

The background of the entire page is a repeating pattern of concentric circles. Some circles are red with a glowing yellow center, while others are white with a grey center. They are arranged in a staggered grid.

Red Light Therapy Sleep Bag User manual

Thankyou for purchasing our products, please read the manual before use.



GETTING STARTED

Thankyou for purchasing the Red Light Therapy Sleep Bag!

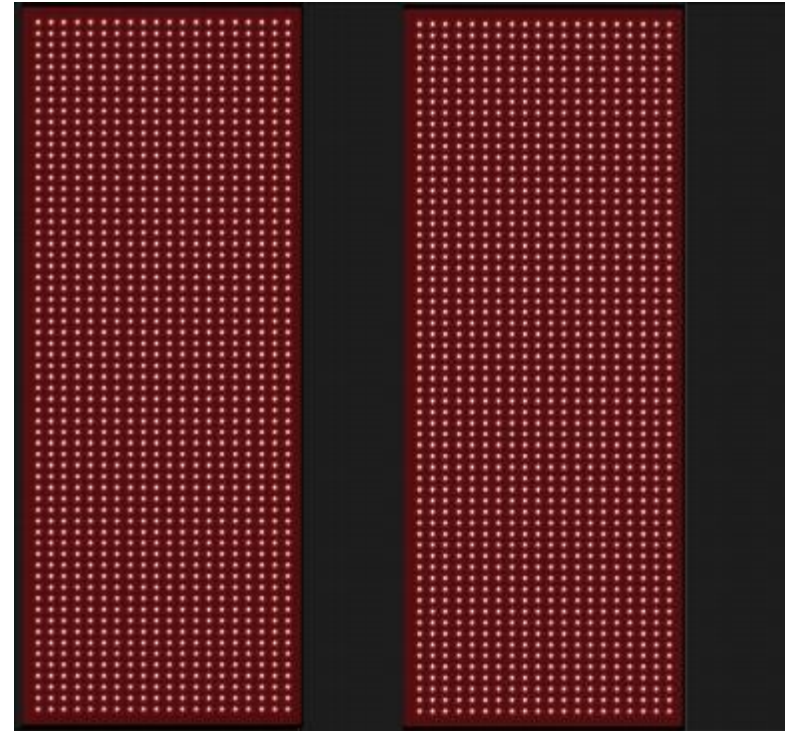
This might be the most advanced light therapy sleep bag solution on the market. Not only made themeffective,but we have also made a perfect breakthrough in use rexperience.

You've got the next generation red light therapy device and everything you need for effective, safe and convenient therapy treatments that deliver a wide range of clinically-proven health benefits,and ultimate aesthetic experience.

Delivers medical-grade irradiance via red light, infrared light , or a combination of them. These lights have been scientifically proven to provide therapeutic effects. Red light therapy pad work by red light and infrared light within a range of therapeutic wavelengths andintensities.

For the best results, please read this manual completely before using your device.

WHAT'S INCLUDED



Red Light Therapy Sleep Bag



Controller*2



Adapter*2



Power cord*2

*Accessories are subject to the actual item received.

USING



Step 1

Connect the device to the controller



Step 2

Connect the controller to the power adapter via the power cord provided. (Don't use a mobile power supply to charge the device. cause it will decrease the power and the intensity of the device)



Step 3

Tie the belt around the waist



Red Light Energy
P1-P5

Timer
10-90 minutes options

Power
Power On, 10Hz, 40Hz, Power Off

Step 4

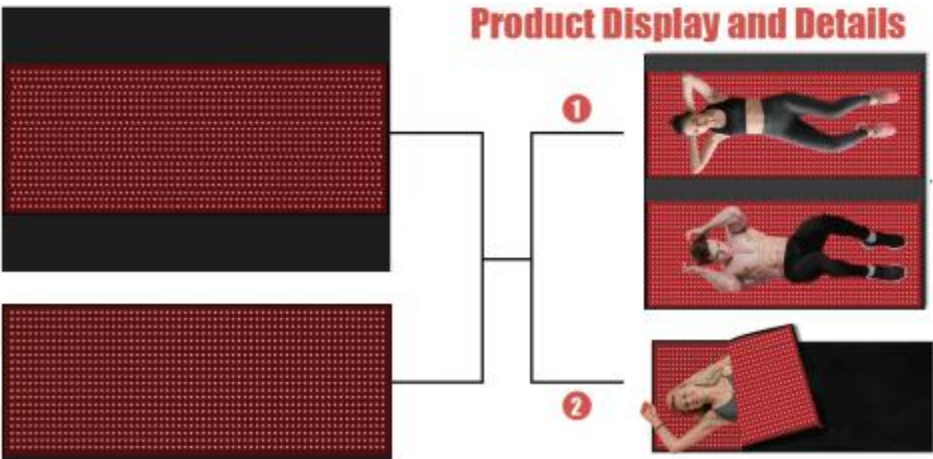
To choose different timer for each session, press the switch button first then press the timer button on the controller. This will add time in 10 minute increments up to 90 minutes. And press the power button again to turn off the timer function.

