

Olly Day, Olly Night  
**USER MANUAL**

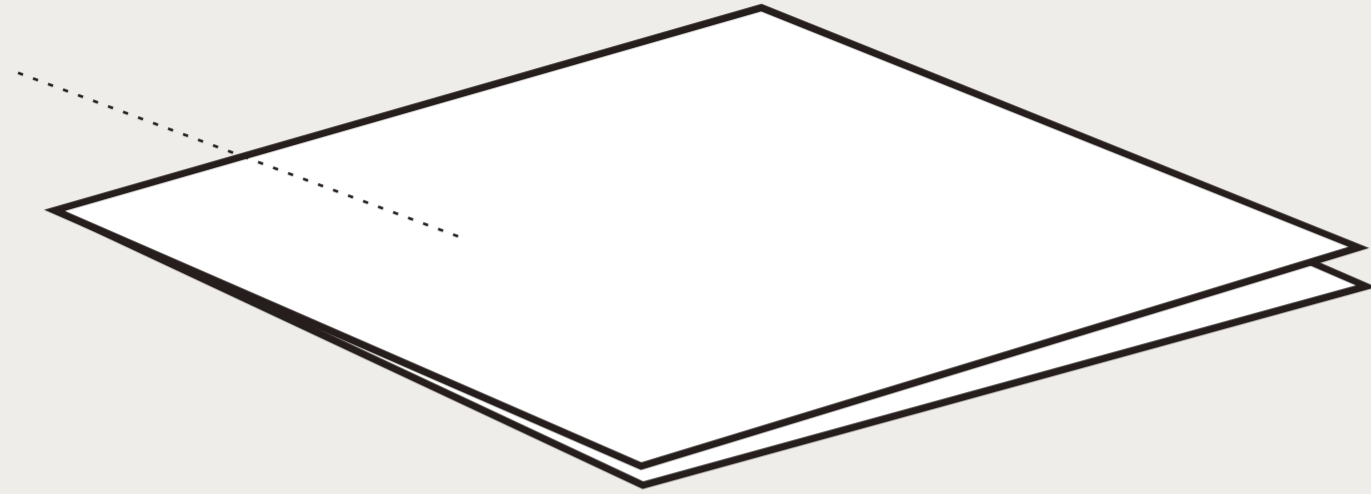
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Daily Sunlight to Sleep Well

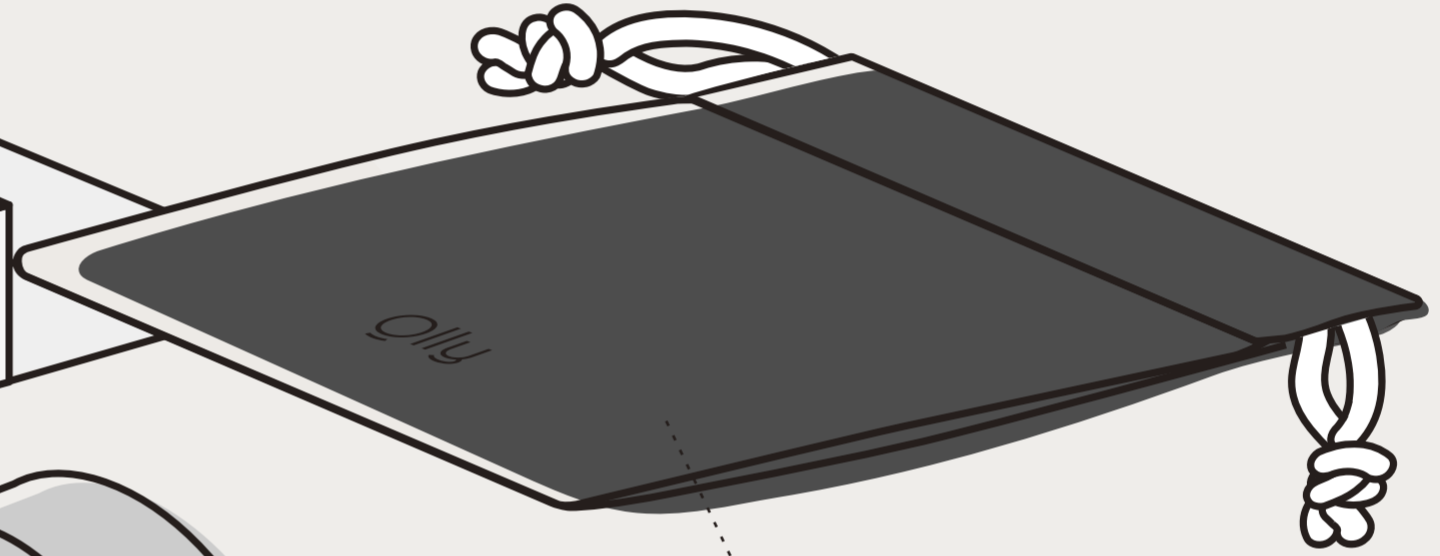
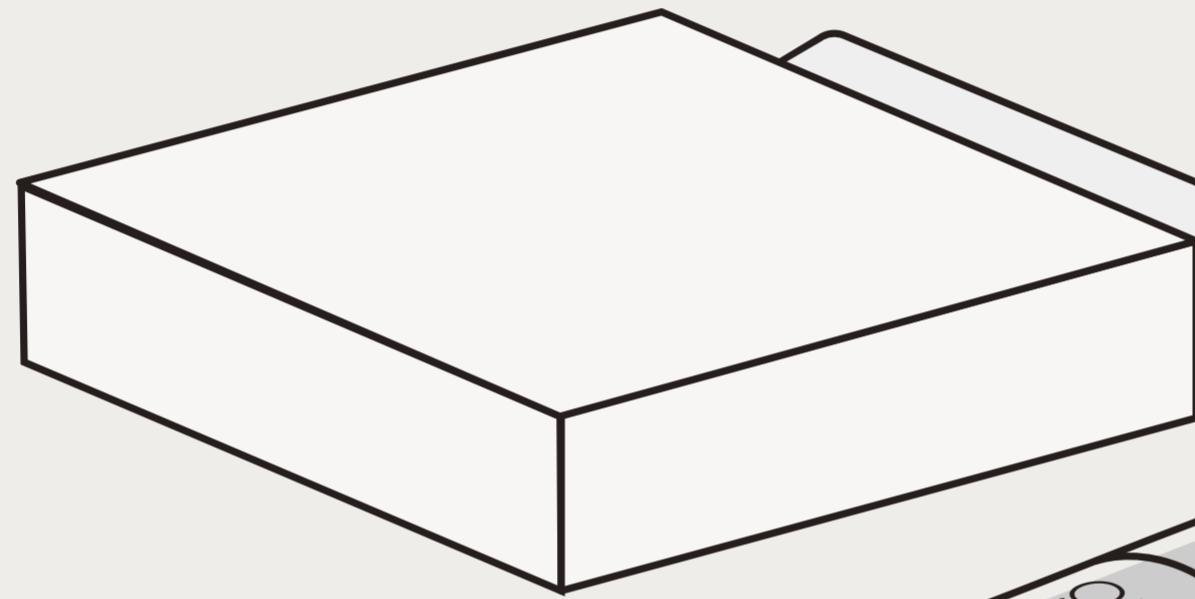
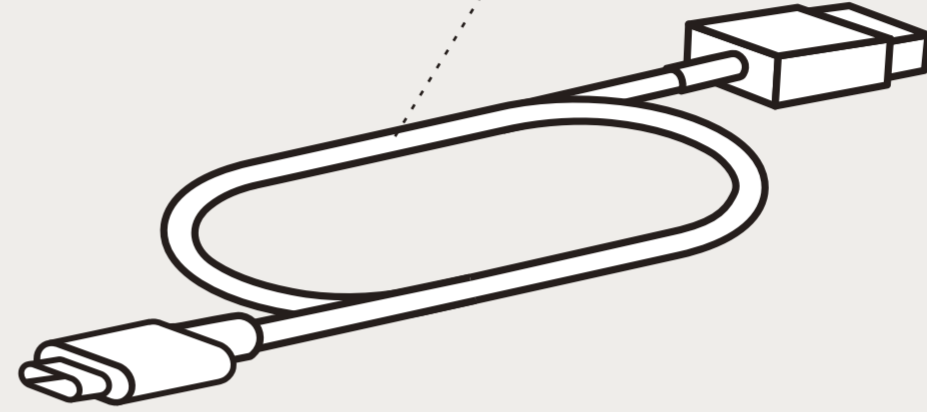
Olly

