Indoor Grow Light Setup Guide

Dial in your clip-on LED grow light on day one — distance, timer, and dimmer settings for healthy indoor plants.

1. Light Distance

Seedlings: 4-6 inches from the lamp head. Mature houseplants: 8-12 inches. Herbs: 6-8 inches. Start conservative and adjust after a week of observation.

2. Timer Schedules by Plant Type

Seedlings and herbs: 12-14 hours daily. Leafy houseplants: 10-12 hours. Succulents: 8-10 hours (they need less). Use the 12H setting for most seedlings, 9H for established plants.

3. Dimmer Settings

Seedlings: start at 50-60% brightness to avoid shock. Mature plants: 80-100%. If leaves look pale, raise brightness; if leaf edges brown, lower it.

4. Positioning the Gooseneck

Aim the head straight down for even coverage. Keep the clip on a stable rim or shelf edge. Re-aim as plants grow taller — check weekly.

5. Troubleshooting Leggy Growth

Stretching stems mean too little light: move the head closer or raise brightness. This is the most common issue and the easiest to fix.

6. Troubleshooting Scorched Leaves

Brown crispy edges mean too much light or heat: raise the head 2-3 inches or drop one dimmer step. Most LED clip lights run cool, so this is rare.

7. Daily Checklist

Timer running? Head aimed at the plant center? USB cable secure? Wipe dust off the LED lens monthly — dust cuts light output noticeably.