

Product Specifications

Item Name:	MAT 16 / MAT 18
Power (MAT 16):	Max 110W
Power (MAT 18):	Max 170W
Input Voltage:	24V
Wavelength:	660nm : 850nm
EMF:	0 μ T at 0 inch
Best For:	Full Body Therapy

Frequently Asked Questions

- Q How often should I use the mat and for how long?**
Use consistently about 3–5 times per week. A typical session is 10–20 min per treatment area. Do not exceed 30 minutes in a single session due to the 'bi-phasic dose response' of light therapy.
- Q What is the ideal time to use the mat?**
Morning after waking up, and again in the evening or at night. This ensures consistent exposure throughout the day.
- Q What should I do if the mat won't turn on?**
Check that the power cord is securely plugged in. If the power is fine but the mat still doesn't turn on, it may be a device malfunction — contact support@sweattent.com for assistance.
- Q How do I use the red light therapy mat?**
Place the mat on a flat, hard surface. Lie down with the light-emitting side facing bare skin. Select your desired settings and relax.
- Q Is the Red Light Therapy Mat safe to use?**
Yes. The mat is generally considered safe when used as directed. It emits low-level light therapy that is non-invasive with minimal risks.
- Q What conditions can it help with?**
Muscle and joint pain, inflammation, skin conditions, circulation issues, stress, anxiety, sports injuries, and recovery. Effectiveness may vary. Consult a healthcare professional for specific conditions.

USER MANUAL

New Full Body Red Light Therapy Mat



sweattent.com



Red Light Therapy — The Science

The 660nm red light boasts remarkable purity, intense brightness, and uniform energy density. Widely recognized as bioactive light, it stimulates cellular activity, enhancing metabolic functions and promoting blood flow — triggering the skin to produce collagen and fibrous tissue, effectively filling in wrinkles and fine lines.

The 850nm infrared light, though invisible to the naked eye, penetrates deeply — expanding local blood vessels and accelerating blood circulation. This enhances arterial blood supply, promotes wound healing, and reduces muscle tension, fatigue, and strain.

These two wavelengths combined offer a comprehensive approach to skincare and tissue repair, making red and infrared light therapy a valuable addition to any wellness routine.

Contraindications

Please read carefully before use.

Pregnancy:

Generally considered safe, but always consult a healthcare provider before using any light therapy during pregnancy.

Cancer:

Some studies suggest red light therapy may stimulate growth of cancer cells. Consult a doctor before use if you have a history of cancer or are undergoing cancer treatment.

Implanted Medical Devices:

If you have pacemakers, defibrillators, or other implanted devices, consult your doctor before using red light therapy.

Skin Conditions:

If you have conditions sensitive to light (e.g., sunburn, rosacea), avoid using red light therapy until the condition improves.

Setup Instructions

Step 1

Connect one end of the controller to the red light mat.

Step 2

Connect the black adapter securely to the power supply.

Step 3

Attach the other end of the controller to the black adapter.

Step 4

Rotate the power button until the light turns on.

Controller Functions

Power On/Off: Main button

Setting Timers: 1–30 Minutes Options

Light Power: 10%–100% Brightness

Pulse Mode: 0Hz–100Hz Options

Care and Maintenance

■ Keep Dry:

Avoid exposure to moisture or water.

■ Avoid Sunlight:

Do not leave in direct sunlight for extended periods.

■ Gentle Cleaning:

Clean with a soft cloth. If needed, lightly dampen with soapy water — avoid excessive moisture.

■ Avoid Chemicals:

Do not use spray aerosols or strong solvents.

■ No Self-Repairs:

If damaged, contact support@sweattent.com.

■ Flat Surface:

Always use on a flat, hard surface.

■ IMPORTANT TIP: Do not use the mat longer than 30 minutes at a time. Allow 10 minutes for the mat to cool down before doing another treatment.

Warranty & Support

For warranty claims or technical assistance:

Email: support@sweattent.com

Website: sweattent.com