

# Day-Light User Guide

## Safety Precautions

1. As with any electrical device, do not use the Day-Light in or near water.
2. **Do not overuse the Day-Light.**  
Recommended usage is 20-30 minutes each morning. Overuse may cause irritability, excessive energy, or difficulty falling asleep at bedtime.
3. It is not necessary to stare into the light. Feel free to read, work, eat or talk on the phone during your light therapy session. See page 7 for correct positioning.
4. If the external flexible cable or cord of this luminaire is damaged, it shall be exclusively replaced by the manufacturer or his service agent in order to avoid a hazard.
5. During the first few uses, your Day-Light may give off an odor, this is harmless. This will not affect the use of your Day-Light and will quickly disappear.



day  light

By Uplift Technologies Inc.

## CAUTION

Light energy can interact with and damage skin and eye tissues, especially when a photosensitizing molecule – whether from a drug or produced by the body – is bound within those tissues. The highest risk is with invisible ultraviolet (UV) light, which has been filtered out of the Day-Light system. In addition, there are certain pre-existing medical conditions of eyes and skin (e.g., retinal dystrophies, age-related macular degeneration, porphyria, lupus erythematoses, chronic actinic dermatitis and solar urticaria) that can show photosensitized reactions to intense visible light. In such cases, bright light therapy should be administered only under guidance of an ophthalmologist or dermatologist, as indicated. Ophthalmologists should keep in mind that in some genetic retinal diseases the eyes are especially light-sensitive. Certain medications also are known to photosensitize skin and/or retinal tissues. Examples in the visible range of light include neuroleptic drugs (e.g., phenothiazine), psoralen drugs, antiarrhythmic drugs (e.g., amiodarone), antimalarial and antirheumatic drugs, porphyrin drugs used in photodynamic treatment of skin diseases, and St. John's Wort (hypericum). Bright light therapy should not be used concurrently with these drugs. Melatonin can be used in conjunction with light therapy at opposite times of day (e.g., evening and morning), but if used concurrently, it can cause photosensitization. Drugs that photosensitize primarily in the UVA range (just below 400 nm) may also have a "tail" of light absorption that extends into the lower visible range (just above 400 nm), which could cause photosensitization. Examples are tetracycline, diuretic drugs (e.g., hydrochlorothiazide), sulfonamide drugs and tricyclic antidepressants (e.g., imipramine, nortriptyline, desipramine, amitriptyline). If such a reaction is experienced or suspected, bright light therapy should be discontinued unless substitute medication is available, or administered with protective measures under medical supervision. [Sources: Vincent DeLeo, M.D., St. Luke's-Roosevelt Medical Center, New York; Charlotte Remé, M.D., University of Zurich, Switzerland.]

## Disclaimer

*We recommend that you consult a physician before undertaking a bright light therapy regime, especially if you suffer from a mood disorder such as depression, are on prescription medications, have a history of eye conditions, or are under a physician's care for any reason.*

## Welcome Day-Light Users

Thank you for purchasing the Day-Light. You can rest assured that this bright light system was designed with the highest quality and safety standards. With proper use, it will offer you many bright and cheerful winters!

For instructions on correct assembly and use of your Day-Light, please read this manual in its entirety. For more information on light therapy and the entire Day-Light product line, visit our Web site at [www.day-lights.com](http://www.day-lights.com).

### Day-Light Benefits

The Day-Light brings the light of a springtime morning into your home or office.

Using your Day-Light on a regular basis during the fall, winter and spring months will not only keep your moods and energy level up, but it will also pleasantly brighten your home or office. Whether used as a task light, reading lamp, or placed on the shelf for enjoyable ambient light, your Day-Light can be put to good use for much more than your regular 20-30 minute light therapy session each morning.

### Day-Light Features

Your Day-Light is designed with versatility and convenience in mind.



Using the removable legs as shown, you can adjust the light to the optimal height and angle for your light therapy session.



Choose the three-light setting for light therapy, and the two-light setting when you prefer lower intensity ambient light.



Using the built-in stand, the Day-Light adapts for suitable use on a table, desk or shelf.

Lightweight and compact, the Day-Light fits conveniently into your carry-on luggage.



### Specifications

UL & C-UL Listed

Enclosure Size: 13.25" x 16" x 3"  
(33.7 cm x 40.6 cm x 7.6 cm)

Height with Legs: Max: 28" / 71.1 cm  
Mid: 26.5" / 67 cm  
Min: 25" / 63.5 cm

Weight of Light and Legs: 6.5 lb / 3.0 kg

Weight of Legs: 1 lb / 0.45 kg

Boxed Weight: 8.3 lb / 3.8 kg

Electronic Ballasts: Instant start, no flicker

Lens Material: High-impact polycarbonate

Diffusing Filter: 99.3% UV filter

Two Light Intensities:

a) 3 light setting 10,000 lux at 12"

b) 2 light setting 7,000 lux at 12"

Light Tubes: 3 x 36 watt compact fluorescent  
4000 Kelvin color temperature

Warranty: Five-year limited warranty

## Before Using Your Day-Light

Before using your Day-Light, please:

1. Check package contents to ensure that all parts are enclosed and in good condition (see pictures below).
2. Test light tubes to ensure that all three are in working order.

