



For more information on  
**day  light**

systems and Bright Light Therapy,  
 visit us online at  
[www.day-lights.com](http://www.day-lights.com)

**day  light**

The better way  
 to brighten your day.



### Bright Light Therapy Standards

The Center for Environmental Therapeutics, a not-for-profit professional organization, has specified criteria for light box selection to ensure user safety and effective treatment. Day-Light systems were designed to meet these standards.

Manufactured for Uplift Technologies Inc.  
 Dartmouth, Nova Scotia, Canada B3B 1K8

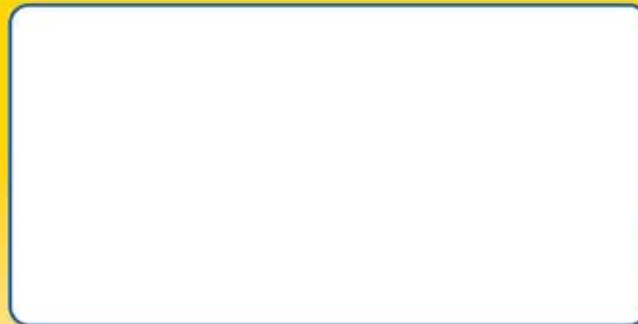


*Bringing quality to life.*

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Bright Light Therapy Standards	Day-Light
• Design based on university clinical trials	✓
• 10,000 LUX outdoor level at a comfortable distance	✓
• Emits balanced white light for eye safety	✓
• Broad field of illumination for easy use	✓
• 99.3% UV filtered protection	✓
• Glare-free diffuser for visual comfort	✓
• Adjustable height for optimal positioning	✓
• Projects light from above for best effect	✓

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Visit [www.cet.org](http://www.cet.org) for more information.

Day-Lights are innovative light supply systems and are not listed medical devices in the USA. If you suffer from a sleep or mood disorder (such as depression), if you are taking prescription medications, if you have eye problems or are otherwise under a physician's care for any reason, you should consult with your physician before exposure to any bright light source such as the Day-Light.

with **BrightZone™** technology

## What is Bright Light Therapy?

Bright Light Therapy uses safe, intense doses of light to treat disorders that can occur due to light deficiency. Light acts like an essential nutrient and daily exposure can have a major impact on your well-being.

Many people simply don't get enough light and this deficiency can lead to Seasonal Affective Disorder, the winter blues or other disorders. Tested, clinically proven Bright Light Therapy systems have been shown to be an effective, non-invasive treatment option for many suffering from the effects of light deprivation.

## Who can benefit?

Up to 48 million North Americans suffer from Seasonal Affective Disorder or the milder Winter Blues. Bright Light Therapy is the **#1 Recommended Treatment!**

Clinical studies have also shown Bright Light Therapy to help with:

- Circadian Sleep Disorders
- PMS and Antepartum Blues
- Jet Lag and Shift Work Adjustment
- Non-seasonal Mood Disorders

## What are the benefits?

- Increased energy
- More positive moods
- Improved sleeping patterns

 Treatment time only  
**20 - 30 minutes each day.**

“ I encourage anyone feeling low, sad or depressed to give it a try. It's just such an easy, painless, safe remedy for a serious problem. ”

—Paula Neal, Burlington, ON

## What is BrightZone™ technology?

BrightZone™ technology is the technology engineered and tested by Day-Light to provide both the appropriate field of illumination and the 10,000 LUX experts recommend for maximum therapeutic benefit.



Comes with built-in stand and carry-handle.  
Adjustable legs control the height and angle of the light.

## Why Day-Light Classic?

- Clinically proven
- Meets stringent Bright Light Therapy standards
- Trusted by leading researchers
- Features BrightZone™ technology
- Equipped with a convenient carry handle and built-in stand
- Five-year limited warranty



## Why Day-Light Sky?

- Clinically proven technology
- Meets stringent Bright Light Therapy standards
- Features BrightZone™ technology
- Smaller and more discreet for home or office
- Versatile - Bright Light Therapy system and a task lamp
- Five-year limited warranty



Adjustable height for therapeutic use or everyday task lighting.