# Contents of the Package

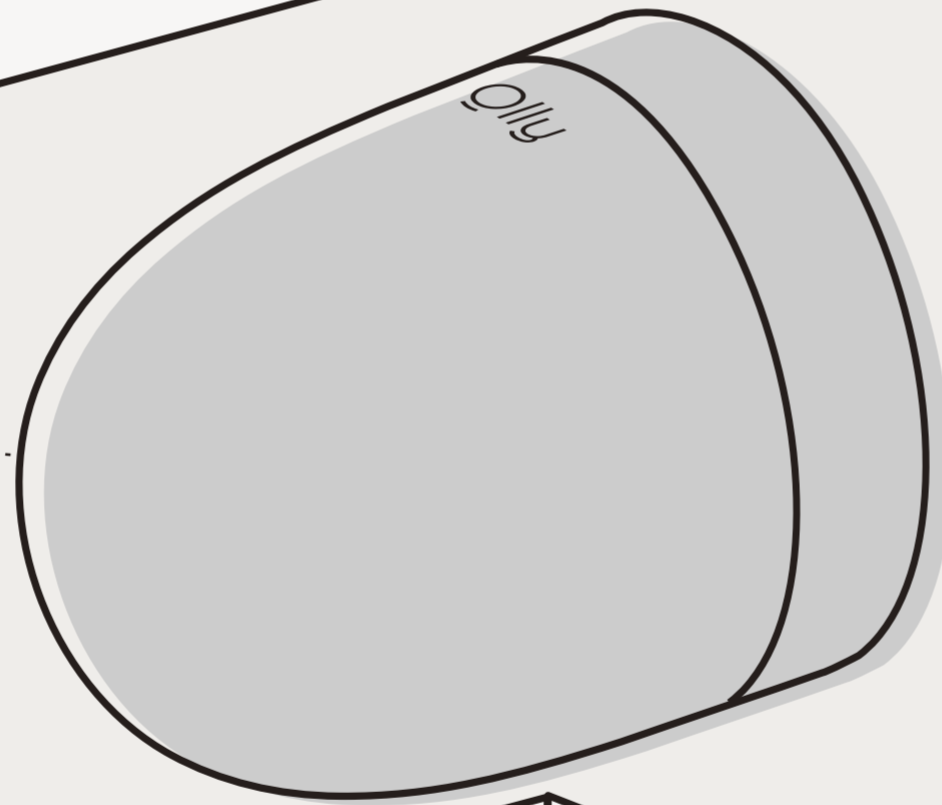
Manual



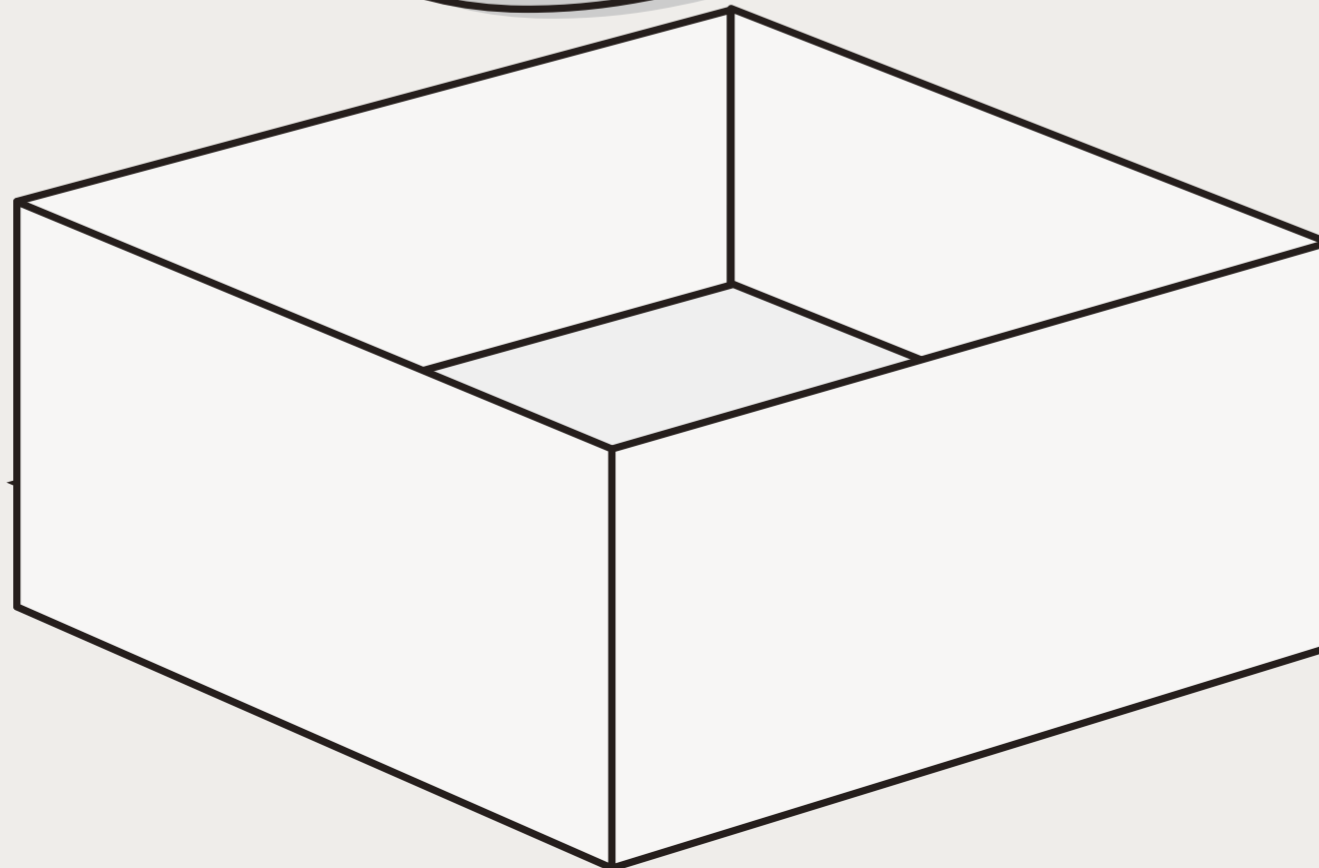
USB Type-c Cable



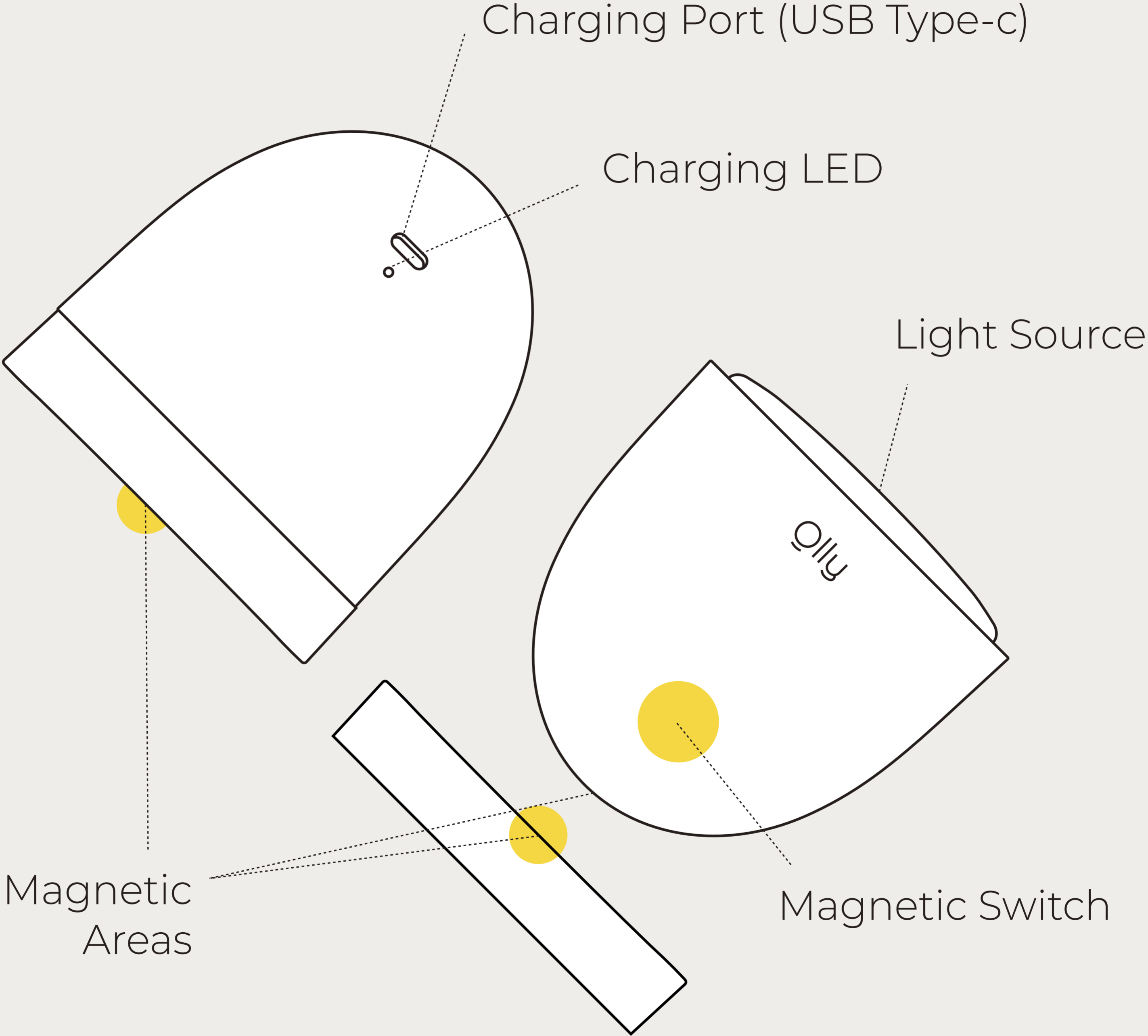