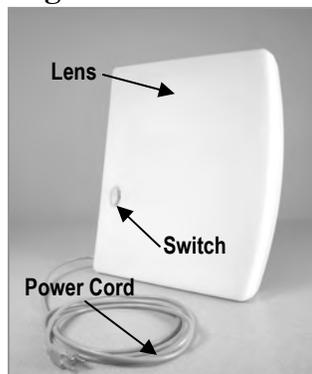
### Check Package Contents

Your Day-Light comes with the following components:

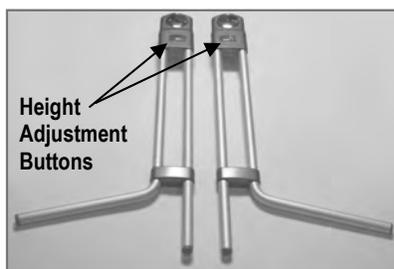
- The light case, which includes three pre-installed light tubes and a built-in stand on the back;
- Two height-adjustable legs (see photo). Note the placement of the Height Adjustment Button;
- This Users Guide and your Warranty Registration Card.

Please check to see that all parts are included in your package. Send in your Warranty Card today to ensure you are registered. Contact your dealer if any product parts are missing or damaged.

### Light Case



### Removable Legs



### Test Light Tubes

Your Day-Light comes equipped with three 36 watt compact florescent light tubes and can be used in a two- or three-light setting. Test to see that the switch and light tubes are working properly with these steps:

- Plug in the light case.
- Push the switch to the three-lined side for the three-light setting. The lamp should illuminate.
- Push the switch to the two-lined side for the two-light setting. The lamp should illuminate but at a reduced intensity.

If all three tubes do not light up, the non-functioning light may be loose or damaged.

In this event, you will need to remove and reinstall the nonfunctioning light tube to determine the problem, as described in the section *Removing and Installing Day-Light Tubes* below.

## Using Your Day-Light

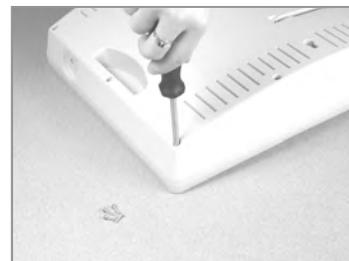
This section explains how to remove and install the light tubes, and how to install the legs of your Day-Light. To discover all the versatile features of your Day-Light, please read this section.

### Removing & Installing Day-Light Tubes

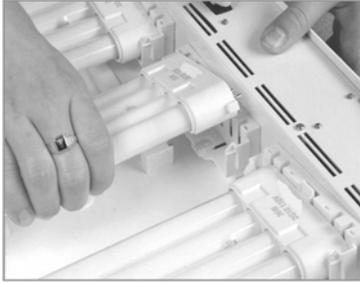
To reset a loose light tube or replace a burnt-out tube, please follow these instructions carefully.

#### To Check & Remove a Light Tube

1. Unplug the Day-Light (remove both detachable legs if already assembled).
2. Gently place the Day-Light with lens down on a flat surface.
3. Remove the nine screws on the back of the unit using a #2 Philips screw driver.
4. Turn the Day-Light onto its back. Remove the lens.
5. Check to see if a light tube is loose. If loose, it will need to be removed and re-installed.
6. Stretch and remove the elastic around the metal clips.
7. Remove and discard the rubber shipping insert at the socket end of the light tube.
8. To remove the light tube, depress the white clip in the middle of the individual light housing unit (see photo). With your other hand, grasp the tube near the plastic base and gently wiggle it until it rises above the white clip.



9. Twist the light tube until one side of the base comes out of the socket.
10. The other side should slide out with minimal effort.
11. Now slide out or disengage the light tube from the retainer clip at the other end.



### To Install a Light Tube

1. To re-install the light tube, hold the tube horizontally and slide the top end into the retainer clip.
2. Next, gently slide the prongs into the light socket. When it is fully in place you will hear a 'click'.



3. Reinstall the elastic over the metal clips.  
**NOTE: Elastics are installed for shipping safety, and are not otherwise necessary. If one of the elastics should break, you can safely discard it without affecting use of the Day-Light.**
4. Once the light tubes are installed correctly, plug the Day-Light in and check that the lights illuminate in each switch position. If working, unplug and continue to the next step. (If not, try again before determining that there is a problem with the light.)
5. Make sure that the cord is threaded through the notch provided. Replace the plastic lens. It should clip easily back into place.
6. While grasping the entire width of the Day-Light, turn it over so that it is face down on the table. Reinstall the nine screws. Do not over tighten as this could result in stripping the screws.

