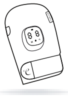
Comfytemp



READ THIS MANUAL COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT

Keep this manual in a safe location for future reference

**Model:** K4020

V1.1

EN

## 1. About This Manual

This manual is applicable to Portable Red Light Wrap.
The manual includes instructions for using and managing the product. Pictures, charts, images and all other information hereinafter are for description and explanation only. The information contained in the manual is subject to change, without notice, due to firmware updates or other reasons. Please find the latest version in the company website.
Thanks for choosing Comfytemp.

## 2. Product Functions

When it comes to discovering the potential benefits of red light therapy, you can actually thank space travel. In October 1995, the second U.S. Microgravity Laboratory mission (STS-73, Columbia) first used red light sources for plant growth experiments in space. During this experiment, astronauts noticed that small scratches on their hands healed faster than expected. This phenomenon caught NASA's attention, leading to extensive research on the applications of red light in treatment. These studies found that exposing the skin to low levels of red or near-infrared light could provide therapeutic benefits. These wavelengths of light can penetrate the skin and be absorbed by cells, leading to:

•**Increasing Cellular Energy:** Red and near-infrared light stimulate the mitochondria within cells to produce more ATP (adenosine triphosphate), thereby raising the energy levels of the cells and making them more active.

•**Improving Blood Circulation:** Red light therapy can enhance local blood circulation and increase blood flow in the treated area. Enhanced blood circulation can deliver more oxygen and nutrients to tissues while accelerating the removal of metabolic waste, aiding in tissue repair and regeneration.

•**Reducing Inflammation:** Red and infrared light can reduce inflammatory responses through various mechanisms. It can lower the levels of pro-inflammatory cytokines and increase the production of anti-inflammatory cytokines, helping to alleviate inflammation and swelling. This is particularly beneficial for treating inflammatory conditions such as arthritis and muscle injuries.

•**Enhancing Collagen Production:** Red and infrared light can stimulate the production of collagen, improving skin elasticity and enhancing skin texture.

Benefits of Red Light Therapy include, but are not limited to:

•**Pain Relief:** Alleviating chronic pain, including arthritis, joint pain, and muscle soreness.

•**Wound Healing:** Accelerating the healing of wounds, cuts, and burns.

To achieve the best results, we recommend:

•**Wearing Method:** Wear the red light therapy pad on the area needing treatment, ensuring the light source is in direct contact with the skin. Note that wearing clothes of different colors or thicknesses may cause some light to be wasted, reducing the effect. Effectiveness order: no obstruction > thin, transparent white clothing > thin, transparent clothing of other colors.

•**Usage Duration:** Each session should last about 20 minutes. Adjust the settings according to personal needs and comfort. Beginners should start with the lowest setting and gradually increase.

•**Frequency:** Use on the same area 1-2 times a day. Continuous use over a period of time is required to achieve the best results. Avoid overuse.

The expected effects may vary with different durations of continuous use:

•**Short-term Effects:** After the initial use, you may feel localized warmth and comfort, which is normal.

•**Mid-term Effects:** After 1-2 weeks of continuous use, you may find that pain and discomfort have lessened, and muscle fatigue recovers more quickly.

•**Long-term Effects:** After 4-6 weeks of continuous use, you may notice improved skin quality, faster wound healing, and significant relief from chronic pain.

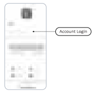
## 3. APP Operating Instructions

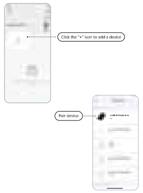
**(1)** Scan the QR code to download the App or APK file . or search for "Comfytemp" in the app store to download it.

ios

android

**(2)** "Create an account" or "Enter as a guest"



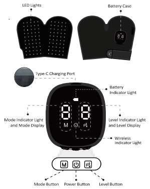


**Note:**
The Wireless function will only activate once the product is powered on. Once the product is turned off, the Wireless function will also shut down, and you will be unable to search for "Comfytemp K4020".

