

OWLNEST Sleep Aid Lamp | User Manual



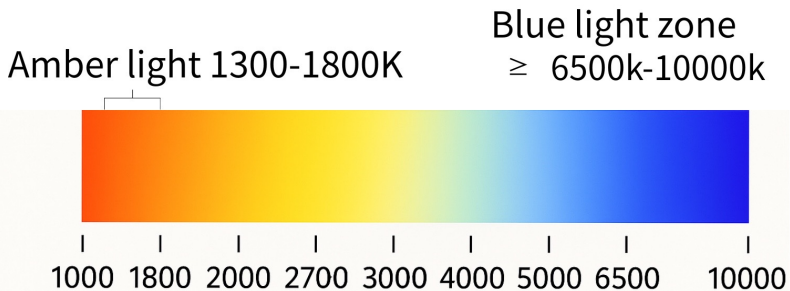
Product Introduction

What is the Sleep Aid Lamp?

- Special amber spectrum (1800–2000 K).
- Reduces blue-light interference to support natural melatonin release.
- Simulates sunset ambience to gently relax body and mind.

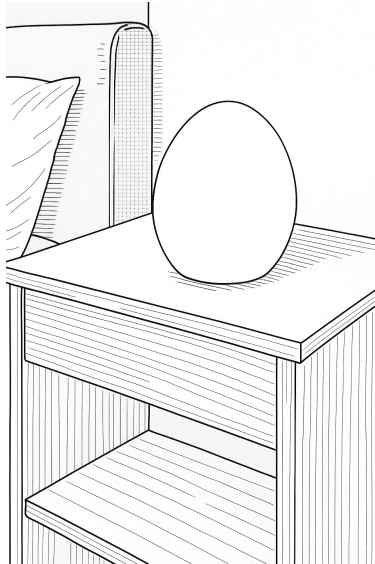
Key point: not just a night-light — it's a science-driven tool to improve sleep.

VISIBLE COLOR TEMPERATURE



How to Use

1. Turn on the lamp 1-2 hours before bedtime.
2. Place it on your nightstand or in the bedroom.
3. Avoid other light sources: phone, computer, tablet, TV.
4. Keep the environment quiet and comfortable.



Best Experience & FAQ

Tips

- Use every night to build a calming light ritual.
- Pair with incense or aroma to enter deep sleep faster.

FAQ

Q: How is this different from a regular night-light?

A: Regular night-lights may emit blue light. This lamp uses a special spectrum that truly supports sleep.

Q: Does it really work?

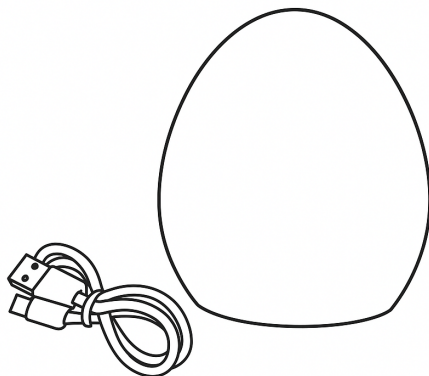
A: It helps you not only sleep longer, but also deeper and more steadily — you'll feel better the next day.

Q: Can children or seniors use it?

A: Yes. The light is soft and non-glare, suitable for all ages.



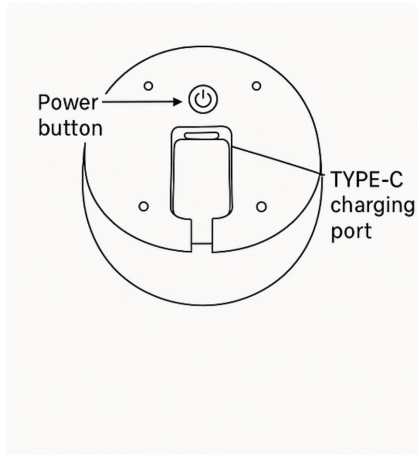
What's in the Box



- Sleep aid lamp ×1
- USB-A to Type-C charging cable ×1



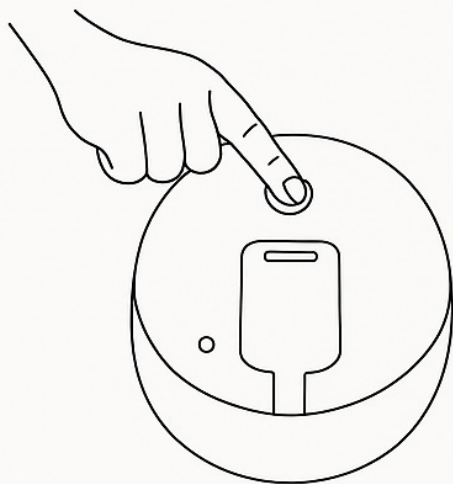
Specifications (SPEC)



- Material: Silicone
- Light color: Amber spectrum (1800-2000 K)
- Power: 0.03-0.1 W
- LEDs: 6 pcs, approx. 3000 h lifetime
- Battery: 1200 mAh rechargeable Li-ion
- Battery lifespan: ~300 charge cycles



Operation



**Press once
ON/OFF**



OWL NEST
— CHILL & SLEEP —

Cautions & Warnings

- This product assists sleep but does not replace medical treatment.
- Avoid strong impacts and prolonged high temperature.
- Do not immerse; keep dry.
- Consult a professional for severe insomnia.
- Do not disassemble or modify to avoid damage or danger.
- Use original accessories for charging to protect the battery.
- Keep out of environments where children can easily disassemble it.
- Stop using immediately if the battery swells or overheats abnormally.



Do not
immerse



Avoid strong
impact



No
disassembly



Use original
accessories



Warranty & Support

- 1-year limited warranty; proof of purchase required.
- Coverage: non-man-made failures (battery, LEDs, circuitry).
- Excludes: self-disassembly, modification, drops, water damage, non-original accessories.



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OWLNEST – Sleep Better Every Night

Blending scientific research with everyday
aesthetics to guard your high-quality sleep.



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