



## INSTRUCTIONS FOR USE

The **BOXelite** is designed to bring spring and summer outdoor light levels into your home or office for years to come.



To setup the metal stand, remove the plastic thumb screw at the bottom of the lamp. Screw the stand in place as shown.

Use the lamp as shown in the photo, **20-30 minutes each day**, preferably first thing in the morning. Sit in front of the lamp, with your eyes **15-17 inches** from the center of the diffuser to get **10,000 Lux**. Do not look directly at the light, but you may glance at it periodically. 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 it still fails to turn on, try other outlets. Should the problem persist, remove the plastic diffuser by gently unscrewing the four nylon screws. Check that both fluorescent tubes are equally well seated in the sockets. If any white phosphor coating is missing on any section of the inside of the glass tube, the fluorescent tube is defective.

### 2) OTHER PROBLEMS

Bright light can cause eye and/or skin irritation and headaches. This is most prevalent in people using light sensitizing medications, or people with blue or green eyes, blonde or red hair, fair or sensitive skin. 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. Problems caused by bright light can usually be overcome by first sitting 2.5 feet away for 2 minutes and gradually increasing the light over two weeks, until you are 17 inches for at least 20 minutes. 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 and creams with retinoic acid and some chemotherapy drugs can make you very sensitive to light.*

## MAINTENANCE

The fluorescent tubes emit less light as they age. Typically, although they are rated at 20,000 hours, after 2,000 hours of usage they emit 15% less light, and should be replaced. A fluorescent tube may break if severely jarred. The lamp uses two 36 watt tubes that can be purchased from Northern Light Technologies. To replace the tubes, gently remove the 4 plastic diffuser screws, put in new tubes, put diffuser back in place.

## 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. Warranty does not cover the tubes.

## 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.