## 4. Specifications

| | |
|---|---|
| Product Name | Portable Red Light Wrap |
| Wireless Name | Comfytemp K4020 |
| Led | 100 Lamp Beads |
| Rated Capacity | 5000mAh |
| Control | APP and Button |
| Power Levels | 1-9 Levels |
| Mode | Red + NIR /NIR/Red /Pulse |
| Time off | Button: 20 minutes<br>APP: 5/10/15/20/25/30 minutes |
| Charge | 5V 2A |
| Package Includes | Portable Red Light Wrap*1<br>Charging Cable *1<br>User Manual *1 |

## 5. Product Diagram



## 6. How To Use The Product

### 6.1 Operation Guide

**(1) Power On:**
Press the power button to turn on the device.

**(2) Choose Settings:**
Select your preferred level and mode by pressing the button, or using the app for easier control of levels, modes, and timer settings.

**Notes:**

**(1) Initial Use:**
Charge the device fully before the first use.

**(2) Low Battery Alert:**
If the battery indicator light flashes red, it means the battery is low. Please recharge it before using it again.

**(3) No Charging During Use:**
The device cannot be used while charging.

**(4) Switching Controls:**
You can alternate between app and button control at any time.

### 6.2 Level and Mode

**Level Selection:**
Choose a level from 1 to 9 based on your personal comfort and needs.

**Mode Selection:** Each mode offers unique therapeutic benefits. Choose the mode that best suits your needs.

**(1) Red + NIR (660nm + 850nm)**
This mode primarily aids in pain relief by reducing inflammation, stimulating cell repair, promoting blood flow, and blocking pain signals.

**(2) NIR (850nm)**
Focused on anti-inflammatory effects, this mode reduces the activity of inflammatory cells and mediators, promotes cell repair, boosts blood flow, helps clear waste, and alleviate inflammation-related pain.

**(3) Red (660nm)**
Designed to enhance cellular energy and vitality, this mode improves cell metabolism, accelerates wound healing, supports new blood vessel formation, aids in collagen synthesis, and reduces inflammation, swelling, and infection risk.

**(4) Pulse Mode (Continuous 660nm Red Light + Pulsed 850nm NIR Light)**
This mode stimulates mitochondrial ATP production, which accelerates recovery and boosts energy levels.

**Tips**

**Before using the product, please conduct a photosensitivity skin test.**

**Step 1:** Place the device on your arm, switch it on, and expose it for 5-15 minutes. If your skin turns red or experiences severe itching, it indicates that you may have photosensitive skin. We recommend that you discontinue use or consult a dermatologist before using it again.

**Step 2:** Before use, clean the relevant areas (without makeup) to prevent interference with skincare effects due to possible photosensitive ingredients in cosmetics.

**Step 3:** Following use, your skin may experience slight redness or itching, which is a normal reaction and should return to normal within 1-2 hours. If there is immediate vascular pain or if such symptoms occur the next day, discontinue use or avoid exposing obvious vascular areas. If you feel burning or any other discomfort during the process, stop using it immediately.

**Note:** Please conduct the test under light exposure or normal lighting conditions to avoid experiencing palpitations or light-headedness. If you feel nauseous or dizzy after exposure, it indicates a special sensitivity to the light, so please discontinue its use.

### 6.3 Indicator Light

| State | | Indicator Light | | Display | | Sound |
|---|---|---|---|---|---|---|
| | | Level | Mode | Level | Mode | |
| Level | 1 | White | White | 1 | / | Short deep |
| | 2 | | | 2 | | |
| | 3 | | | 3 | | |
| | 4 | | | 4 | | |
| | 5 | | | 5 | | |
| | 6 | | | 6 | | |
| | 7 | | | 7 | | |
| | 8 | | | 8 | | |
| | 9 | | | 9 | | |
| Power | Power on | White | White | 1 | 1 | Long deep |
| | Power off | Off | Off | Off | Off | |
| Mode | Red+NIR | White | White | / | 1 | Short deep |
| | NIR | | | | 2 | |
| | Red | | | | 3 | |
| | Pulse | | | | 4 | |

**NOTE:**

**1. "/" Symbol:**
This indicates the device will maintain its current state.

**2. APP Connection:**
When successfully connected, the Wireless indicator light will turn blue.

**3. Low Battery Alert:**
If the battery indicator light flashes red and you hear three beeps, the battery is low. Please charge the device before using it again.

