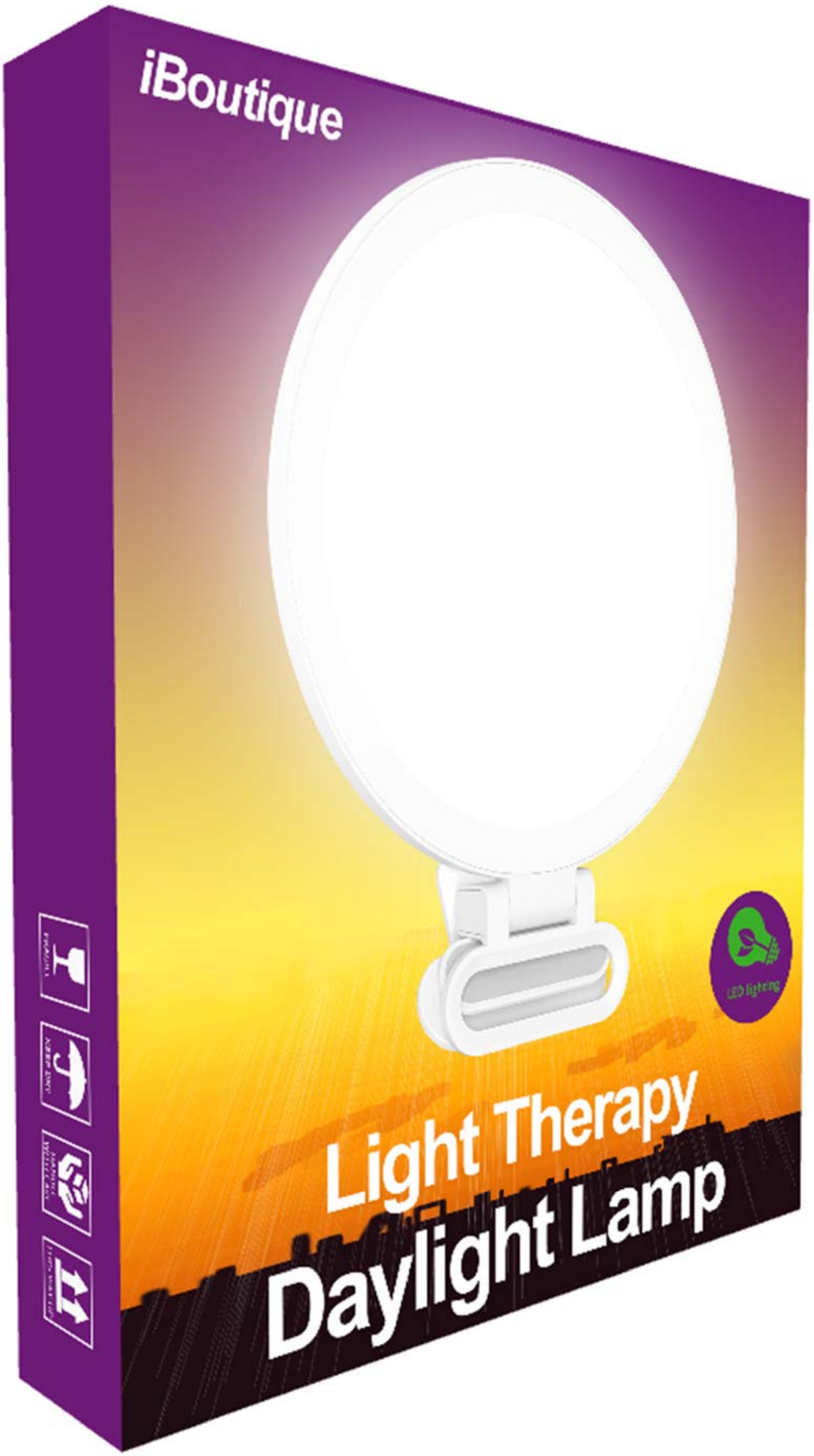
iBoutique

Light Therapy Daylight Lamp



Safety

If the unit is damaged, please contact iBoutique before use. Keep away from water and damp. For indoor use only. The unit gets warm when the light is on so make sure that it is not covered. Use only the USB power supply. Keep the power supply and cable away from heated surfaces. If either are damaged they should be replaced with a iBoutique approved product. Children using the light, or playing near it, should be supervised. Do not attempt to service or modify any part of the unit.I f the unit has been stored outside the recommended temperature range (5 °C to 35 °C), allow it to stand for at least 1 hour before applying power to avoid condensation or overheating. Not to be used by or on individuals who are unconscious, anaesthetised or incapacitated e.g. under the influence of alcohol.

