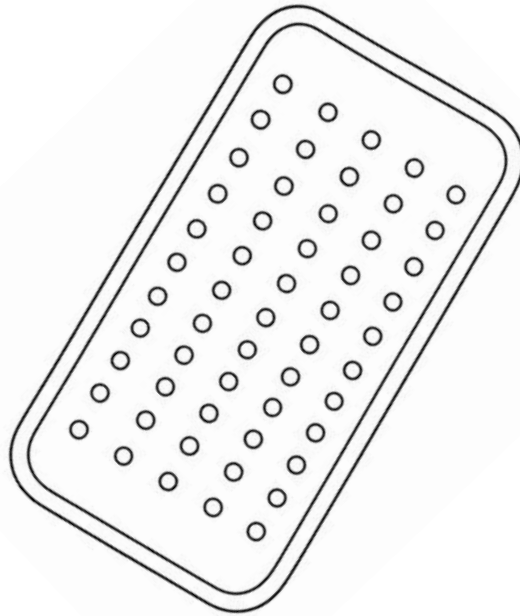


LightMat

Size: S

User Guide



by Weber Medical

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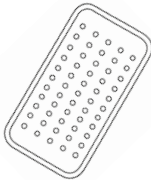
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1. General information

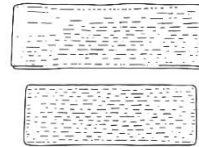
Your LightMat

Attention: Take a moment to carefully read all the important information in these instructions, especially the "Safety" chapter.

Accessories



LightMat S

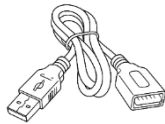


Elastic fixation band (Velcro®)



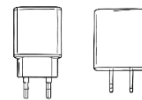
Controller

USB Type-A plug (top)
Jack adapter (bottom)



Power cable

USB Type-A plug (left)
USB-A port (right)



Power adapter plug

Europe: 220 V AC to 5 V 1A or
USA: 110 V AC to 5 V 1A

Intended Use

The LightMat is a wired device that is based on the principles of photobiomodulation. It is designed for daily use of 20 to 30 minutes.

The LightMat has 60 combination LED diodes. Each diode can emit two wavelengths: 660 nm (red) and 810 nm (near-infrared). The diodes emit light with the selected wavelength(s), different intensities, and frequencies, depending on user settings.

The LightMat is intended for private use only and not for industrial/commercial use. According to the Product Safety Act, the LightMat is not a medical device but a wellness product. It is intended to improve general wellbeing and was not designed to diagnose, cure, alleviate, or treat any diseases, symptoms, or other medical conditions.

Please note that in the event of improper use, any liability is excluded.

Contraindications

Use by infants and children under 16 years of age, pregnant women and persons with pre-existing conditions only after consultation with a doctor.

Do not use the LightMat:

- over open or bleeding wounds.
- if you have cancer or if cancerous changes are suspected.

Consult your physician before using the LightMat if you:

- have a condition that may make you sensitive to light or sunlight.
- are using medications or products that increase the skin's sensitivity to light. Such products may include certain medications used for colds, allergies, pain relief, or infections.

2. Safety

Signal words and warning symbols



A WARNING message contains special safety emphasis and must be observed at all times. Failure to observe a WARNING message can result in serious personal injury.



Failure to observe a CAUTION associated with use can result in minor injury.



Please observe the following instructions carefully to avoid property damage.



ADVICE: Please observe the information provided in this user guide. Do not use the LightMat without reading this guide.



Electrical voltage warning.



Do not dispose of the LightMat with household waste.

General



Basic safety precautions must be followed when using electrical equipment. Failure to follow these precautions may result in fire, electric shock, other injuries, damage to the LightMat or other property. Please read the following safety instructions carefully before use.

This information relates to the LightMat, the power cable, the wired controller, and all accessories.

Always keep these operating instructions readily available and store them in a safe place so that you can pass them on to the new owner if you sell the LightMat.

The user is responsible for the safe use of the LightMat. If it does not appear to be functioning properly, please refer to the troubleshooting section. Contact us if the problem persists.

Safety instructions

CAUTION

This hazard warning indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

Skin reactions

Using the LightMat can cause skin irritation or allergic reactions. To help prevent this, always keep the device clean and dry. Please do not wear the LightMat too tight around your body.

