

NORTHERN LIGHT TECHNOLOGIES

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SAD is designed to bring spring and summer outdoor light levels into your home or office for years to come. Your lamp is ready for use. You simply need to unpack it and set the lamp up as shown in the brochure photo. Keep the box in case you ever need to transport the lamp.

INSTRUCTIONS FOR USE

We recommend that you use the lamp for about 20-30 minutes each day, preferably first thing in the morning, **sitting as shown on this sheet**. Please ensure that the transparent plastic rectangle (UV filter) is in place. You do not need to look directly at the light. Please make sure that the light shines on your eyes. Adjust the angle of the lampshade downward so that you can still see both tubes. Do not wear sunglasses. When you use the light in the manner described above, you should be about 16 - 20 inches from the center of the transparent plastic rectangle.

Use the light regularly at about the same time each day. Try to spend time outdoors during sunny periods, if possible. Eat sensibly, exercise, and try to keep regular sleep-wake hours.

PROBLEMS

1) UNIT DOES NOT LIGHT

You need to wait 3 seconds after turning ON the lamp. If it does not turn 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 both fluorescent tubes are **both** well seated in the sockets (there should be **no space whatsoever** between the end of the tube and the socket). If any white phosphor coating is missing on

any section of the inside of the glass tube, the fluorescent tube is defective. If your lamp has just been brought in from the cold, you must wait until it reaches room temperature before using it. Also, if you have flicked the switch up and back quickly, you need to leave it in the OFF position 3 seconds before turning lamp ON. Still no luck, call us. We will try to help you.

The lamp might not operate at all if only one of the two tubes is defective. You will find instructions for replacing tubes on the back of this sheet.

2) OTHER PROBLEMS

Bright light can cause 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 5 minutes a day, trying different distances until you establish the greatest degree of comfort. Gradually, over a 2-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 may be able to help you.

Please note that some medications, such as Lithium, Melatonin, Tetracycline, St.John'sWort, Phenothiazines, Hematoporphyrins, acne creams, creams with Reinoic Aid, Cloroquine, can make you very sensitive to light.

MAINTENANCE

The lamp should not require maintenance other than occasional dusting. Smudges can be wiped with a soft damp cloth. Do not force cloth behind fluorescent tubes. Unplug lamp for cleaning. The fluorescent tubes emit less light as they get older. Typically, after 2,000 hours of usage they emit 15% less light.

Replacement bulbs:

Manufacturer	Part Number
OSRAM / SYLVANIA	FT36DL-835
PHILIPS	PL-L36W/835/4P

Although the fluorescent tubes are rated at 20,000 hours, their light output declines with usage. Tubes should be replaced every two years if the unit is used as a regular desk lamp, 8-hours a day.

WARRANTY

We undertake to repair or replace a defective lamp at no charge for a period of five 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

Not all vendors have the same merchandise return policy. Only the sale conditions stipulated by your vendor apply.

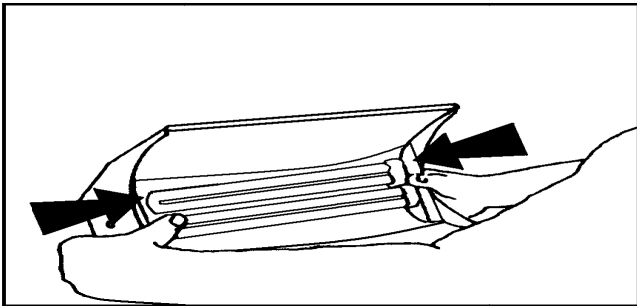
WARNING

If you have a health problem, if you have been told you must wear sunglasses in bright light, or if you have a history of eye problems, please consult a health-care professional before using our lamp.

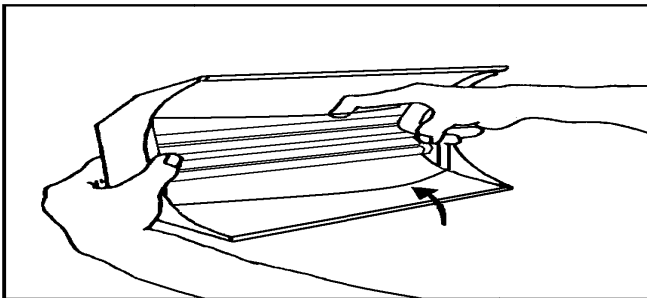
INSTRUCTIONS FOR TUBE REPLACEMENT

A fluorescent tube may break if severely jarred. Northern Light Technologies sells replacement tubes.

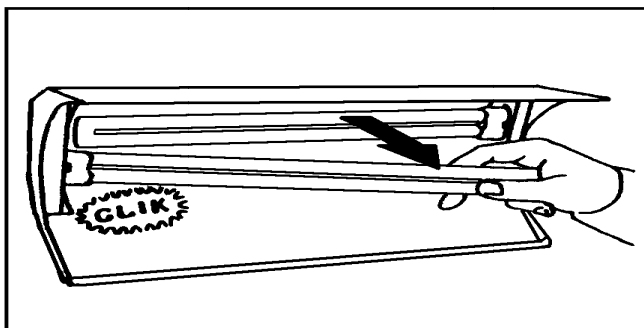
- [1] Deflect filter outwardly by pushing opposite edges towards each other.



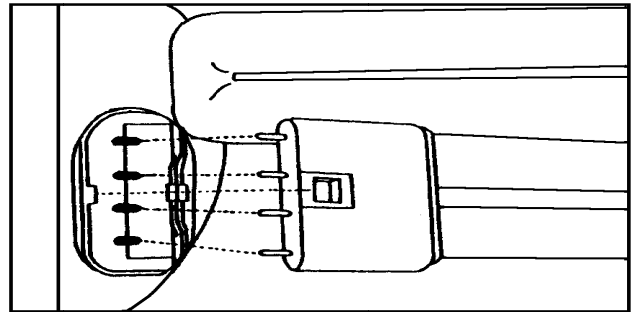
- [2] Pull the center of the filter out.



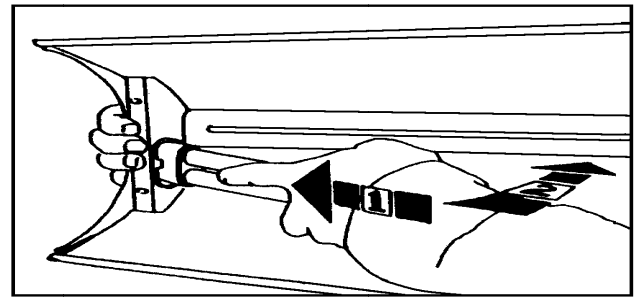
- [3] Pull the end of the bulb out.



- [4] Align bulb pins with wholes in socket.



- [5] Force tube into socket (1) and tip inward (2).



- [6] Bulb should "clicks" into place.

