

NORTHERN LIGHT TECHNOLOGIES

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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 14-20 inches**, preferably first thing in the morning, **sitting as shown in the photo**. Please ensure that the plastic rectangle (UV filter) is in place. The light needs to shine in your eyes. You do not need to look directly at the lamp, but you must face the lamp. Adjust the angle of the lamp-shade downward so that you can still see both tubes. Keeping regular sleep/wake-hours and exercising (outdoors when possible) are also very beneficial.

PROBLEMS

1) UNIT DOES NOT LIGHT

If the unit does not light 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 the tubes are **both** well seated in the sockets (there should be **no space whatsoever** between the end of the tube and the socket). Still no luck, call us. We will try to help you.

2) OTHER PROBLEMS

Rare side effects from bright light therapy are 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 tubes are rated for 30,000 hours. Please contact us for replacement bulbs.

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 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.