If the irritation persists, stop using the LightMat, and contact your doctor if the symptoms continue for more than 3 days.

If you experience pain, numbness, burning or tingling during or after use, stop the session immediately.

Due to properties of infrared light, it is normal for the LightMat to generate heat (approx. 40 °C / 104 °F). If the LightMat becomes uncomfortably hot during use, or if it produces unusual noises or smoke, remove it from your body and unplug it from the power outlet.

Physical discomfort

Consult your doctor and temporarily stop using the device if you experience physical symptoms such as seizures, fainting, eye aches or headaches that you suspect may be caused by using the LightMat.

Product damage

If your LightMat is damaged, do not use it.

To avoid injury, do not attempt to open or disassemble the LightMat yourself.

Handling

Handle your LightMat with care. Do not drop it or expose it to an open flame.

Do not connect the LightMat to other equipment that is not described in this user guide and do not modify it in any way.

WARNING

This WARNING contains valuable safety information, and must be taken seriously at all times. Failure to observe this WARNING message may result in serious personal injury.

Never look directly into the diodes. Visible and invisible light radiation may be harmful to the eyes. Please wear safety goggles when operating the mat.

Operating the LightMat contrary to the instructions described in this guide may result in dangerous light radiation exposure.

Never unplug the power cord by pulling on the cord itself. Always pull from the plug.

Do not use the LightMat at high temperatures or in direct sunlight. Do not operate the LightMat under a blanket or pillow.



Suitable for mains supply voltages 110-240 V AC.

Authorized and non-authorized users

The LightMat may be used by children under 16 years of age and by persons with limited physical, sensory or motor abilities as well as by inexperienced or untrained individuals, provided that they are supervised or instructed by a responsible adult regarding the safe use of the device and are aware of the possible risks. Use by children under 16 years of age is permitted only after consultation with a doctor.

Cleaning and care must not be carried out by children without supervision.

The LightMat must not be used as a toy. If the device is used by children or in their vicinity, supervise them closely. Children cannot always recognize potential hazards correctly.

Keep the LightMat away from newborns, infants, and young children. Packaging materials or loose components may pose a choking hazard.

The power cord poses a strangulation risk. Store it properly when not in use.



ADVICE: This notice indicates possible property damage that may occur if the safety measures are not followed.

ATTENTION! Please observe the following instructions to avoid damage to property:

Do not attempt to open or disassemble the LightMat yourself to repair it. Failure to follow this instruction may result in the loss of guarantee claims or overheating. Always contact customer service if your LightMat requires repair or maintenance.

The LightMat offers no protection from water (IP rating: IP0X). Take care to prevent the LightMat from becoming damp or wet. Do not use it if moisture has penetrated the device.

Do not expose the LightMat to extreme temperatures or direct sunlight. It is designed for ambient temperatures between 0 °C and 30 °C (32 °F and 86 °F). Operating or storing the LightMat outside this temperature range may damage the device. Do not expose the LightMat to sudden changes in air temperature or humidity. The permissible relative humidity is 8 % to 90 %.

The maximum operating altitude is 3,000 m above sea level, without pressure compensation.

Avoid contact with dust or sand.

Never use force when connecting a cable or plug as this may cause damage that is not covered by guarantee. Make sure that you use only the accessories provided and that the ports are free from debris.

To prevent the cables from breaking, roll them up after use instead of folding them.

Disposal



When the LightMat reaches the end of its service life, do not dispose of it in general waste. Instead, take it to an appropriate collection point for waste electrical and electronic equipment (WEEE).

Type label



Graphic 1: Type label

3. Your LightMat

Material

The fabric of the LightMat is made from neoprene and loop velvet.

Other materials used are plastic and PVC.

All materials are nickel-free.

Diodes

The LightMat uses combination LED diodes that can emit both red and infrared light.



Warning: Never look directly into the light and do not shine the light into anyone else's eyes, as this may cause serious eye damage. Please wear safety goggles when operating the mat.

Controller

The LightMat features a controller with a display that allows you to set the duration, intensity, wavelength, and frequency.