Olly



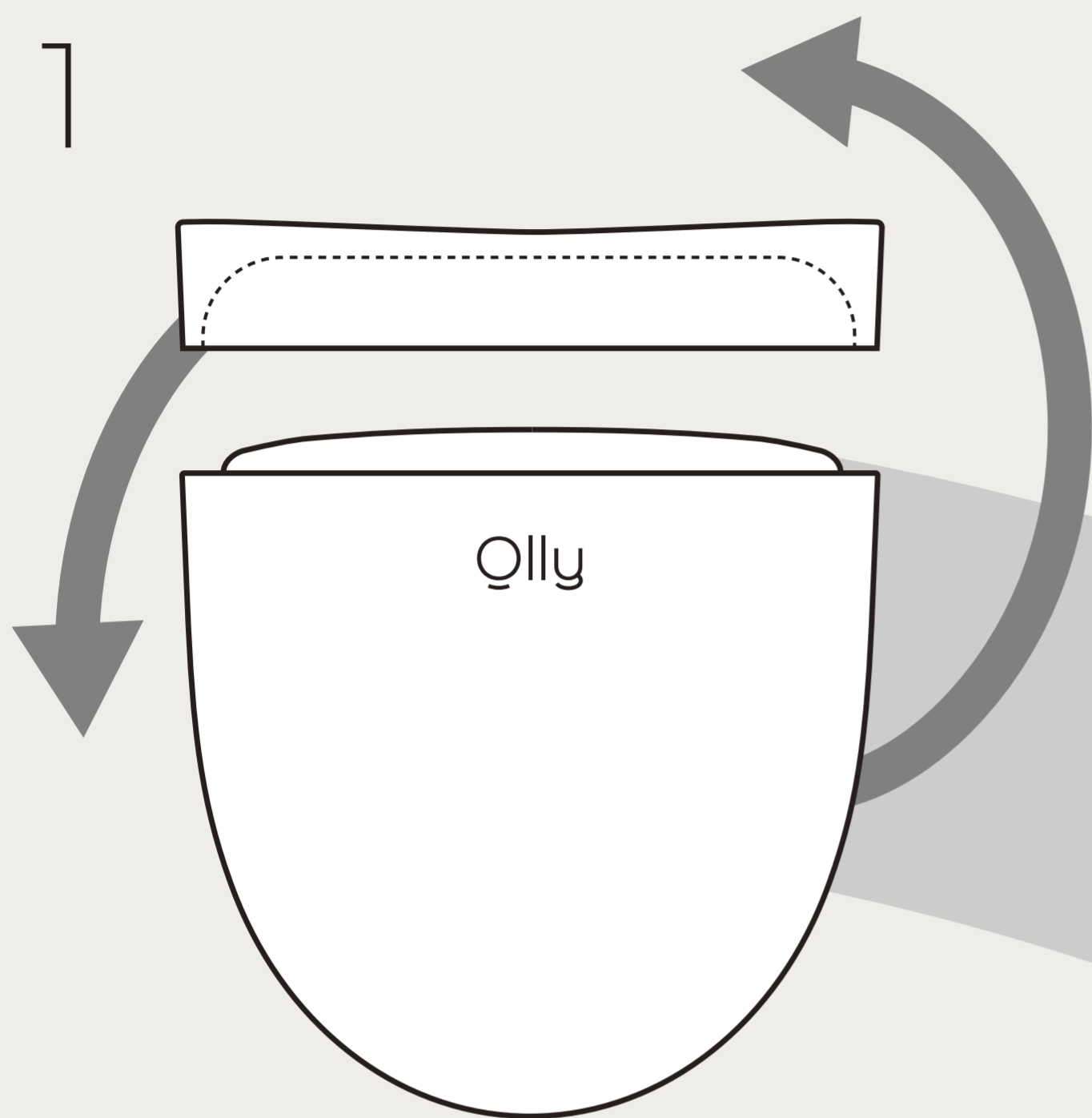
Pouch



# Component Parts

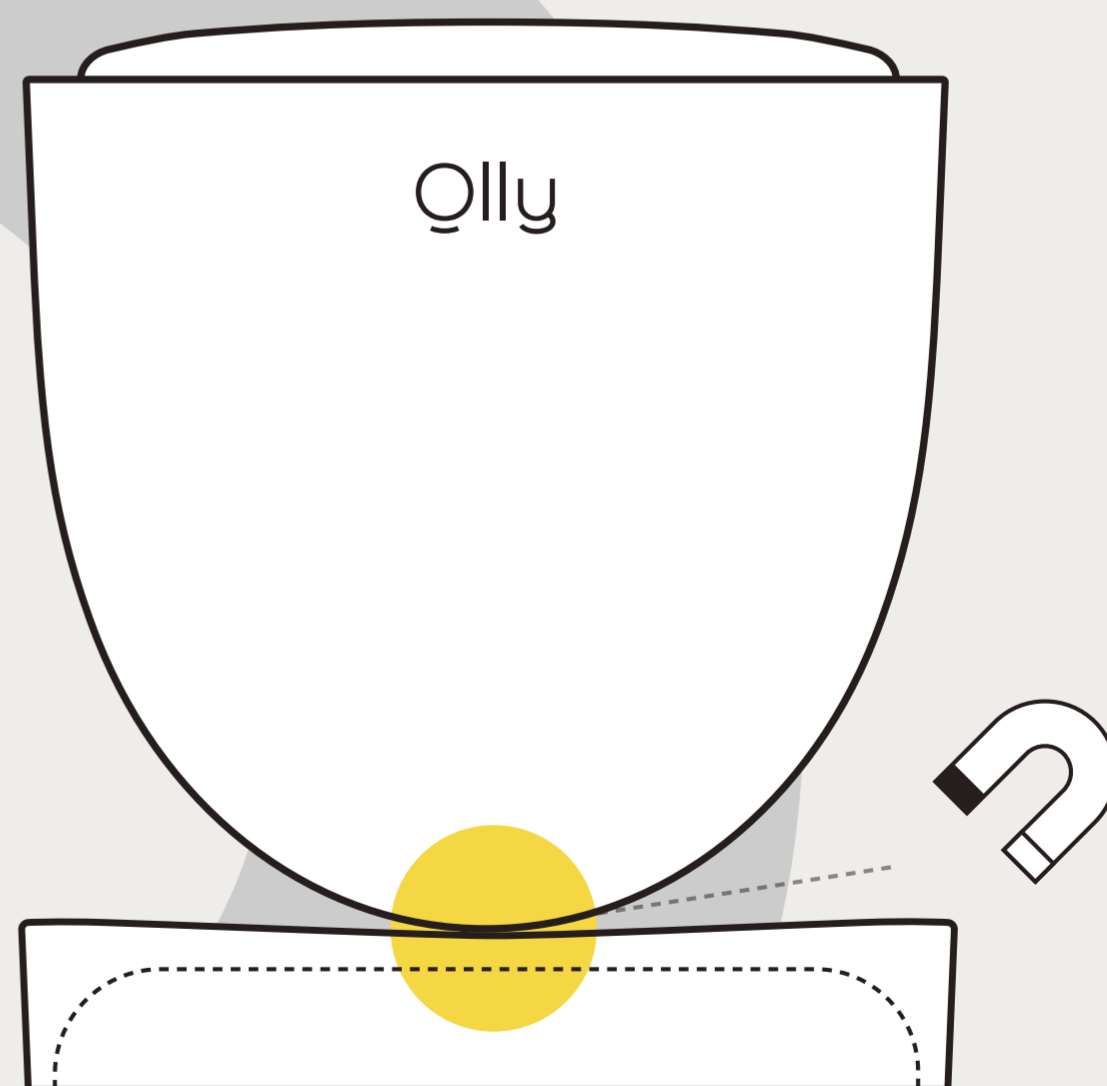


