Healable®



# LIGHT REDEFINED

## SLEEP RED LIGHT DEVICE

USER MANUAL

# USER GUIDE

**Thank you for choosing HEALABLE Red Light Device.**

Red Light Device is designed to bring a sense of calm to your personal space, combining carefully balanced dual light modes with deep red LED light (630nm & 660nm). This gentle illumination helps create a relaxing environment as you unwind. A soft, low-glare glow complements the natural transition from day to night, creating a comfortable setting for rest.

To further enhance relaxation, Red Light Device also features nine immersive soundscapes designed to quiet the mind and reduce external distractions. Lightweight and rechargeable, its minimalist, cordless design allows for effortless placement wherever you need it most.

**LIGHT YOUR WAY TO BETTER SLEEP**
SUPPORTS DEEP RELAXATION AND QUALITY SLEEP



Please read this guide carefully before using your

# CONTENTS


GETTING STARTED 4
CHARGING Red Light Device 4
KEY FEATURES 5
PRODUCT OVERVIEW 6
DEVICE FUNCTIONS 6
UNDERSTANDING RED LIGHT 6
INTENDED USE 7
DEVICE CONTROLS 7-9
WHAT TO EXPECT 10
AUTOMATIC TIMER 10
IMPORTANT NOTES 10
SLEEP MODE 11
SAFETY INFORMATION 11
CARE AND MAINTENANCE 11
PACKAGE CONTENTS 12
TECHNICAL SPECIFICATIONS 12
TROUBLESHOOTING 13
WARRANTY 13-14
MANUFACTURER INFORMATION / CONTACT DETAILS 14
REGULATORY COMPLIANCE 14
SAFETY SYMBOLS 14

## GETTING STARTED

### BEFORE FIRST USE

**Follow these simple steps to get started with your Red Light Device.**

1. Charge the device fully before first use.
2. Connect the supplied USB charging cable to the device and plug it into a standard USB power supply (not included).
3. Allow approximately 2 hours for a full charge.
4. The device charging indicator displays a flashing red light while charging and a solid red light when fully charged.
5. For optimal battery performance, fully charge the device before first use.
6. The device does not need to be switched on while charging.
7. To protect battery lifespan, disconnect the device from the power supply once charging is complete.

## CHARGING RED LIGHT DEVICE

**Before using Red Light Device for the first time, ensure the device is fully charged.**

1. Connect the supplied USB charging cable to the device.
2. Plug the cable into a suitable USB power source.
3. If the device flashes when switched on, this indicates that the battery requires charging.
4. A full charge takes approximately 2 hours.
5. Once charging is complete, Red Light Device is ready for use.

## KEY FEATURES

**DUAL LIGHT MODES**
Two carefully balanced lighting modes let you choose the level of illumination that best suits your environment and personal comfort

**RED LED LIGHT (630NM & 660NM)**
A specially designed red LED light creates a calm, restful atmosphere, gently inviting moments of stillness as you unwind into the evening.

**AMBIENT NIGHT ILLUMINATION**
A soft, low-glare glow that gently complements your evening surroundings without causing visual disruption.

**IMMERSIVE SOUNDSCAPES**
Nine calming sound frequencies help quiet the mind and reduce external distractions, supporting relaxation

**PORTABLE, RECHARGEABLE DESIGN**
Lightweight and cordless for effortless placement anywhere in your home.

**SOFT LIGHT OUTPUT**
Gentle illumination designed to minimise visual disturbance at night and create a calming night-time environment.

**MINIMALIST DESIGN**
A compact, smooth form that sits naturally within modern interiors

**AUTO-SLEEP TIMER**
Automatically turns off after use, allowing you to drift into sleep without interruption.

**Instead of forcing sleep, Red Light Device helps your body return to it.**

## PRODUCT OVERVIEW

Red Light Device is designed to bring calm simplicity to the night-time environment.
Its gentle, red-toned light creates a relaxing atmosphere without the harsh brightness of conventional lighting. The compact design allows the device to sit comfortably on a bedside table, desk, or shelf, providing subtle illumination whenever required.
Simple controls allow you to adjust lighting and optional sound features with ease.

