

USER MANUAL

Designed for Sweat Tent

Wellness & Recovery



Sweat Tent.

Warranty & Support

Your device is backed by our limited manufacturer's warranty.
For warranty claims or technical assistance, please contact:

✉ **Email:** support@sweattent.com

🌐 **Website:** sweattent.com

Please include your model number and proof
of purchase when contacting support.



Welcome

Welcome to a Better Light Experience

Thank you for choosing our Professional Red Light Panel. Designed with premium LEDs and precision optics, this panel delivers high-quality red and near-infrared light to support your daily wellness, recovery, and self-care routine.

Whether your focus is recovery, relaxation, performance, or skin wellness, this device is engineered to provide a safe, efficient, and enjoyable light experience.

Please read this guide thoroughly before first use to maximize results.

How Light Supports Wellness

Red (630nm + 660nm) and Near-Infrared (810nm + 850nm) light are absorbed by your body and may help support:

- **Daily Recovery**
Support muscles and joints after activity
- **Post-Workout**
Aid recovery and reduce fatigue
- **Relaxation**
Promote calmness and mental clarity
- **Skin Wellness**
Support healthy, radiant skin
- **Energy & Vitality**
Help maintain everyday performance
- **Performance**
Enhance focus and endurance

Consistency and proper usage are key to achieving the best results.

What's in the Box

Your package includes everything you need:

- LED Light Panel
- Remote Control
- Power Cord
- Protective Eyewear
- Door Mount Kit
- RJ11 Digital Link Cable
- Adjustable Hanging System
- User Manual

Recommended Session Guidelines

Distance

6–12 inches (15–30 cm)

Session Length

10–30 minutes

Frequency

1–2 sessions daily, 4–7 days per week

Exposure

Bare skin only

Results may vary depending on individual factors and consistency of use.

Quick Start — Button Operation

Fully button-operated. No touch controls.

Step 1

Press the power switch at the back of the panel.

Step 2

Press ON/OFF button to begin operation.

Step 3

Press Timer Button to select session length (5–60 min, 5-min increments).

Step 4

Press Brightness Button to toggle: 20%, 40%, 60%, 80%, 100%.

Step 5

Press Pulse Button to select frequency: 0Hz / 10Hz / 20Hz / 30Hz.

Select Light Mode

- P1:** Near-Infrared (810nm + 850nm)
- P2:** Red (630nm + 660nm)
- P3:** Combo (All wavelengths)



Installation Options

Choose a setup that fits your space:

- 1 Door Mount Kit**
Easy Setup on Standard Doors
- 2 Mobile Floor Stand**
Move Freely, Position Anywhere
- 3 Horizontal Stand**
Comfortable Full-Body Sessions
- 4 Electric Lift Stand**
Effortless Height Adjustment
- Follow included hardware instructions for safe installation.

Frequently Asked Questions

- Q Can I use the panel through clothing?**
A For best results, use the panel directly on bare skin.
- Q Why do some LEDs appear dim?**
A Near-infrared LEDs emit mostly invisible light. This is normal.
- Q Will the panel turn off automatically?**
A Yes. The device shuts off automatically when the timer ends.
- Q Can I connect multiple panels together?**
A Yes, if your model supports panel linking.

Support & Troubleshooting

Issue	Possible Cause	Solution
Panel does not power on	Power cord not connected / switch OFF	Check connections at panel and wall outlet; turn on main switch.
Remote control unresponsive	Battery depleted / signal obstruction	Replace battery; remove obstacles between remote and panel.
LEDs not lighting	Loose internal connections	Turn off device and reconnect all cables.
Pulse not working	Frequency set to 0Hz	Increase pulse frequency.
Device warm to touch	Normal operation	High-performance LEDs generate heat; this is normal.
Fan noise	Cooling system active	Automatic fan operation to maintain optimal performance.

Safety Notes

- Do not operate near water.
- Keep out of reach of children.
- Do not disassemble the panel.
- Only use supplied power cords and accessories.
- Disconnect from power when not in use.

Built with professional-grade LED technology, your panel is engineered to provide years of reliable performance. Thank you for trusting us with your wellness journey.