# Getting Started



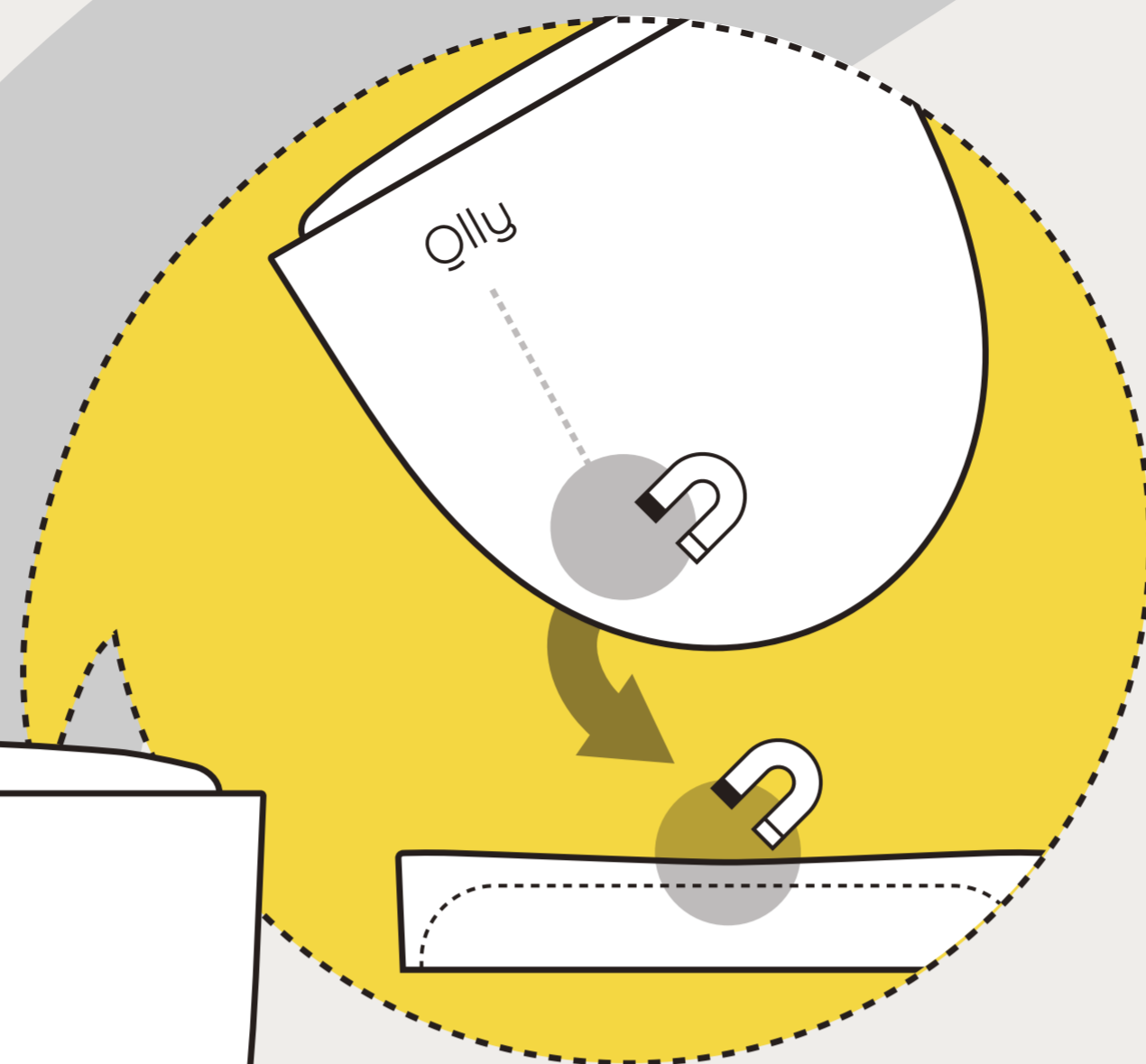
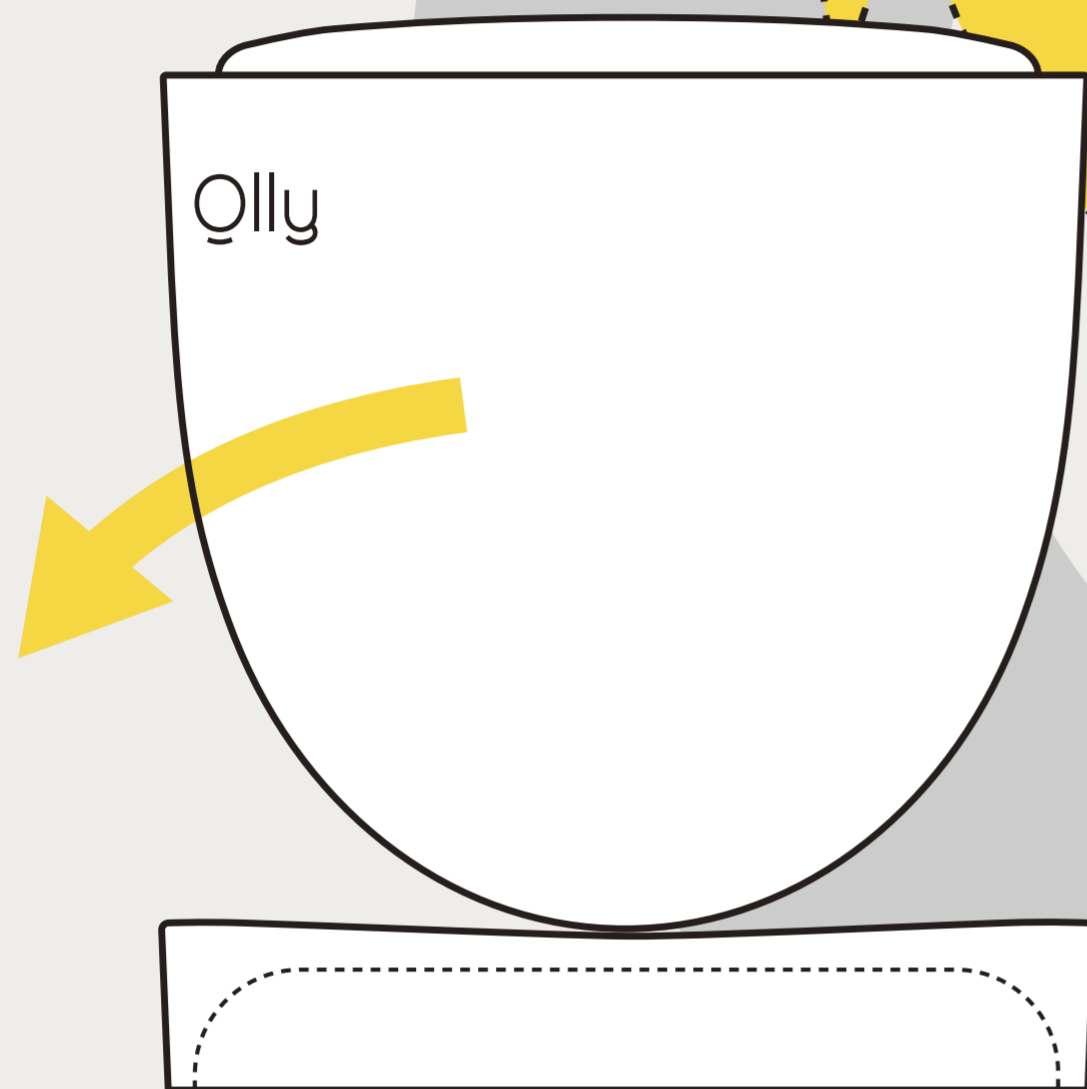
Open the cover and put it on the floor with the top of the cover facing up