**4. Charging Status:**
During charging, the battery indicator light will flash white. Once fully charged, the light will turn solid white.

## 7. Maintenance

-----Take measures to prevent moisture and pollution.

-----Please place the product in a safe place after use. Do not place heavy objects on the product to prevent damage to the product.

-----Please contact the after-sales service in time when there is a fault, please do not disassemble the product at will.

-----Please store the product in a well-ventilated place to avoid strong sunlight and corrosion by corrosive gases and liquids.

-----Please keep this product out of the reach of children.

### Cleaning Method

**(1)** Surface contamination can be removed with a clean rag.
**(2)** For deeper dirt, dampen a cloth with a mild detergent and wipe gently.
**(3)** Do not allow water to get inside the product.
**(4)** Dry naturally.

Do not place the product in a high humidity place after use. If you do not use it for a long time, after removing the dirt, put it in a storage bag to avoid dust.

## 8. Troubleshooting

**Here are some common questions about this product and its solutions, if you can't find the solutions to your question here, please contact the after-sales service: help@comfytemp.com**

**1. After using for a period of time, the device shuts down.**

**Cause:** This product has a default timer setting; in the absence of selecting a timer via the app, the product will shut down after 20 minutes.

**Solution:** You can restart the device for further use. However, we do not recommend using it multiple times on the same body part. According to scientific evidence, longer usage does not necessarily yield better results; scientific evidence indicates diminishing returns. It's sufficient to use it for 20-30 minutes. Prolonged use increases the likelihood of cellular dehydration.

**2. When using the NIR mode, I found that the lights are not on.**

**Cause:** In the NIR mode, the lights emit 850nm near-infrared light, which is invisible to the naked eyes. Therefore, it's not that the lights are not on; it's just that our eyes cannot perceive this wavelength.

**Solution:** By checking the indicator light in the battery case, we can observe that it is still on, indicating that the device is still active. Additionally, after using this mode for a while, one can feel the heat generated by the device.

**3. During the first use, apart from feeling warmth, it seems there isn't any other feedback.**

**Cause:** The red light therapy works in two ways, through photobiomodulation and thermal effects. Photobiomodulation mainly stimulates mitochondria

within cells, accelerating cellular metabolism, promoting cellular activity, and stimulating the formation of collagen in the skin. This aspect takes some time before noticeable effects occur. On the other hand, the thermal effect is immediately perceptible. The generated heat is felt within the body, unlike heating pads, which primarily affect the skin surface.

**Solution:** Abundant scientific data indicates that using it for 20 minutes per day can yield noticeable results as early as three weeks.

**4. The Pulse mode and the Red+NIR mode seem to have no noticeable difference, and it doesn't feel like a pulsing light.**

**Cause:** "Pulse" refers to light emitted intermittently rather than continuously. Our Pulse mode uses a combination of continuous red light and pulsed infrared light. However, since infrared light is invisible to the naked eyes, the Pulse mode and Red+NIR mode may appear the same to the user.

**Scientific Support:** Research indicates that continuous red light is more effective for treating the surface layers of the skin, while pulsed infrared light has a more significant impact on deeper tissues. This combination optimizes the therapeutic effects on both surface and deep tissues.

## 9. Attention Points

**Absolute Contraindications for Red Light Therapy**

● Red light therapy should not be used on burns that occurred within the last 24-48 hours unless it has been cleared by the doctor providing treatment for the burn, as red light therapy may add heat to the overheated tissues, causing further hermal damage.

● Malignant Cancers, especially carcinomas. Theoretically, red light therapy can speed the growth or spread of cancerous cells by encouraging cell proliferation, it should not be used.

