

Red Light Therapy Mat Quick Start

A quick guide for setting up the Alpha mat with integrated head section and power accessories.



Quick Start

- 1 Place the mat flat on a clean, dry surface with the head section fully supported.
- 2 Check the adapter, controller, cables, connectors, and protective eyewear before switching on.
- 3 Position yourself comfortably on or near the mat as shown in your product guide.
- 4 Select the timing, brightness, or mode settings recommended for your model.
- 5 When finished, switch off, unplug, allow it to settle, then wipe and store as directed.

Care + Safety

- Keep the mat and head section reasonably flat during use.
- Avoid folding, sharp bending, pinching, or placing heavy items on the light panel.
- Do not stare directly into active LEDs.
- Stop if anything feels uncomfortable and seek health advice if you are unsure whether light-based devices suit you.

Important

Use only as directed in the supplied product guide. Red light routines are not a substitute for medical advice.