2

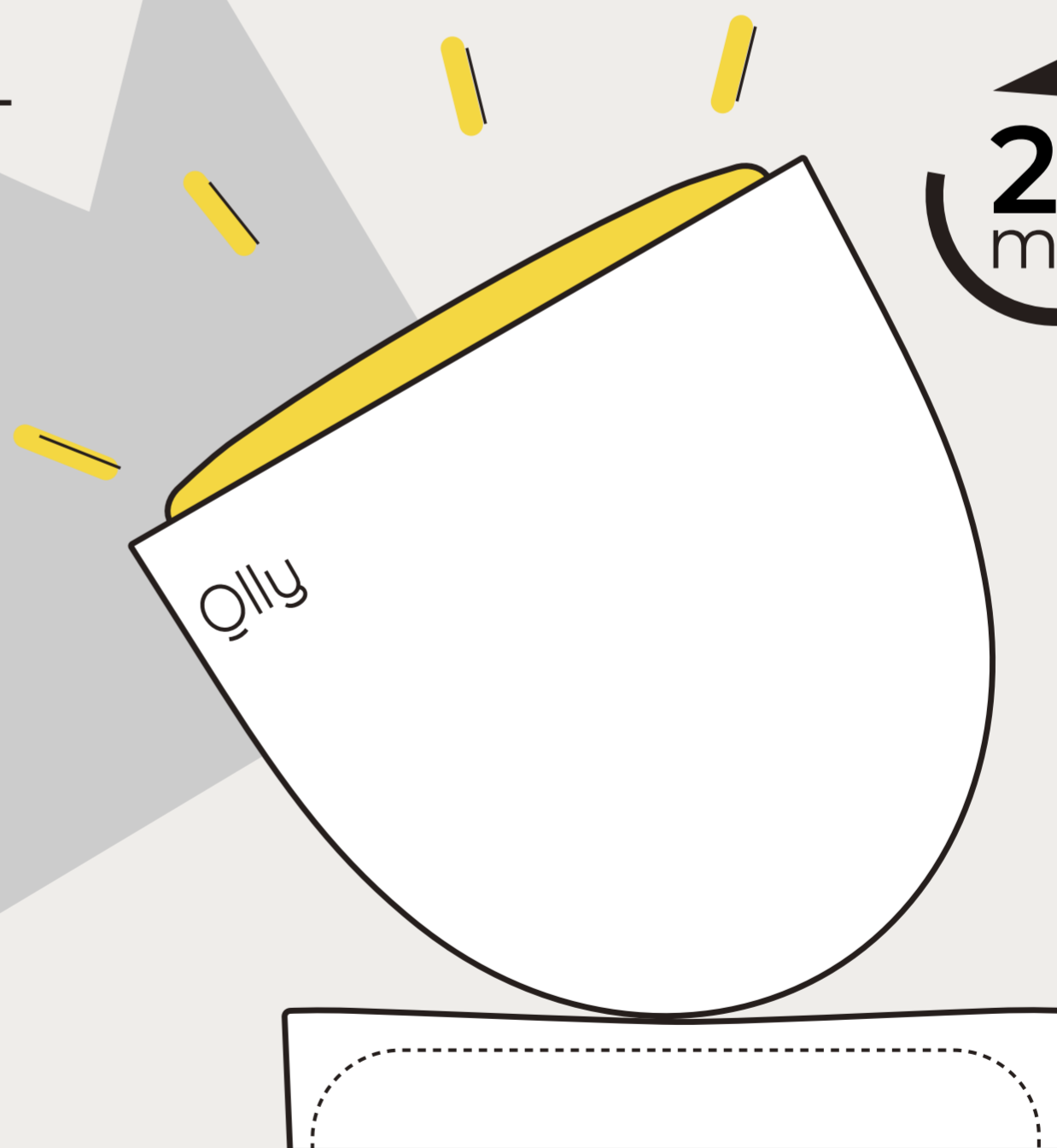


Stand Ollly over on the cover so that magnets of both components stick together.