Electromagnetic compatibility

This product conforms to the electromagnetic compatibility (EMC) standard for medical devices and is unlikely to cause interference affecting other electrical and electronic products in its vicinity. However, radio transmitting equipment, mobile phones and other electrical/electronic equipment can interfere with this product; if this happens simply move the product away from the source of interference.

Disposal

At the end of its life, do not throw the unit out with normal domestic waste. Please take it to an official recycling point to be disposed of responsibly.

PRODUCT GUIDANCE

iBoutique Daylight Therapy Lamp

Model: IB-DTL001

Firstly thank you for purchasing our innovative Daylight Therapy Lamp we really mean it!

We understand you have many choices and we genuinely hope our product completely meets your needs.

Wherever your purchased it, if you are happy please leave a product review - it means the world to us and helps other customers make an informed choice.

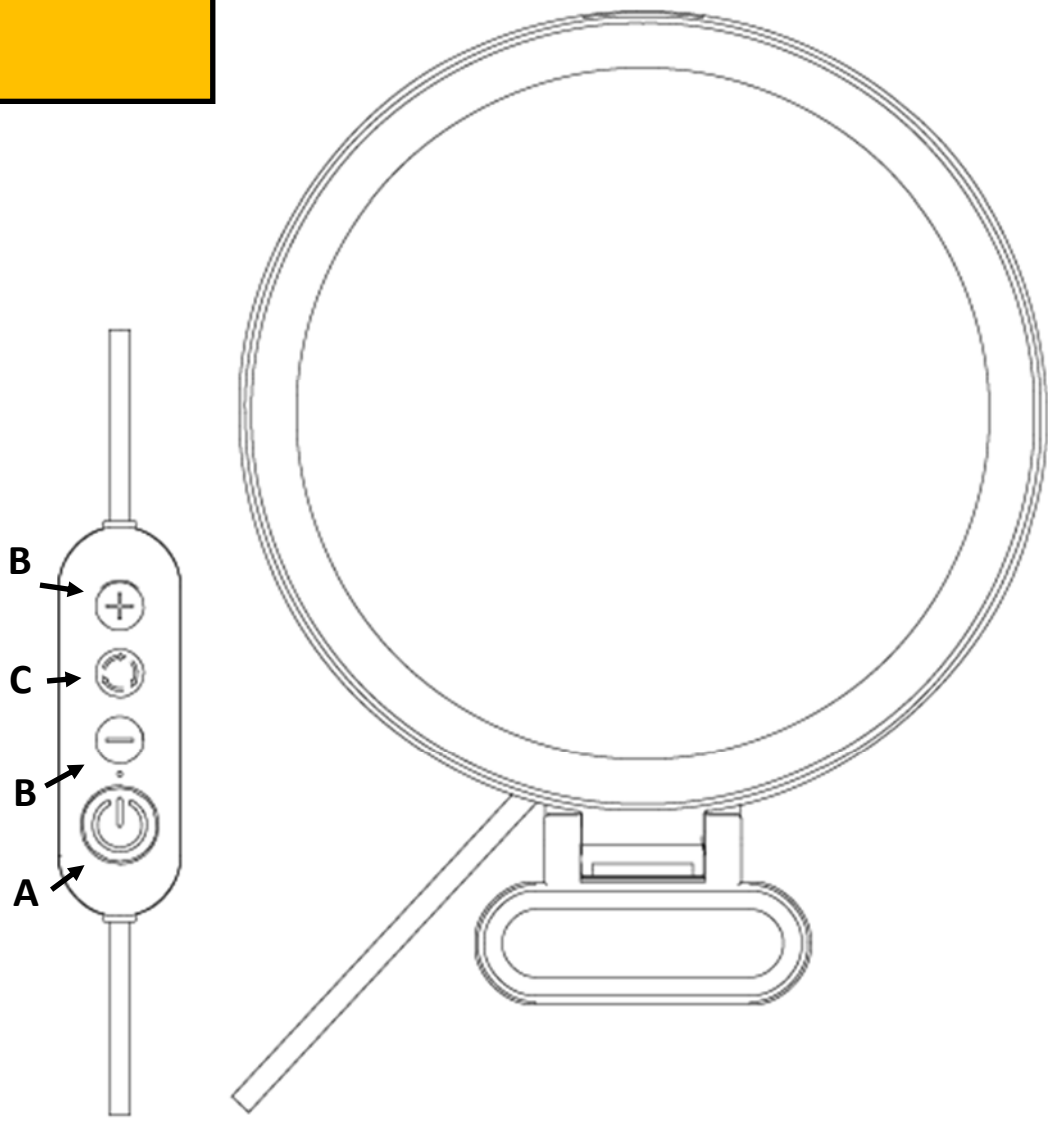
Embark on Your Daylight Therapy Journey with the iBoutique Light Therapy Daylight Lamp