## DEVICE FUNCTIONS

- Red light illumination with adjustable brightness levels
- Integrated white noise playback
- Automatic shut-off timer
- Preset Timer: 45 minutes
- Manual brightness and timer control modes

## UNDERSTANDING RED LIGHT

Light plays an important role in the body's natural day–night rhythm. Different types of light can influence how comfortable and relaxing an environment feels, particularly during the evening.

Bright, cool-toned light sources are commonly used during the daytime because they create a stimulating and energising atmosphere. In contrast, softer, warmer-toned lighting is often preferred in the evening to create a calm, comfortable setting.
Red-toned light is generally considered less visually stimulating than many brighter light sources. For this reason, softer red

illumination is often used in night-time environments where gentle, low-glare lighting is preferred.

Red Light Device is designed to provide a soft, red-toned glow that helps create a calm, balanced atmosphere in the evening. Its gentle illumination offers subtle ambient light while maintaining a comfortable environment for relaxation.

## INTENDED USE

Red Light Device is designed to provide soft ambient lighting for indoor environments, particularly during evening or night-time use. The device is intended for use in bedrooms, living spaces, or other indoor environments where gentle illumination is preferred.
This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any medical condition.
The device is intended for household use only.

## DEVICE CONTROLS

**Red Light Device features intuitive touch-style controls.**

**LIGHT PANEL:** Emits a soft red glow designed for comfortable night-time illumination.

**POWER BUTTON:** Press and hold to switch the device on or off. Briefly press to adjust brightness.

**MUSIC BUTTON:** Activates the integrated relaxing sound mode and controls music playback

**VOLUME + BUTTON:** Increases sound volume.

**VOLUME – BUTTON:** Decreases sound volume.

**USING RED LIGHT DEVICE:** For the best experience, follow the steps below when using the device.

## PREPARE YOUR ENVIRONMENT

### SWITCH OFF OTHER LIGHT SOURCES

Turn off surrounding light sources such as lamps, night lights, screens, televisions, and other electronic devices. This helps create a calm, low-light environment.

### POSITION THE DEVICE

Place Red Light Device on a bedside table, desk, or shelf. Position the device so the light softly illuminates the room, ideally facing upward towards the ceiling rather than directly towards the eyes.

## LIGHTING CONTROLS

### POWER ON

Press and hold the Power Button to switch the device on.

### ADJUST THE LIGHT BRIGHTNESS

Press the Power Button briefly to adjust the brightness level.

### BRIGHTNESS CYCLES IN THE FOLLOWING SEQUENCE:

High → Medium → Low → Off → High

**Note:** When the device is switched on, the default brightness level is High.

## SOUND CONTROLS (OPTIONAL)

### ACTIVATE SOUND MODE

Press the Music Button to activate the relaxing sound mode.

## MUSIC CONTROLS

| ACTION | FUNCTION |
|---|---|
| LONG PRESS | PLAY OR STOP THE MUSIC |
| SINGLE PRESS | SKIP TO THE NEXT TRACK |
| DOUBLE PRESS | RETURN TO THE PREVIOUS TRACK |

**Note:** The device includes 9 built-in audio tracks.

## ADJUST THE VOLUME

Use the **Volume + Button** or **Volume – Button** to adjust the sound level.
**NOTE:** The default volume level is set to **60%** when music playback begins. The device offers **9 adjustable volume levels**, ranging from **20%** to **100%**. A short audible beep will sound when the minimum or maximum volume level is reached.

## RELAX

Close your eyes, settle into a comfortable position, and allow the device to create a calm, relaxing atmosphere.

## WHAT TO EXPECT

Many users may notice beneficial effects within the first few nights of use. For others, the effects may develop more gradually as the body adjusts. This process can take up to 21 days.
This process is part of a natural biological response, and individual experiences may vary. Please allow time for your body to adapt.

**During this period, you may notice the following improvements:**

- Falling asleep more easily
- Improved overall sleep quality
- Reduced stress levels
- Increased energy upon waking
- Improved mood throughout the day

## AUTOMATIC TIMER

When the device is powered on, it immediately enters **working mode**, and the timer begins automatically.
After **45 minutes**, the device will **automatically switch off.**
If the device is manually turned off during operation, the timer will reset and begin again the next time the device is switched on.