3



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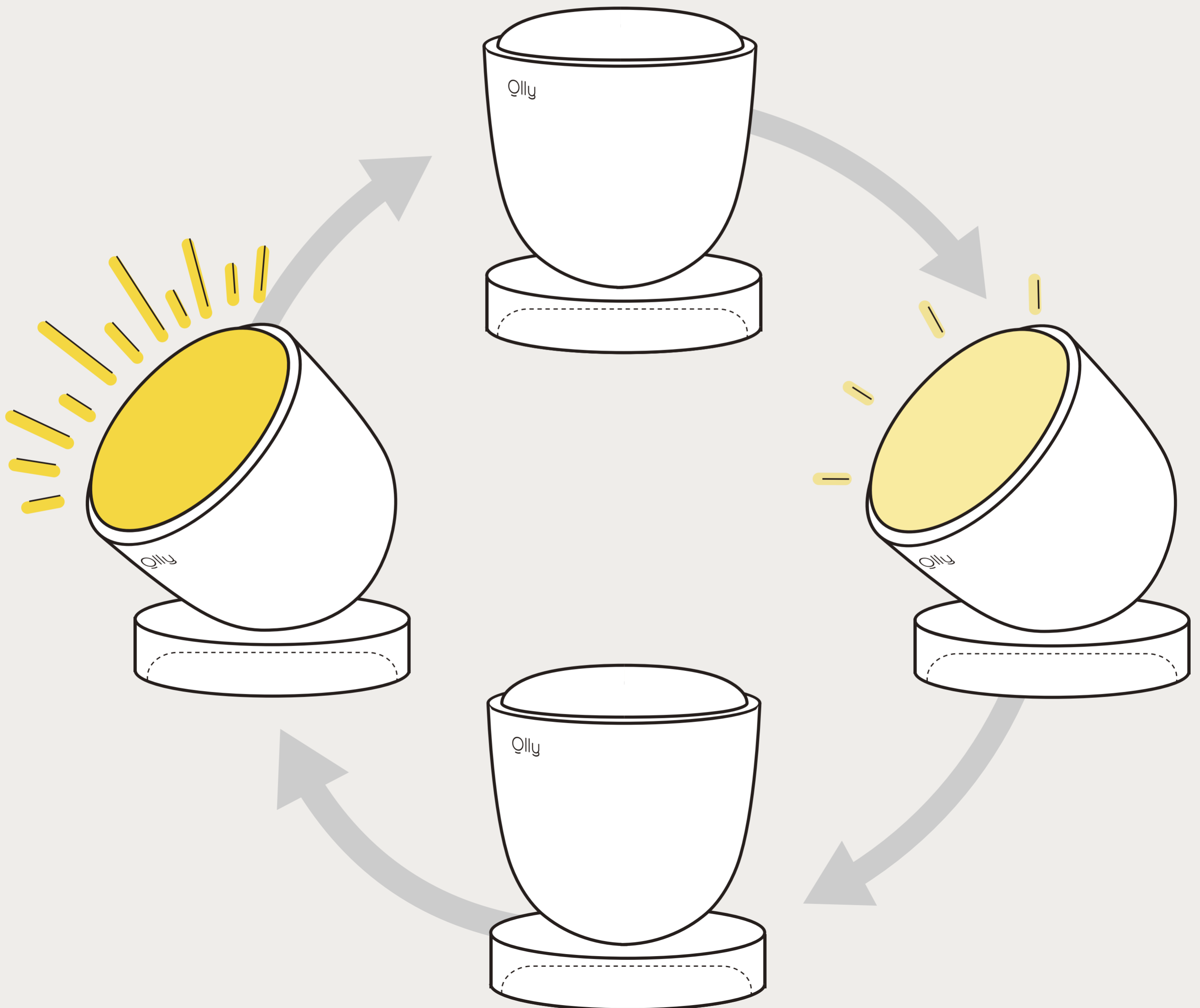


Tilt Oilly to the logo-marked side and it lights up gradually.

It stays lit for 25 minutes before turning off gradually.

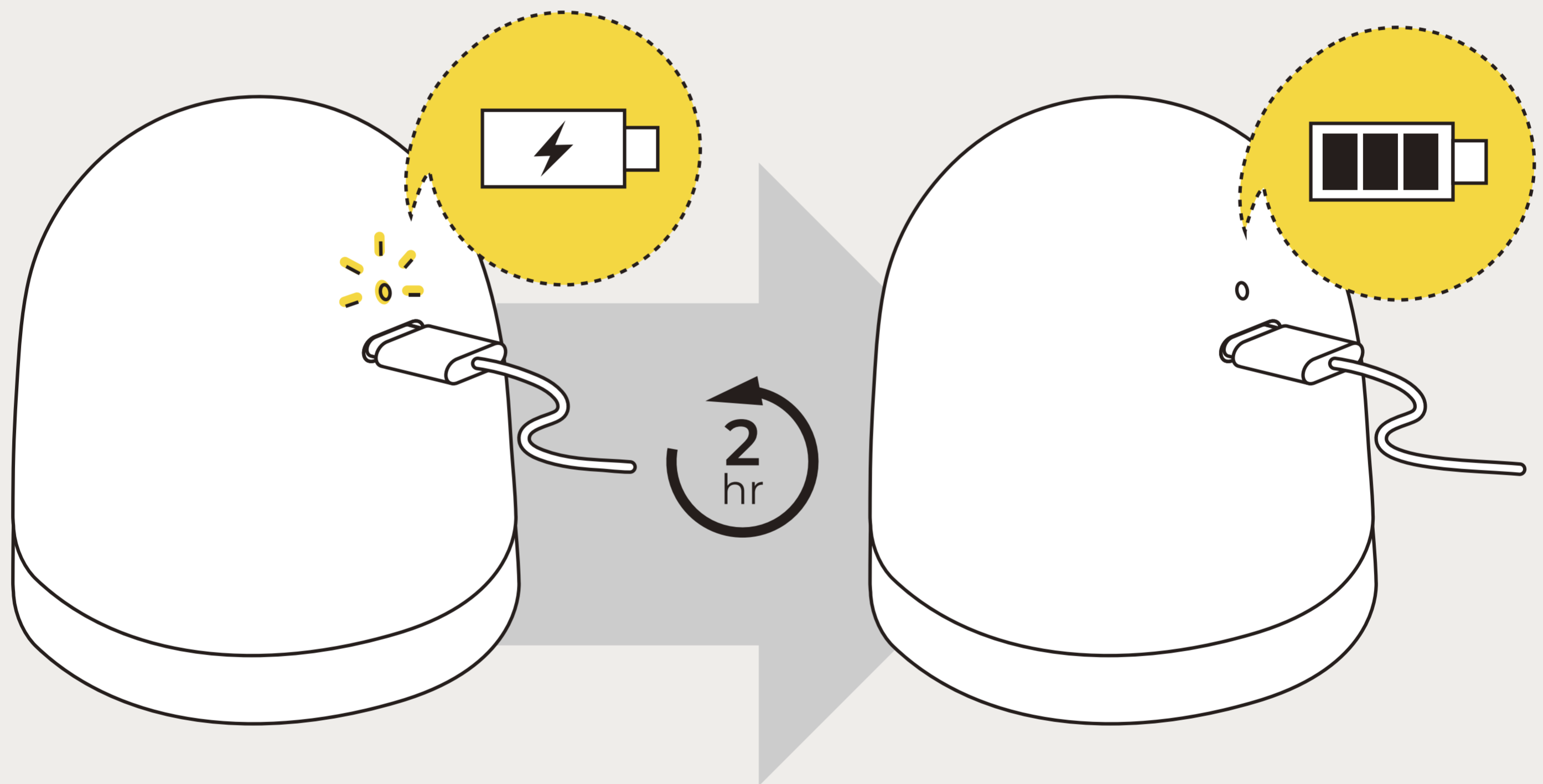
# Mode Switching

Olly supports two levels of brightness. Each time you turn on and off Olly, the brightness switches the mode between the Comfort mode (Level 1) and the Boost mode (Level 2).



