



## Bright Light Therapy Benefits

- Feel better
- Sleep better
- Boost energy levels
- No side effects
- Results in 1 – 2 weeks

## How Bright Light Therapy Works

- Simulates effects of natural daylight
- The Suprachiasmatic Nucleus (Internal Body Clock) regulates daily sleep/wake patterns
- Light hits the outer eye & causes the retina to transmit impulses to reset the body clock
- Reduces Melatonin (excessive daytime melatonin causes depression)
- Daily, 30 minute morning treatments are recommended

## Comparing Lux

- |                               |               |
|-------------------------------|---------------|
| • Direct Sun                  | 100,000 lux   |
| • Bright Light Therapy System | 10,000 lux    |
| • Home/Office Lighting        | 300 - 600 lux |
| • DeskLamp                    | 100 lux       |

## 5 Year UNLIMITED WARRANTY

The Northern Light Technology Difference

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.

## Portable Bright Light Therapy for Active Lifestyles

Weighing just over 2lbs, the TRAVelite provides 10,000 lux of light. Standing either vertical or horizontal, it's compact and lightweight design takes less space on a Desktop or Table. It is the only light unit backed by an unlimited five year warranty, providing total assurance for years of trouble-free operation. The recently redesigned TRAVelite provides even more light output for effective treatments.

## Travel Options for SAD or Jet Lag

The TRAVelite is ideal for traveling and fits easily into luggage or a brief case. A Free Travel Case is provided with initial purchase. Many travelers suffer from jet lag (dysrhythmia), occurring when the body clock is not synchronized with an air traveler's new time zone. Studies at Harvard and NASA indicate that the human body clock can be safely shifted up to 12 time zones in a couple of days with precisely timed exposure to a sufficiently bright light.

## Excellent Reading and Task Light

The TRAVelite is also an excellent reading and task light and can be used all day long.



## Lack of Light Affects Mood and Energy

Today's lifestyles are causing many to spend the majority of working and leisure time indoors. We may go to work in the dark, work in a window-less office and come home in the dark. This loss of light creates a state of light deprivation. Our bodies depend on the signals from bright sunlight at dawn and weak sunlight at dusk. Unfortunately, we may not be getting these needed signals anymore.

## Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a form of depression that afflicts over 10 million North Americans each winter season. Another 50 million individuals suffer a milder form of SAD called "winter blues". Symptoms may include feeling down, gloomy, problems sleeping and loss of energy.

## The Solution: Full Spectrum 10,000 lux

Bright light therapy at 10,000 lux using full spectrum bulbs provides a natural way to activate hormones to help moods improve, increase energy and sleep better; all without drugs or side effects.



## Advanced Technology for Proven Results



**10,000 lux Light** Physician recommended for maximum benefit

**ENERGY EFFICIENT** Uses only 48 watts of power

**Large Screen Size** Comfortable sitting distance with eyes 12 inches from screen

**UV Filter** All harmful UV rays are blocked

**Parabolic Lens Reflector** Evens out light for glare free treatment

**Provides safe white light with correct color temperature**

**Flicker Free Ballasts** Eliminates flickering that may cause headaches

**Durable Aluminum Case** Impact resistant design for maximum use

**Tripod Mount** Option to mount on Tripod or Treadmill

**Versatile Stand** Allows vertical or horizontal positioning and can be reversed for downward tilt

## Recommended Guidelines for Best Results

- Use regularly each day at same time, preferably first thing in the morning (Sleep patterns can be disrupted if used in the afternoon or evening)
- Sit at suggested distance from the light:
  - 30 minutes at 10 inches (25 cm) for 10,000 lux
  - 60 minutes at 15 inches (40 cm) for 6000 lux
- The light shines into the eyes at an angle, without looking directly at the light
- Do not wear dark glasses while using the light.
- Spend time outdoors during sunny periods
- Eat sensibly, exercise and try to keep regular wake-sleep hours

## 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

**NorthernLight  
Technologies**

[www.northernlighttechnologies.com](http://www.northernlighttechnologies.com)

## SPECIFICATIONS

<b>Model Number</b>	NLT TRV
<b>Description</b>	Full Spectrum 10,000-lux light therapy
<b>Dimensions</b>	7 1/2" x 13 1/4" x 2 1/2"
<b>Weight</b>	2.5 LBS
<b>Lux Setting</b>	10,000 lux light intensity at 12"
<b>Lamp</b>	Two (2), Extra Long Life, Compact Fluorescent bulbs
<b>Lamp Life</b>	10,000 hours manufacturer rated
<b>Electrical</b>	CSA safety approved (Canadian Standards Assn)
<b>Electronic Ballasts</b>	Instant on, no flicker
<b>Power Usage</b>	48 Watts
<b>UV Filter</b>	High-grade Acrylic, blocks UV, diffuses light
<b>Lens Material</b>	High-impact polycarbonate
<b>CRI</b>	3,500 Kelvin color temperature (others available)
<b>International Use</b>	Works with all household voltages
<b>Unit Stand</b>	Removable, adjustable stand, Wall-mount option
<b>Manufacturing</b>	Made in North America
<b>Installation</b>	Delivered fully assembled
<b>Accessories</b>	Travel Case (included with unit) Replacement Bulbs (single)
<b>Guarantee</b>	60 Day Money Back Guarantee
<b>Warranty</b>	5 year Unlimited Warranty on all parts and labor 1 year Warranty on Fluorescent tubes

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