



Instructions For Use

The FLAMINGO Floor Lamp II is an innovative floor lamp designed to deliver bright light while exercising on a treadmill, relaxing in an armchair or sitting at a work station. Use the lamp 20-30 minutes each day, at about 12 inches (10,000 Lux) or 1 hour at about 20 inches, (5,000 Lux), preferably first thing in the morning. Make sure the lamp is within your direct or peripheral vision and positioned at the recommended distance to receive the optimal amount of light. Your eyes need to be open, you need not look directly at the lamp, but you must face the lamp. 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 lamp uses two 18 watt LED tubes with a 30,000 hour duration. The tubes must be purchased from Northern Light Technologies. To replace the tubes, gently remove the 4 plastic diffuser screws, put in new tubes and put the diffuser back in place.

Troubleshooting

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



Assembly Instructions

The attached sketches clearly show how to assemble the FLAMINGO FLOOR LAMP II

