

BEACON40®

Quick Setup Guide

WHAT'S IN THE BOX?

BEACON40® Personal:

- 1 base lamp
- 1 power cord



BEACON40® Surround:

- 1 base lamp
- 1 satellite lamp
- 2 power cords



SETUP IS SIMPLE:



Plug in the lamp(s).



Press the power button.



For BEACON40® Surround: click the pairing button on the back of the base lamp to sync lamps.



Adjust settings:

- **Brightness:** Adjust to your comfort.
- **Color:** Choose yellow, white, or blue.
- **Timer:** Set auto-off for 1, 2, or 3 hours.

POSITIONING:

Place about 3–15 feet away in your **peripheral vision**.

DURATION:

Use for at least **1 hour daily**.

SMART CONNECT:

Download the optional Tuya Smart app to access smart features. With the app, you can program the light to turn on at the same time each day and adjust brightness and color remotely using your phone or Google, Apple, or Amazon devices.

Scan for full setup guide & smart home instructions.



FREQUENTLY ASKED QUESTIONS

IS IT SUPPOSED TO FLICKER?

Yes! The 40Hz flicker stimulates your brain's gamma rhythms, improving memory, focus, and sleep.

HOW SHOULD I USE MY BEACON40®?

Place it in your peripheral vision. Use for at least one hour daily while working, reading, exercising, or relaxing.

CAN IT BE LEFT ON FOR MORE THAN AN HOUR?

Yes! It's safe to use for extended periods, but additional time will not necessarily increase the benefits.

DO BRIGHTNESS OR COLOR SETTINGS MATTER?

No, brightness and color are for comfort and do not affect the light's benefits.

CAN I USE BEACON40® WITH GLASSES?

Yes, it works with prescription or blue-light glasses.

IS BEACON40® SAFE?

Yes, it is a safe light therapy device that uses LED technology. While similar to household lighting, it delivers a 40Hz flicker that stimulates brain activity. Most users tolerate it well, but those with photosensitivity should use it at their discretion and adjust brightness or placement for comfort.



Need to upgrade?

Scan to add a satellite lamp to double the reach of 40Hz light.

Need help or have questions?

Reach out to us at support@beacon40.com