As you begin your daylight therapy experience, our light will give you several key benefits:

1. Mood Enhancement: Experience improved mood and reduced symptoms of seasonal affective disorder (SAD) through exposure to light that mimics natural sunlight. Better Sleep: Regulate your circadian rhythm for more restful nights and energized mornings.
2. Increased Energy: Feel more alert and focused throughout the day, combating the fatigue often associated with darker seasons.
3. Customizable Treatment: Adjust the lamp's intensity and positioning to suit your personal needs and comfort level. Our handy clip allows you to elevate the light source providing more effective treatment.
4. Convenient Usage: Easily incorporate light therapy into your daily routine with the lamp's compact and stylish design.
5. Natural Light Simulation: Benefit from advanced LED technology that closely replicates the spectrum of natural daylight. Our use of CRI-95 side mounted LEDs more accurately mimics natural sunlight for better effectiveness
6. Gradual Adaptation: Start with shorter sessions and gradually increase duration as you adjust to the therapy, allowing for a smooth transition into your new wellness routine.

With the iBoutique Light Therapy Daylight Lamp, you're taking a significant step towards improved well-being, brighter days, and more balanced seasons.

Control Panel



A - Power button (connect USB to any USB compatible power source first)

B - Light intensity up & down

C - Light colour rotation (warm white, warm/daylight mix, daylight only)

How should I use it?

For optimal use the clip allows you to elevate the light to near eye level e.g. computer monitor, laptop etc. The clip has been designed not to interfere with integrated webcams. It also has a silicon coating to prevent marking surfaces. You can of course stand on a flat surface if you prefer but treatment will take longer.

Although you don't need to stare at it, the light must reach your eyes to have any effect. This means you can use the iBoutique light whilst you're working at the computer, watching TV, reading, etc. Dark glasses, tinted lenses or closing your eyes will all limit the effects of light therapy. You should notice positive benefits after using the iBoutique light for three or four days in a row.

When should I use it?

It's best to tackle the winter blues and SAD as soon as possible. Look out for early signs - often in September or October - and if you start to feel lethargic, anxious or irritable, start using the light. Most people can skip a day here and there, especially when the weather is bright. As spring comes around you will probably start to cut back your light therapy; your body will tell you if it's too soon and if you notice your symptoms returning simply use your iBoutique therapy light again for a few days. Light therapy is proven to put you in a better mood, to boost alertness and to help you feel more awake. Use your light wherever and whenever you need to restore concentration and give yourself a mental boost.

What time of day?

If you're using your light to help with the winter blues or SAD, bright light in the morning has been shown to be most effective so try that first. For some people, early evening light exposure is beneficial. Whether you're using the iBoutique light for winter blues, SAD or as a general pick-me-up, once you've found a pattern that's right for you, try to use it around the same time every day.

I find it difficult to get up in a morning

Switch on as soon as you can. If you don't have much time in the morning, then you should aim for a top-up or full session in the afternoon.

I feel sleeply or fall asleep too early

Use your light in the late afternoon/early evening. It's best to avoid bright light too close to bedtime - within about three hours - as you may find it difficult to get to sleep.

How long?

