



## INSTRUCTIONS FOR USE

The *Northern Light desk lamp* is designed to bring spring and summer light levels into your home or office for years to come. Use the lamp for about **20-30 minutes each day, at 16-20 inches**, preferably first thing in the morning, **sitting as shown in the photo**. Please ensure that the transparent plastic rectangle (UV filter) is in place. Please make sure that the light shines on your eyes, you need not look directly at the lamp, but you must face the lamp. Adjust the angle of the lampshade downward so that you can still see both tubes. Keeping regular sleep/wake-hours and exercising (outdoor when possible) are also very beneficial.

## PROBLEMS

### 1) UNIT DOES NOT LIGHT

If the unit does not light 3 seconds after the switch is turned ON, please check that the plug is well inserted into the outlet. If this fails, try other outlets. The most common cause for a unit not lighting is badly inserted tubes or tubes dislodged during shipping. Check that both fluorescent tubes are **both** well seated in the sockets (there should be **no space whatsoever** between the end of the tube and the socket). If any white phosphor coating is missing on any section of the inside of the glass tube then the fluorescent tube is defective. Also, if you have flicked the switch up and back quickly, you need to leave it in the OFF position 3 seconds before turning lamp ON. Still no luck, call us. We will try to help you.

### 2) OTHER PROBLEMS

Bright light can cause eye and/or skin irritation and headaches. This is most prevalent in people with blue or green eyes, blonde or red hair, fair or sensitive skin. All these problems are usually resolved by gradually increasing use of the lamp. At the first sign of skin or eye irritation, stop using the lamp and wait until the irritation disappears. Then start using the lamp 2 minutes a day, trying different distances until you establish the greatest degree of comfort. Gradually, over a two week period, you should be able to lengthen your exposure time while shortening the distance until you achieve the original light regimen. If you still experience problems, call us. We will try to help you.

***WARNING:*** *If you have a health problem, if you have been told you must wear sunglasses in sunlight, or if you have a history of eye problems, please consult a health-care professional first. MEDICATIONS such as lithium, melatonin, tetracycline, St. John's Wort, acne creams, creams with retinoic acid and some chemotherapy drugs can make you very sensitive to light.*

## MAINTENANCE

The fluorescent tubes emit less light as they get older. They are rated at 20,000 hours, but after 2,000 hours of usage they emit 15% less light and should be replaced. Replacement bulbs:

| Manufacturer     | Part Number    |
|------------------|----------------|
| OSRAM / SYLVANIA | FT36DL-835     |
| PHILIPS          | PL-L36W/835/4P |

## WARRANTY

Northern Light Technologies undertakes to repair or replace a defective lamp at no charge for a period of 7 years. Shipping costs to our plant must be paid by you. You **MUST** call us at 1-800-263-0066 before returning a unit.

## GUARANTEE

For a period of 60 days after purchase we will refund the total paid, less \$35 for shipping and restocking. If the lamp was not purchased from us, please see vendor for return policy.