> <p>The light switches off automatically after this treatment time. If you wish to deactivate the timer function, you can press the - button until the LEDs go out.</p>	Treatment time	Number of lit LEDs	15 minutes	1	30 minutes	2	45 minutes	3	90 minutes	4	120 minutes	5
Treatment time	Number of lit LEDs												
15 minutes	1												
30 minutes	2												
45 minutes	3												
90 minutes	4												
120 minutes	5												
<p><b>4</b></p>	<p><b>Brightness adjustment</b></p> <p>The daylight therapy lamp TL 100 has 10 brightness levels. The desired brightness level can be set using the +/- buttons on the side – this level should be set so that it is pleasant for the eye during the treatment. When the device is switched off, the last level that was set is saved. When the device is next switched on, it restarts with the saved brightness level.</p> <p><b>Note:</b> The device can also be used up to level 5 as a reading lamp.</p>												
<p><b>5</b></p>	<p><b>Enjoying the light</b></p> <p>Position yourself as close as possible to the light, at a distance of between 10 and 40 cm. You can continue to go about your day-to-day activities during application, including reading, writing, making telephone calls, etc.</p> <ul style="list-style-type: none"> <li>• Keep looking directly into the light for a short period of time as it is absorbed and shows an effect via the eyes/retina.</li> <li>• Use the daylight therapy lamp as often as you like. However, the treatment is at its most effective if you carry out the light therapy according to the prescribed time period of at least 7 successive days.</li> <li>• The most effective time of day for the treatment is between 6am and 8pm and we recommend that it is used for 2 hours per day.</li> <li>• Do not look directly into the light for the entire application period as this may cause over-stimulation of the retina.</li> <li>• Start with a brief application period and gradually increase the time over the course of a week.</li> </ul> <p><b>Note:</b> You may experience pain in the eyes and head after the first few applications. This pain should disappear in further sessions as the nervous system becomes accustomed to the new stimuli.</p>												
<p><b>6</b></p>	<p><b>Things to consider</b></p> <p>We recommend a distance of between 10 and 40 cm from the face to the light during application. The duration of the application depends on the distance:</p> <table border="1" data-bbox="136 1241 605 1386"> <thead> <tr> <th>Lux</th> <th>Distance</th> <th>Application duration</th> </tr> </thead> <tbody> <tr> <td>10.000</td> <td>approx. 10 cm</td> <td>0,5 hour</td> </tr> <tr> <td>5.000</td> <td>approx. 25 cm</td> <td>1 hour</td> </tr> <tr> <td>2.500</td> <td>approx. 40 cm</td> <td>2 hours</td> </tr> </tbody> </table> <p>In principle, the closer you are to the light source, the shorter the application time.</p>	Lux	Distance	Application duration	10.000	approx. 10 cm	0,5 hour	5.000	approx. 25 cm	1 hour	2.500	approx. 40 cm	2 hours
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<b>7</b>	<b>Enjoying the light over longer periods</b> Repeat application on at least seven consecutive days during darker periods of the year, or for longer depending on your individual needs. Application should take place during the mornings where possible.
<b>8</b>	<b>Switching off the light</b> ▶ Press the on/off button. The LEDs switch off. Unplug the mains part from the mains socket.  <b>Important!</b> The light remains hot after use. Allow the light to cool down sufficiently before putting it away and/or packing it away.
<b>9</b>	<b>Mood light with change of colour</b> In addition to the normal daylight, the daylight therapy lamp TL 100 also features a moodlight with change of colour. ▶ Press and hold the on/off button for 2 seconds. The moodlight with change of colour will switch on. As with the normal daylight, the moodlight also features a timer and brightness adjustment. To switch off the moodlight with change of colour, press and hold the on/off button again for 2 seconds. ▶ If you wish to have a coloured light permanently displayed while the colour-change operation is in progress, briefly press the on/off button. Press the on/off button again to switch off the permanent coloured light.

## 8. Cleaning and maintaining the device

The device should be cleaned from time to time.

### Important

- Ensure that no water gets inside the device.  
The device must be switched off, disconnected from the mains and allowed to cool down each time before cleaning.
- Do not clean the device in a dishwasher.  
Use a slightly damp cloth to clean the device.
- Do not use any abrasive cleaning products and never submerge the device in water.  
Do not touch the device with wet hands when it is plugged in and do not allow water to spray on the device. Only operate the device if it is completely dry.

## 9. Storage

If you are not going to use the device for an extended period of time, disconnect it and store it in a dry place, out of the reach of children.

Follow the storage instructions provided in the „12. Technical specifications“ chapter.

## 10. Disposal

For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the device at a suitable local collection or recycling point. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



## 11. What if there are problems?

### Important

Problem	Possible cause	Solution
Device does not light up	On/off button switched off	Switch on the on/off button.
	No electricity	Connect the mains part properly.
	No electricity	The mains part is faulty. Contact customer services or your retailer.
	LEDs have reached the end of their service life. LEDs faulty.	For repairs, please contact Customer Services or an authorised retailer.

## 12. Technical specifications

Model No.	TL 100
Dimensions (W, H, D)	366 x 335 x 203 mm
Weight	1130 g (approx. 1243 g with mains part)
Light	LED
Output	36 W
Brightness	10.000 lux (Distance: approx. 10 cm)
Radiation	Radiant power outside of the visible range (infrared and UV) is low enough that no eye or skin damage is anticipated.
Operating conditions	5°C to +35°C, 15 - 90% relative humidity atmospheric pressure range 86-106 kpa
Storage conditions	-20 °C to +50 °C, 15 - 90% relative humidity atmospheric pressure range 86-106 kpa
Product classification	External power supply, protection class II, IP21
Color temperature of LEDs	5,300 K (+/- 300 K)
Accessories	Mains part, Instructions for use
Frequency band	2402 – 2480 MHz
Transmission power	max. – 7.13 dBm

Subject to technical changes.

The serial number is located on the device or in the battery compartment.


We hereby guarantee that this product complies with the European RED Directive 2014/53/EU.

Please contact the specified service address to obtain further information, such as the CE Declaration of Conformity.

This device meets the requirements of the European Directive 3/42/EEC and 2007/47/EC Medical Devices 9 as well as the Medical Devices Act.

This device complies with European Standard EN60601-1-2 and is subject to particular precautions with regard to electromagnetic compatibility. Please note that portable and mobile HF communication systems may interfere with this unit. More details can be requested from the stated Customer Services address or found at the end of the instructions for use.

## 13. Mains part

Model No.	MP 45 – 240150 – AG
Manufacturer	Mitra Power Solutions Co., LTD
Input	100 – 240 V ~ 50/60 Hz
Output	24 V DC, 1.5 A, only in conjunction with TL 100
Protection	The device is double-protected.
	Polarity of the DC voltage connection
Classification	IP22, protection class II