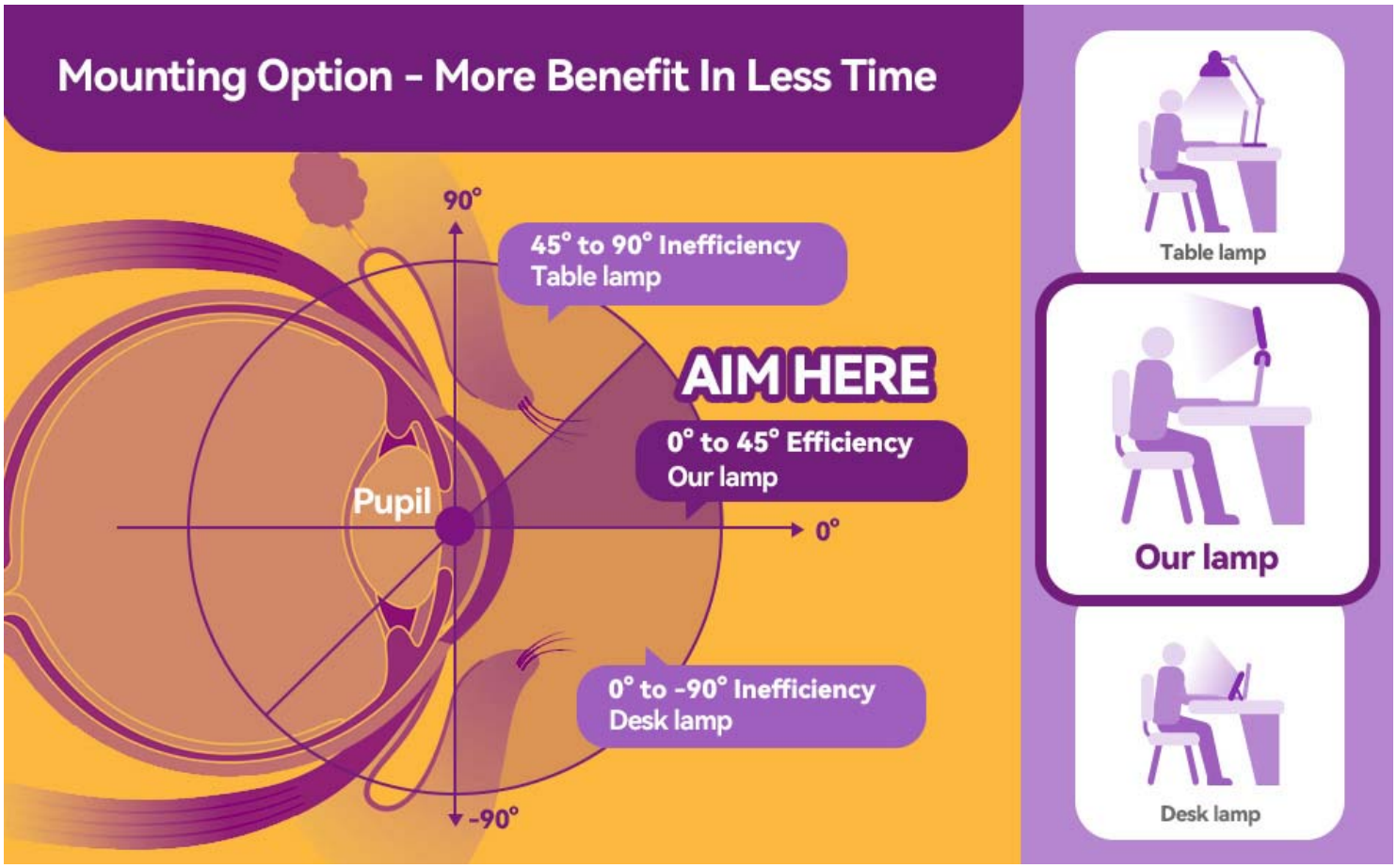
Everyone's different, so position the light at arm's length (about 50 cm) and start with 20 minutes a day. Some people will find this is enough for effective SAD treatment. If you need to, increase your exposure each day until you find a treatment time that works for you.

Distance (cm)	Light received (lux)	Treatment time (minutes)
20	10,000	20
30	5,000	30
50	2,500	40

The above figures are indicative and typical if using your light in a mounted position to optimise effectiveness.

You can get your daily dose of daylight all in one go or use it on-and-off throughout the day for a cumulative effect. If you're more comfortable with your light further away, then less light will reach your eyes and you'll need to use it for longer. There's no harm in using the light for longer than suggested. If you find your eyes ache slightly, try using it further away or switch it off for a while.

The science bit



Recent research has shown that the angle at which light enters the eye plays a crucial role in its effectiveness for circadian entrainment. Light entering from above the horizon, particularly in the morning, has been found to be most beneficial. The brand's team of engineers and chronobiologists have leveraged this knowledge to create a truly innovative product.

The iBoutique Light Therapy Daylight Lamp is designed to be positioned in line with the user's eyes, mimicking the natural angle of sunlight. This optimal positioning allows for maximum stimulation of the photosensitive melanopsin cells in the retina, which are key to regulating our body's internal clock.

Source: Inferior Retinal Light Exposure Is More Effective than Superior Retinal Exposure in Suppressing Melatonin in Humans

Warranty

This unit is covered under warranty against any manufacturing defect for 3 years from the date of purchase. This is in addition to your statutory rights. If possible, use the original packaging (including internal pieces) to return your iBoutique lamp for service. Make sure the plug is prevented from moving in transit and damaging the unit. If the unit is received damaged, through mis-use or accidental damage, then we may have to charge to repair it; we will contact you first. Please contact us for further advice

Technical Specifications

Model Number: IB-DTL001

CRI: 93-97

Material: ABS

Voltage: 5V/1.3A

Colour Temperature: 3000k-6500k

Made in China

iBoutique is a trademark of i4ingenuity Limited

If you have any problems or queries please send us an email at

fixit@i4ingenuity.co.uk It will be helpful to us to include your product model number which can be found on the box or above. Also the date you pur-chased and order number if possible.