

SunRise Clock

Dawn Stimulator



SPECIFICATIONS

Model Number	NLT - SRC
Description	Dawn Simulator
Dimensions	6" x 6.75"
Weight	2.5 lbs
Electronics	Fully programmable Power fail backup-on all functions 12/24 hour display Audible alarm On/Off Snooze
Manufacturing	Made in China
Warranty	1 year unlimited warranty

About Northern Light Technologies

Northern Light Technologies was launched over 20 years ago by a team of engineers with advanced degrees in engineering and lighting technologies. In 1993, the Company co-founded the Circadian Lighting Association, an international association of light therapy manufacturers adhering to a Code of Practice for improved safety and efficacy.

Today Northern Light Technologies has grown to become one of the largest manufacturers of innovative light therapy and specialty lighting technology products in the world.

- Experts in Lighting Technology
- Factory Direct made in North America
- Products proven through Research and Development
- Physician Recommended for over 20 years
- Broadest Product Line

Wake Naturally to your Personal Sunrise

The SunRise Clock Digital Dawn Simulator gently wakes you to a simulated sunrise. The Dawn sequence will make waking up in the morning a pleasure! Using a dawn simulator such as the SunRise Clock means that you wake up in a lighted room. Terrific for those with delayed circadian rhythm (those who have difficulty getting out of bed in the morning).

How it Works (No more jarring alarms)

The Sunrise Clock's light slowly begins to shine 15, 30, 60, or 90 minutes before your wake-up time, gradually illuminating the room and becoming brighter until it is time for you to awaken.

The SunRise Clock is derived from medical research on light and human behavior. In the early morning, the human biological clock is sensitive to low intensity light. Waking to a slowly increasing light can result in a smoother, more natural transition to wakefulness.

Multiple Uses with Adjustable Programming You Set

- Gradual sunrise wakes you up gently and naturally
- Gradual sunset gives your body the signal to wind down, helping you to fall asleep sleep
- Delayed Sleep - Phar/Circadian Rhythm Applications



Perfect Companion with other Northern Light Technology Products

Some individuals with SAD use both dawn simulation and bright light therapy to provide maximum effect at the start of the day. The SunRise Clock may be used in conjunction with the SADelite, the TRAVelite, BOXelite or the FLAMINGO Bright Light Therapy Systems.

Comparison to 10,000 lux Bright Light Therapy Systems

Dawn simulation generally uses light sources that range in illuminance from 100 to 300 lux, while Bright Light Therapy Systems are in the 10,000 lux range.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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