To choose different intensities, press the switch button first then press the + button for higher intensity, or press the - button for lower intensity. And press the power button again to stop adjusting the intensities.

*It is recommended to use it 3-4 times a week and 30 minutes each session. Continue to use it for a few weeks for good results.

SMART MULTI-FUNCTION CONTROLLER

Auto-off Timer & Multiple Mode Options



TECHNICAL INFORMATION & SPECIFICATIONS



| | |
|-------------|-----------------------------|
| Name | Red Light Therapy Sleep Bag |
| Dimensions | 70.87*31.5in/180*80cm |
| Type | YD056 |
| Rated watts | 270W |
| Wavelength | 660nm/850nm |
| Number LEDs | 2560pcs (660nm:850nm=1:2) |
| Function | Body slim/Pain Relief |

MORE ABOUT THE DEVICE

Note: The LEDs on the device deliver invisible infrared light, which is invisible when working.

It's not quality issue but a combination of light for better recovery.

5 levels average irradiance (The temperature changes when the intensity is adjusted. The higher the intensity, the higher the temperature.)

| Average Irradiance Levels | Red Light | Infrared Light (Invisible) |
|------------------------------|----------------------|---------------------------------|
| P1 | 110w/m ² | 150w/m ² |
| P2 | 350w/m ² | 500w/m ² |
| P3 | 650w/m ² | 800w/m ² |
| P4 | 900w/m ² | 1110w/m ² |
| P5 | 1100w/m ² | 1350w/m ² |

| Wavelength | Applicable Symptoms |
|-------------------------------------|---|
| 660 nm (Red) | Relax muscles, boost immunity Promote blood circulation Pain relief and swelling |
| 850 nm (Invisible Near-infrared) | Pain Relief, speed up metabolism Penetrate deep into the skin tissue Relieve Arthritis and tendonitis |

About Red Light Therapy Sleep Bag

Before starting your first session, please make sure to read this manual as it may explain important operating procedures.

Notes: Each LED inside with three chips . Near Infrared 850nm is invisible to the human naked eyes.

660nm of red light

This light can be seen by the eyes and targets skin cells.

850nm of near-infrared light

This light cannot be seen by the eyes and targets deep tissue.

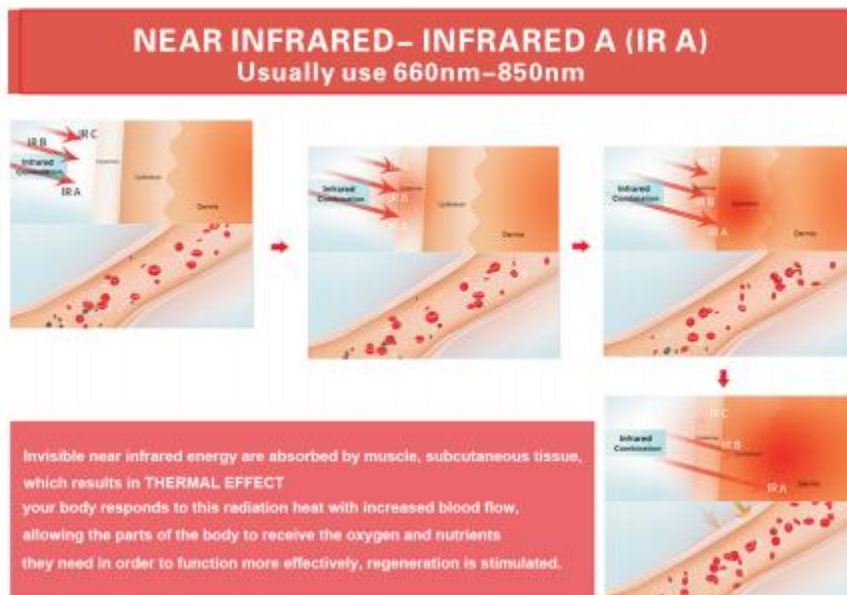
Benefits backed by science

Research shows that the wavelengths in the spectrum of 660-900nm show optimal biological responses.