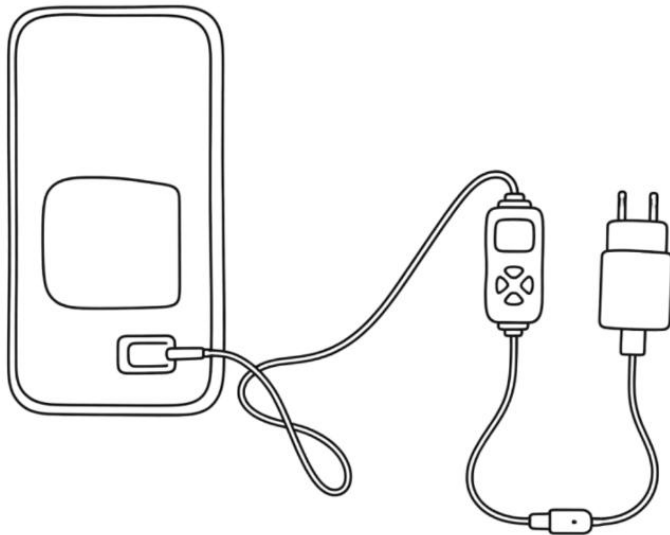
4. Setup

Connect your LightMat

Connect the jack adapter of the controller to the port on the LightMat, then connect the USB Type-A plug of the controller to the USB-A port of the power cable.

Connect the USB Type-A plug of the power cable to the power adapter plug. Plug the adapter into a socket. Alternatively, plug the Type-A end into a power bank (5 V 2A) or the USB port on a computer.

The display will show "OFF".



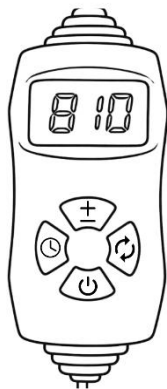
Graphic 2: Installation

Get ready for your session

Place the LightMat onto the desired body area and fix it with the elastic Velcro® band if necessary.

The LightMat should rest comfortably on your body. It must not be too tight so as not to hinder blood circulation (tight, but not constricting). The diodes should have direct skin contact with no clothes between.

Function overview



Frequency and On/Off



Time



Intensity



Wavelength

Graphic 3: Controller buttons

Set the desired frequency

Press the **On/Off button** to select a frequency:

ALL = Continuous mode (light stays on all the time).

10 Hz = The diodes switch on and off 10 times per second.

40 Hz = The diodes switch on and off 40 times per second.

H = The light slowly fades in and out.

Set the desired duration

Press the **Time button** to select the desired duration: **5 | 10 | 15 | 20 | 25 | 30 minutes**.

When you select "**All**" the LightMat will stay on until you turn it off.

Set the desired intensity

Press the Intensity button to set the intensity:

L0 = Power output of 1.6 W

L1 = Power output of 3.2 W

L2 = Power output of 4.8 W

L3 = Power output of 6.4 W

L4 = Power output of 8 W

Select the desired wavelength

Press the **Wavelength button** to select the desired wavelength(s):

660 = Red (660 nm)

810 = Infrared (810 nm)

ALL = Both wavelengths simultaneously

Once you have made your settings the display will show the remaining time until the diodes switch off.

Turn off

You can end the session at any time by pressing the **On/Off button** until the display shows OFF. Unplug the power cord from the mains outlet by pulling on the plug. Disconnect all cables and store the device and its accessories properly.

5. Recommendations for use

Use your LightMat whenever you want to support your wellbeing in everyday life. We recommend 1-2 sessions per day with 20-30 minutes per session.

At the beginning, start with a low intensity (L0 or L1) and/or a shorter duration (10 minutes) and observe how your body responds. You can then gradually increase the intensity and duration from session to session depending on how you feel.

6. Storage and cleaning

Store your LightMat properly when not in use to protect it from dust and dirt. Do not fold the LightMat when not in use as this may cause product damage that is not covered by guarantee.



Graphic 4: Proper storage

Perspiration may develop during the session. We recommend cleaning the transparent PTU film after use. Use an abrasion-resistant, lint-free cloth for cleaning. You can moisten the cloth with water or cleaning alcohol (e.g. 70 % isopropanol). Spray the cleaning solution onto the cloth first, never directly onto the LightMat. Make sure that the cloth is damp, not wet.

Damage caused by the ingress of liquids or solvents is not covered by the manufacturer's guarantee. Use of other cleaning products may damage your LightMat.

