



Instructions For Use

The LiteUP is designed to bring spring and summer outdoor light levels into your home. This is a versatile unit that can wall mount or sit on your desk.

SETUP See the WALL MOUNT TEMPLATE for setup instructions.

Use the lamp 20-30 minutes each day, preferably first thing in the morning. Sit in front of the lamp, with your eyes roughly 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.

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. The lamp uses two 48 watt tubes that can be purchased from Northern Light Technologies.

Troubleshooting

- 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. If you still experience problems, call us 1-800-263-0066. We will try to help you.

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 shipping and a \$35 restocking fee. If the lamp was not purchased from us, please see vendor for return policy.