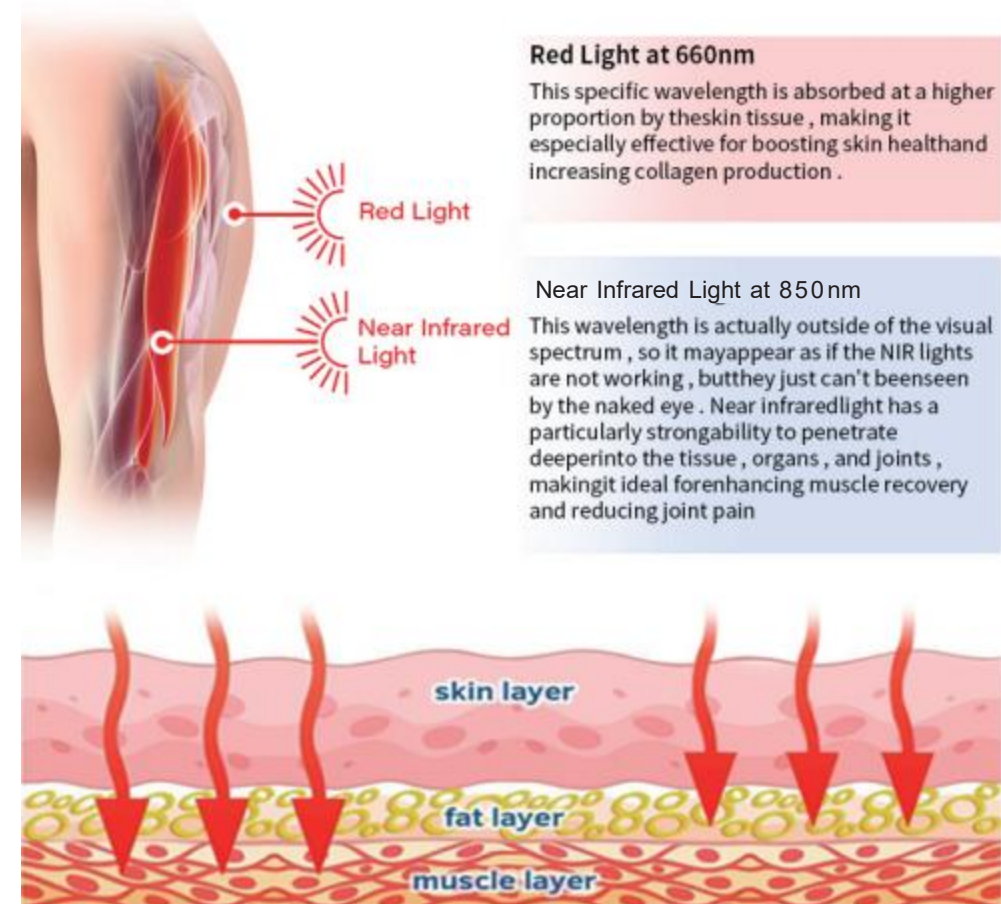
- Muscle and Joints pain
- speed wound healing
- Enhanced blood circulation
- Aging spots & wrinkle removal
- weight loss
- Anti-inflammatory
- Hair Re-growth
- Decreases pain
- Increase collagen

Features:

- 1 : Perfect performance for body treatments like weight loss and pain relief .
- 2 Protatable design so you can use it in different situations.
- 3 . 2560 pcs leds with wavelength 660nm red light and 850nm infrared light.
- 4 . We provide lyear warranty for our pad.



Measured value



Notice

Even though this technology doesn't have any side effects, we suggest taking the following precautions:

- ▶ This device is not waterproof.
- ▶ This device is not suitable for children and pregnant women.
- ▶ Do not use this device exceed 30 minutes each time.
- ▶ Do not stare at the light directly.
- ▶ It's NOT recommended to use it when sleeping.
- ▶ Please store it away from children.