● Hyperthyroidism (Neck and Upper Chest Only). When red light therapy is used over the neck and upper chest, it is likely that light will reach the thyroid. Increased stimulation of the thyroid may cause a worsening of symptoms caused by an already overactive thyroid. Those with hyperthyroidism should not use red light that may reach the thyroid without the permission of their endocrinologist.

● Epilepsy. People with epilepsy may be susceptible to flicker in red light panels and could experience a seizure if the flicker is severe or if they are particularly sensitive.

●Pregnancy (Abdomen Only). Development during pregnancy involves a delicate balance of many complicated biological processes. Anything that could potentially affect this process should be approached with great care. For this reason, red light therapy during pregnancy should generally be avoided if it could reach the developing fetus.

●Eye Disease (Eye Only). While the effect of red light therapy on healthy eyes is still being debated, it should never be used on those who have an eye disease unless they are explicitly given permission to do so by their ophthalmologist. The unknown effects of red light therapy on the eyes, combined with underlying eye disease, may result in damage to eyes.

●Light Sensitivity. There are very rare conditions in which someone may have a sensitivity to light. Conditions like solar urticaria can cause allergic reactions when the skin is exposed to sunlight or intense light within a particular wavelength, regardless of the source. Those who have previously experienced sensitivity to light or have any kind of reaction when using red light therapy should not use this form of treatment until they have been cleared to do so by their doctor.

**Relative Contraindications for Red Light Therapy**

●Fever or Infection. During fever and infection the body temperature is elevated. There is a risk that the increased heat created by red light therapy may contribute to temperature elevation throughout the body. However, this risk is relatively benign, as it is unlikely that the heat created by red light therapy will significantly raise body temperature during a fever.

Someone who has a severely elevated body temperature should discuss the risks and benefits of red light therapy before using it.

●Systemic Lupus Erythematosus (SLE). Systemic lupus Erythematosus (SLE) is an autoimmune condition in which the body's immune system attacks connective tissue through the body. People with SLE may be more susceptible to damage from light, with a skin rash caused by sunlight being common with this condition.

●Severe Bleeding or Blood Loss. Red light therapy should not be used when serious bleeding is occurring unless it has been cleared by a doctor.

**Additional Considerations for Red Light Therapy**

●Tattoos - Tattoos, especially ones that use red ink, may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.

●Dark skin pigmentation - The effect of skin pigmentation on red light therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however his effect is not likely to be large.

●Dark hair - Darker colors of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

●Melasma / Hyperpigmentation - Our own product study showed improvement from red and NIR light on hyperpigmentation, particularly when paired with a high antioxidant serum. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.

## 10. Pay Attention

**1.** Please make sure that the product is in good condition before use. If any damage is found, no matter how big or small, please stop using it immediately.
**2.** Never disassemble, modify or repair the product yourself.
**3.** Do not use this product near water-filled bathtubs, showers, face washes or other highhumidity utensils.
**4.** Do not fold the product when using.

**Precautions (place of use)**

**1.** Do not use it near the stove, or on the inside of the electric heating quilt or on the heating appliances such as electric blankets.
**2.** Do not use in humid environment.
**3.** Do not use this product near water-filled bathtubs, showers, face washes or other high humidity utensils.

## FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

•Reorient or relocate the receiving antenna.
•Increase the separation between the equipment and receiver.
•Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
•Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
**(1)** This device may not cause harmful interference, and.
**(2)** this device must accept any interference received, including interference that may cause undesired operation.

RF Exposure Information
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

## Warranty

24 Hrs Quick Customer Support

30 Days Free Return

365 Days Warranty

If you have questions or concerns, don't hesitate to contact us directly at:

US Customer Services Hotline
**1(833)990-0618**
Monday to Friday, 9 AM to 5 PM EST

**Email: help@comfytemp.com**

www.comfytemp.com

**Product Name:** Portable Red Light Wrap
**Model:** K4020

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