The LightMat should only be cleaned when it is switched off.



CAUTION: Do not use cleaning products that contain ammonium chloride. These chemicals may cause cracks in the material.

7. Product lifespan

The LightMat is designed to provide a long service life under normal use.

The expected safe service life for the device is 50,000 operating hours.

The device contains parts that are subject to natural wear and tear (e.g., the fabric). The service life of these parts depends either on the frequency of use or may be limited in time. If necessary, these parts may be replaced by our service team.

8. Troubleshooting

Problem	Possible cause	Solution
The LightMat ... does not turn on.	The diodes are operating in infrared mode (810 nm). The LightMat is on, but the infrared light is not visible to the human eye.	No action is required.
	The cables are not properly connected.	Follow the connection instructions on page 8 and try again.
	One of the cables is defective.	Contact customer service to have it replaced.
gets very hot. (a slight warming is normal)	Device is overheated.	Unplug the LightMat from the power supply. Turn it off and only turn it on again once it has cooled down completely.
does not respond to button presses.	Controller is defective.	Unplug the LightMat from the power supply and disconnect all cables. Then reconnect all cables and plug the power cord into the mains outlet. Try again.

If troubleshooting does not resolve the problem, please contact customer service.

9. Warranty and guarantee

Warranty

We provide a 24-month warranty. The warranty covers manufacturing defects in your LightMat that were already present at the time of purchase. The warranty period begins on the date of purchase.

Guarantee

What is covered by the guarantee?

The guarantee period for material and manufacturing defects under normal use is one year and begins from the date of purchase. The guarantee applies to both the LightMat and its accessories.

Repairs or replacements do not restart the guarantee period.

What is not covered?

The guarantee does not cover the repair or replacement of a product if the defect is caused by:

- accidental damage resulting from improper care or misuse, as well as negligent use or operation that does not comply with this user guide.
- use of the product beyond "normal use", defined as more than one hour per day.
- use of parts that have not been assembled or installed in accordance with the manufacturer's instructions.
- use of parts or accessories from other manufacturers.
- repairs or modifications that have not been made by the manufacturer or its authorized service partners.
- incorrect setup.
- normal wear and tear.

Please contact our service team if you are unsure whether a particular case is covered by the guarantee

Replacement or repair of defective devices during the guarantee period

During the guarantee period defective devices or device components may be sent to one of our service addresses. The manufacturer reserves the right to decide whether the LightMat will be repaired or replaced.

Before returning a device, please contact us and have your purchase receipt or delivery note ready. Please keep your invoice and delivery note in a safe place as proof of purchase. Without proof of purchase, you may be charged for the costs of the services provided.

We will then inform you about the next steps.

Replacement or repair of defective devices after the guarantee period

Even after the guarantee period has expired, you can send the defective device to us for repair. Please contact us first before sending in the device.

Repairs or replacements carried out after the guarantee period has expired are subject to a charge.

10. Manufacturer and service contact details

Manufacturer address:

Weber Medical GmbH

Sohnreistr. 4

37697 Lauenförde

Germany

Website: www.webermedical.com

Service address for USA:

Vitality Systems, USA

Attn: Repairs

1926 Bonus Drive

San Diego CA 92110

USA

Email: support@vitalitysystems.com

General service address for all other countries:

Weber Medical Systems GmbH

Sohnreistr. 4

37697 Lauenförde

Germany

Tel.: +49 5273 389 4506

Email: info@wmedicalsyste.ms.com

Website: www.wmedicalsyste.ms.com

If you require assistance with the setup, use, or maintenance of your LightMat, or if you wish to report unexpected operation or incidents, please contact the **general service address**.

11. Product specifications

Diode color	Diode type	Quantity	Wavelengths
Red/Infrared	LED	60	660/810 nm

Max. total output power	8 W
Max. power density	100 mW/cm ²
Frequency	Continuous, 10 Hz, 40 Hz, fading in/out
Timer	5 10 15 20 25 30 minutes, or continuous
Input voltage	110 V AC
Output voltage	5 V DC
Output current	0.55-0.58 A
Permissible environment temperature	0 °C to 30 °C (32 °F to 86 °F)
Permissible relative humidity	8 % to 90 %
Dimensions	255 x 133 x 5 mm
Weight	0.36 kg