# Charging

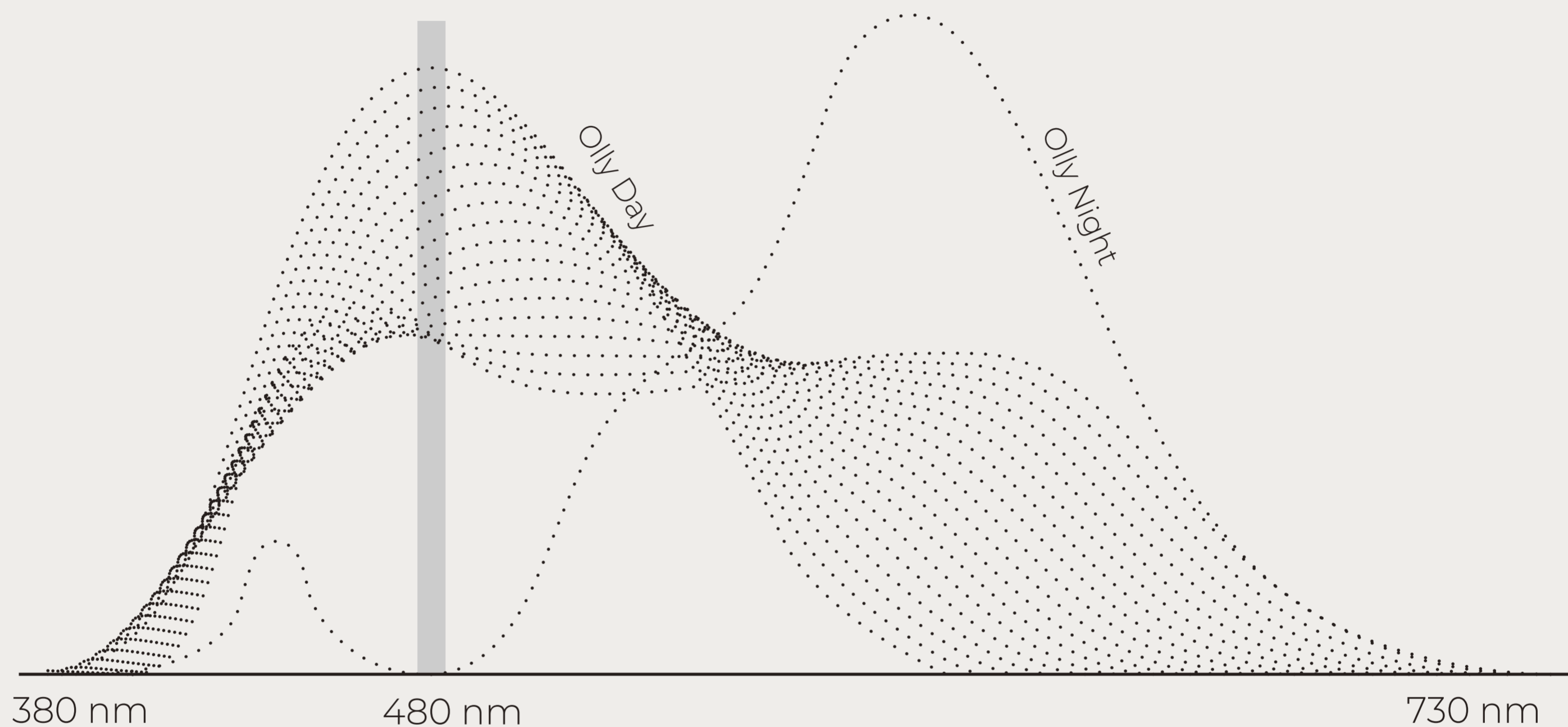
Connect the provided USB Type-c cable to Olly, and then connect the other end to a charging adapter or the USB port. If properly connected, the product will enter charging mode with the white LED lit. It takes 2 hours to fully charge the product. Once fully charged, the LED turns off.



For the first-time use or when the product is not used for an extended period of time, fully charge the product before use. To avoid the discharge from an extended time of disuse, we recommend charging the product at least once every 3 months.

# Why Olly Key Benefits

The sunlight makes visual impacts on the human body. It also has physiological effects that we don't notice. The spectrum of the light has a 480 nm wavelength range which contributes to controlling the secretion volume of melatonin inside the human body



**Olly Day** This wavelength range of light suppresses the secretion of melatonin during the day to help vitalize bio-rhythm. It also induces faster wakefulness than coffee when concentration matters.  
(\*verified by the inhouse inspection)

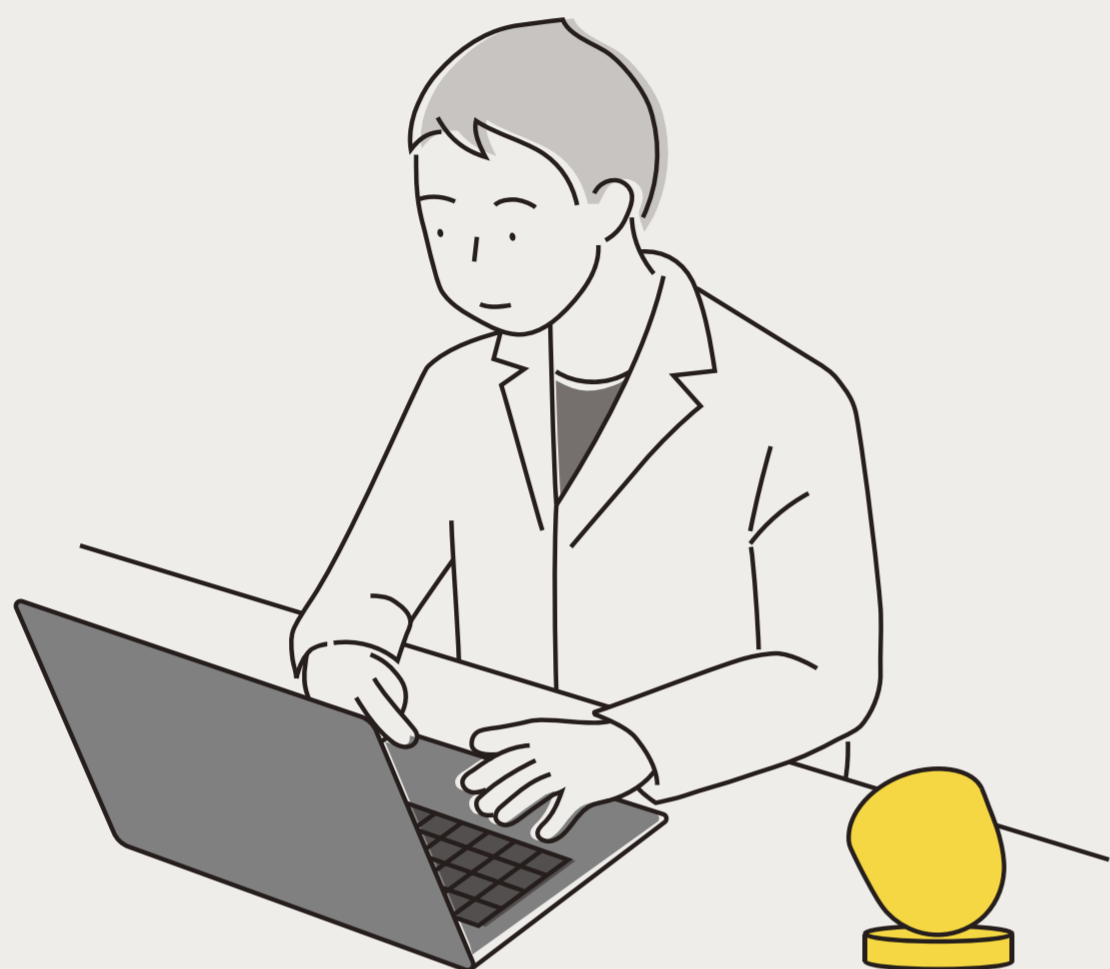
**Olly Night** This wavelength range of light removes the wavelength as much as possible that suppresses the secretion of melatonin at night time, which helps secrete melatonin and stabilize the bio-rhythm to induce deep sleep.