Safety instructions

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

Contraindications

- Do not use this product over open or bleeding wounds.
- Do not use this product if you are, suspect you may be, or are planning to become pregnant, or if you are, or plan to begin, breastfeeding.
- Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
- If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this product.
- Consult your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition.
 - Take steroid medication, use a topical steroid, or receive steroid injections.
 - Have recently had surgery, LASIK or PRK eye surgery, or skin filler injections, if you have breast implants, or if you have a tattoo in the treatment area.
 - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
 - Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.
 - Use products that may cause photosensitivity, such as citrus essential oils, St. John's Wart, antibacterial soap, and coal tar and petroleum products.
- Are or may be sensitive to red light or near-infrared light.

Warning

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power adapter and USB power cable at the specified voltage to power the device. Using power adapters or cables other than the ones provided may result in fire or explosion.
- Do not use the provided power adapter or USB power cable to power other devices.

- Do not modify, tamper with, or damage the power adapter or USB cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or USB cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been exposed to water.
- 10Hz pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device immediately and consult your physician.
- Stop using the product immediately if you feel pain or discomfort.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- 10Hz pulsed-light therapy may affect users who are susceptible to photosensitive epilepsy or other photo-sensitivities. If you or anyone in your household experience symptoms during use, such as dizziness, blurred vision, eye or muscle twitching, loss of consciousness, disorientation, involuntary movements or convulsions, stop using the device immediately and consult your physician.
- Stop using the product immediately if you feel pain or discomfort.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
- Do not operate the device while, sleeping, driving, smoking, or under the influence of drugs or alcohol.
- Do not use this product on sleeping or unconscious people or infants.

- For adult-use only. Keep away from children and pets.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

Frequently asked questions

Q: WHAT IS RED LIGHT THERAPY?

A: Red light therapy (RLT), also called phototherapy, is a therapy that uses low wavelength red light to treat the at the surface and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use the red light to make energy, which stimulates cell regeneration and repair.

Red light therapy is a highly-effective, non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body.

Q: WHAT IS THE DIFFERENCE BETWEEN RED LIGHT AND NEAR INFRARED LIGHT THERAPY?

A: Both red and near-infrared light are wavelengths on the electromagnetic spectrum. Red light wavelengths, 600–700 nm (nanometers), are absorbed by the skin at a high rate. Near-infrared (NIR) wavelengths, 760–1400 nm (nanometers), are higher on the electromagnetic spectrum and not visible to the human eye. The human body easily absorbs near-infrared waves, up to 1.5 inches into muscle, fat, and joints.

Q: WHAT ARE THE BENEFITS OF RED LIGHT AND NEAR-INFRARED (NIR) LIGHT THERAPY?

A: The benefits of red light therapy and near-infrared (NIR) therapy are very similar, though red light therapy treats cells at the surface of the skin and near-infrared therapy treats cells up to 1.5 inches below the surface of the skin (your muscles, fat, joints, organs, etc.).

The benefits of red light and near-infrared (NIR) therapy include:

- Improve skin appearance, including sun damage, scars (including acne scars), burns, cellulite, and fine lines and wrinkles.
- Stimulate collagen and elastin production and cell regeneration, thus improving blood circulation to the skin and the overall appearance of the skin, including reduced cellulite.
- Energize the lymphatic system, aiding in detoxification.
- Lose inches off the waist, hips, or other treated areas.
- Decrease pain, inflammation, and stiffness in joints, muscles, and connective tissues.

- Reduce symptoms of chronic pain disorders such as tendinitis, arthritis, rheumatoid arthritis, and fibromyalgia.
- Boost immune system.
- Reduce symptoms of eczema and psoriasis, such as redness, itching, flaking, and swelling.
- Improve sleep quality.
- Reduce hormonal imbalances.
- Improve mental clarity and focus.
- Reduce cortisol and increase serotonin, reducing stress and depression.
- Promote faster recovery post-workout.

Q: HOW OFTEN CAN I USE IT?

A: We recommend 20 to 30 minute treatment sessions with your device for optimal results. We recommend using the device 3–5 times per week, depending on your wellness goals. Do not use continuously for more than 30 minutes, and wait 2–3 hours between 30-minute sessions.

Q: SHOULD I WEAR CLOTHING OVER THE TREATMENT AREA?

A: For red light therapy to work most effectively, it is best to wear the device directly against your skin. However, you may use the device over clean, light cotton clothing, if desired.



Thankyou for choosing our red light therapy panel. We appreciate your support and hope you'll enjoy this device.