

Red Light Blanket + Shawl Quick Start

A simple setup guide for using the Alpha red light blanket or shawl in a relaxed seated or reclined routine.



Quick Start

- 1 Choose a clean, dry, comfortable place to sit or recline before connecting power.
- 2 Check the adapter, cable, handheld controller, connectors, and protective eyewear if supplied.
- 3 Drape the blanket or shawl gently over the area shown in your product guide.
- 4 Choose the timing, brightness, or mode settings recommended for your model.
- 5 After use, switch off, unplug, let it settle, and store without tight folds.

Care + Safety

- Keep the blanket reasonably flat and avoid bunching, creasing, or sharp bends while switched on.
- Do not pull cables tight or sit on connectors/controllers.
- Do not stare directly into active LEDs.
- Stop if anything feels uncomfortable.

Important

Product images are guidance only. Fabric shade, texture, trim, and finish may vary slightly between production batches.