# When Olly **Olly Day**

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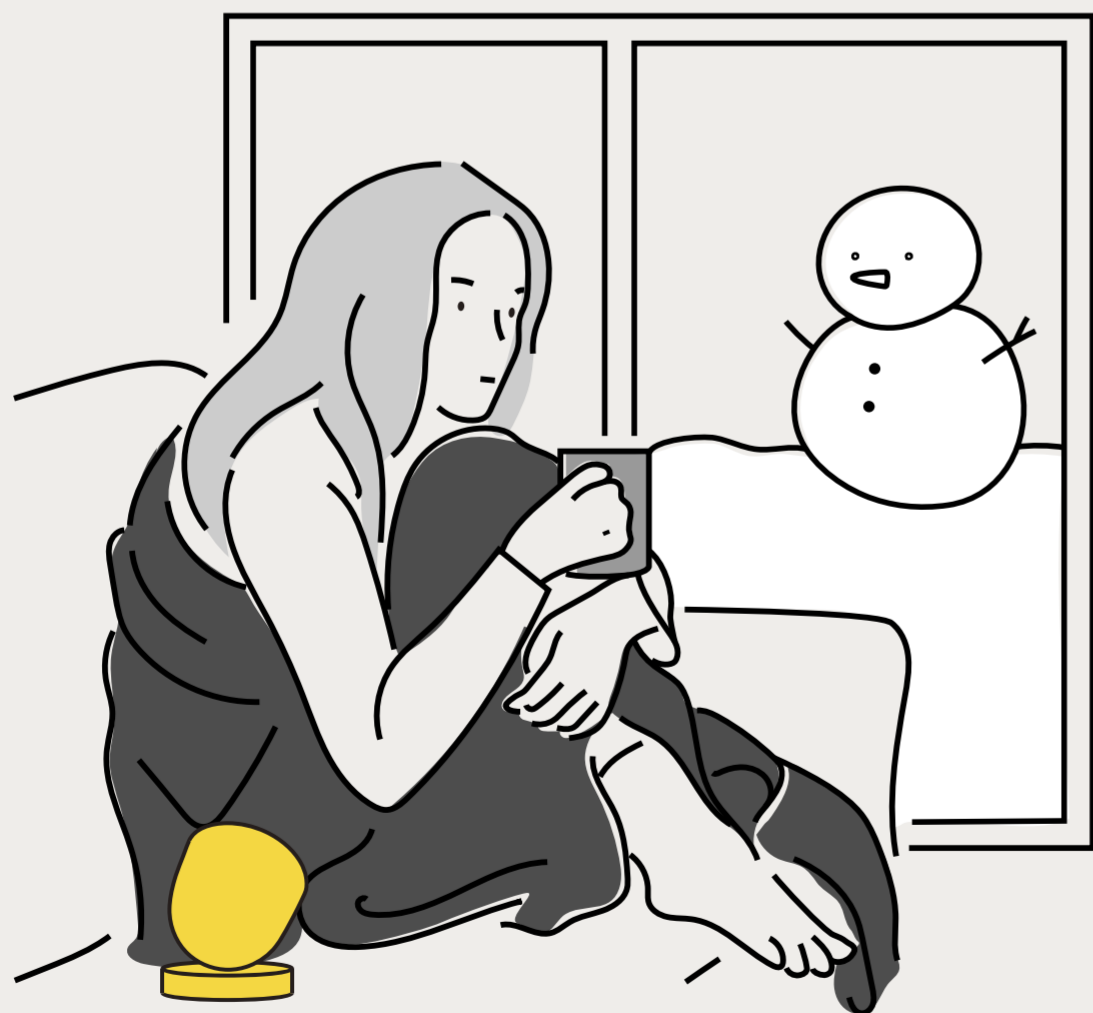
When there is a lack of sunlight,  
Whenever you need to a healthy awakening



Mild Insomnia from Indoor Life



Night Shift



Seasonal Affective Disorder



Jet Lag

# When Olly **Olly Night**

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When you need light at night  
without disturbing your circadian rhythm



In Bed



Night-time Workout



Baby Nursing



For Mood

# Product Information

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Product Name	Olly Day, Olly Night
Model Name	OD01, ON01
Dimension	67 x 67 x 73.5 mm
Weight	140 g
Input	5V, 1A
Battery	3.7V / 1,000 mAh (Li-poly)
Color Temperature	OD01 : 6500K , ON01 : 1800K
Charging Time	2 Hours to fully charge
Usable Time	Level 1 : Up to 4.5 Hours / Level 2 : Up to 1.5 Hours
Option	Pouch, USB Type-c cable (Adapter not included)
Country of Manufacture	Made in Korea
Manufacturer	LUPLE Inc.

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# Caution

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Do not stare into the light source for extended periods of time. Staring directly into the light source for an extended period of time may cause uncomfortable glare. (Occasional glimpses of the light source lasting just a few seconds are not harmful.)

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Users who have a history of eye disease or are taking an antidepressant or a vision sensitivity drug related to light are recommended to consult with their attending physician or doctor before using this product

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This product has built-in magnets that could affect medical devices such as cardiac pacemakers and defibrillators. Maintain a safe distance between this product and such medical devices. In addition, consult with your doctor before using this product.

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- Keep metallic objects, liquids, and foreign substances like dust away from the charger and battery contacts.
  - If the product is damaged, starts to smoke, and/or produces a burning smell, stop using it immediately and contact the service center.
  - Do not use the product while it's in a disassembled state. Do not disassemble or reuse the battery.
  - Keep the product away from the mouths of infants, small children, and pets.
  - Do not soak the product in water or use it in a humid or wet environment.
  - This product's rated operating temperature range is 0°C to 35°C, and its rated storage temperature range is -20°C to 50°C. Using the product outside of these rated temperature ranges could damage the product and/or reduce the battery's service life.
  - Close supervision is recommended when the product is used by or near children or by others who may not understand the need for these precautions.
  - Do not use the product in a high-temperature environment and keep it away from heat sources.
  - This product has been subjected to strict quality-control and testing processes.
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# Warranty

This product comes with a warranty as follows:

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- The warranty period of this product is one year from the purchase date.
- A defective consumable or component is not a legitimate reason for returning the product.
- Depending on the nature of the malfunction, you could receive a replacement unit instead of having your unit repaired.
- If you mail your product to the Luple Service Center while the warranty is still in effect, the cost of shipping will be covered by us.
- If you require outcall repair services, you will be charged a service fee.
- Warranty terms and conditions vary depending on the country. No compensation is offered for losses or damages incurred due to the product being rendered unusable because of a malfunction.

This warranty does not apply to wear from everyday use, damages that do not impede functionality, or to damages caused by misuse, abusive use, and/or ignorance. Also does not apply if the product has been modified or disassembled without the permission of the manufacturer or modification and/or disassembly of the product was attempted.

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Manufacturer

**L U P L E**

LUPLE Inc.

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Seoul, 06770, Rep. of KOREA

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