**IMPORTANT NOTES**

- The default brightness level is High when the device is powered on.
- The device includes 9 built-in audio tracks.
- The default sound level is 60% when music playback begins.
- The device provides 9 volume levels, ranging from 20% to 100%.
- The device includes an automatic 45-minute timer.

## SLEEP MODE

**Red Light Device is designed to quietly support your night-time routine.**
After a period of inactivity, the device will automatically enter sleep mode, reducing power consumption while maintaining a calm and comfortable environment.

## SAFETY INFORMATION

**For safe use, please follow these guidelines:**

- Use the device only as described in this manual.
- Keep the device away from water and moisture.
- Do not expose the device to extreme temperatures.
- Do not attempt to disassemble the product.
- Keep out of reach of young children.

Red Light Device contains a rechargeable lithium battery.
Do not puncture, crush, or expose the device to excessive heat. If the product becomes damaged or overheats, discontinue use immediately.

## CARE AND MAINTENANCE

**To maintain the performance and appearance of your device:**

- Clean the exterior with a soft, dry cloth.
- Do not use abrasive cleaners or chemical solvents.
- Avoid dropping the device or exposing it to strong impacts.
- Store the device in a cool, dry environment when not in use.
- Ensure the charging port remains clean and free from dust.

**DISPOSAL:** This product contains a rechargeable battery and must not be disposed of with household waste. Dispose of electronic products in accordance with local WEEE recycling regulations.

## PACKAGE CONTENTS

Red Light Device Ambient Light Device • USB Charging Cable • User Guide

## TECHNICAL SPECIFICATIONS

| | |
|---|---|
| **Product Name:** | HEALABLE Red Light Device |
| **Model:** | HSD001 |
| **Product Dimensions:** | 86.1 × 86.1 × 54.5 mm |
| **Weight:** | 236 g |
| **Battery Capacity:** | 1500 mAh |
| **Battery Voltage:** | 3.7 V |
| **Input:** | 5V = 2A |
| **Rated Power:** | 1 W |
| **Working Current:** | 439 mA |
| **Charging Time:** | Approximately 2 hours |
| **Operating Time:** | Up to 6.5 hours |
| **Charging Port:** | USB Type-C |
| **LED Light Wavelengths:** | 630 nm, 660 nm |
| **Brightness Settings:** | 3 adjustable levels |
| **Audio Function:** | Integrated white noise player |
| **Volume Levels:** | 9 adjustable levels |

**Timer Functions:**

- Preset Timer: 45 minutes
- Automatic shut-off

## TROUBLESHOOTING

**DEVICE DOES NOT TURN ON**

Battery not charged → Charge the device

**LIGHT DOES NOT ACTIVATE**

Device not powered on → Press the Power Button

**SOUND MODE NOT WORKING**
Music not activated → Press the Music Button

**VOLUME TOO LOW**
Volume setting reduced → Increase using Volume + Button

**DEVICE STOPS OPERATING**
Automatic timer activated → Switch the device on again

If the issue persists, please contact HEALABLE Customer Support.

## WARRANTY

A Lifetime Guarantee covers your Red Light Device device, providing long-term confidence in its quality and craftsmanship.

If your Red Light Device becomes faulty, please return it with your original receipt. Upon inspection, we will repair the device at no additional cost, provided that:

- The device has been used in accordance with this manual
- No unauthorised modifications or repairs have been attempted

**To activate your warranty, please register your product at www.healabletherapy.com**

## EXCLUSIONS

**This guarantee does not cover damage caused by:**

- Normal wear and tear
- Misuse or mishandling
- Failure to follow operating instructions
- Unauthorised repair attempts

- Cosmetic damage not affecting functionality
- Improper storage or environmental exposure

## MANUFACTURER INFORMATION

**Brand:** HEALABLE

**Product:** Red Light Device

**Model:** HSD001

**Manufactured for:** HEALABLE London Ltd, London, UK

### CUSTOMER SUPPORT

**Email:** info@healabletherapy.com

**Website:** www.healabletherapy.com

### REGULATORY COMPLIANCE

This product complies with applicable UK and EU safety and environmental requirements.

**DESIGNED BY HEALABLE MADE IN CHINA**

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