**IMPORTANT: Ensure that the light tubes lock into place or they could disconnect from the socket.**

### Using & Adjusting the Light Intensity Settings

The Day-Light operates with three 36 watt compact fluorescent light tubes. There are two light intensity settings on your new Day-Light – a high intensity and low intensity setting. High intensity is the recommended dosage for light therapy sessions, while low intensity may be preferred for use as a task light.

### High Intensity Setting—Light Therapy

At this setting, the Day-Light emits 10,000 lux light intensity when sitting a distance of 12" from the light. This light level is the recommended dosage for 20-30 minute daily light therapy sessions. Push the switch to the side with three line markings. All three light tubes will be on at this setting.

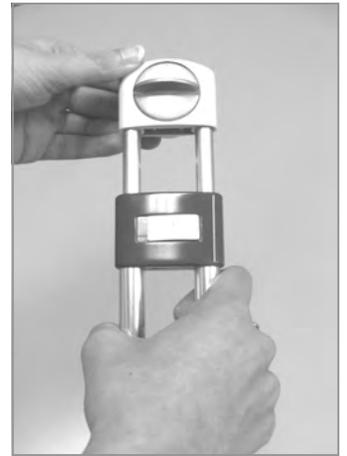
### Low Intensity Setting – Task or Ambient Lighting

You may prefer the lower intensity setting when using your Day-Light for work or ambient lighting – it's your choice. However, the lower setting emits a light intensity of 7,000 lux when sitting 12" from the light. As this is still quite bright, we recommend that you either move your Day-Light further away, or angle the light down over your work area when using it for non-light therapy uses.

For the lower light intensity setting, push the switch to the side with two line markings. You should see only two of the light tubes illuminate. When hung on the wall, your Day-Light provides excellent ambient light on this setting.

### Using the Adjustable Legs

Use your Day-Light with the adjustable legs and high intensity, three-light setting for optimal use in light therapy sessions.



**You will need to attach the legs before use.**

To attach the legs, lay the Day-Light on a flat surface – front facing up. Take the right leg (the one that has the knob on the right when the curved part of the leg is sticking up).

Insert the threaded screw into the hole and turn clockwise until snug.



Repeat assembly for the left leg.



**IMPORTANT:**

*Ensure the legs are tightly fastened to the light case. The legs must also be parallel in order for the Day-Light to stand safely on a tabletop surface.*

Now stand your Day-Light up, grasping the bottom of the case around the legs.



### Adjusting Light Angle and Height

For optimum light therapy usage, you will now need to adjust your Day-Light so that:

- The light shines down at an angle of about 15°;
- Your eyes are approximately in the center of the light.



**To Adjust the Angle of the Light**

To set the angle of the light at approximately 15°, carefully loosen the two leg knobs and tilt the light slightly forward, so that the bottom front corner of the light is just past the front part of the leg, as shown. Light therapy experts recommend this angle of light.



When in position, retighten the knobs on the legs of the Day-Light.

When not using your Day-Light for light therapy, you can easily convert it to a task lamp by placing the light over or near your work space.

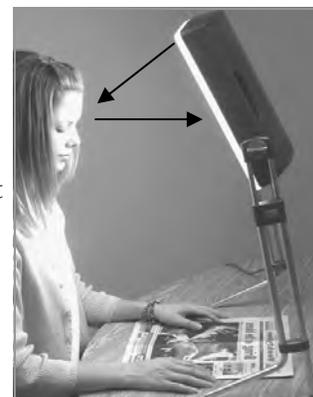
**To Adjust the Height of the Light**

There are three leg heights available on your Day-Light:

- Maximum height – 28" / 71 cm
- Mid-height – 26.5" / 67 cm
- Minimum height – 25" / 63.5 cm

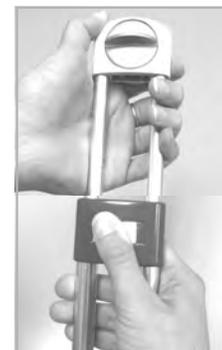
You will want to choose the height that works best for you: the height at which your eyes are approximately in the center of the light when tilted at the 15° angle as illustrated.

If you set the light up using the bottom hole, you are at the maximum height of 28 inches (71 cm). To determine your best height, simply ask a friend or family member to observe you sitting in front of the light and calculate your best setting from there. The second hole lowers the light by 1.5 inches, and the third hole another 1.5 inches.



When you have determined which height is best for you, remove the legs and adjust them accordingly.

To do this, simply push the Height Adjustment Button forward on both legs (as shown) so that the top part of the leg slides freely up and down. You must release the button before it will lodge properly in one of the holes. You will hear a “click” when the setting is secure.



**IMPORTANT: Never use the legs unless they are properly seated into one of these three height setting holes. This could result in your Day-Light tipping and breaking.**



## Guidelines for Light Therapy Use

When used correctly, your Day-Light can help alleviate the fatigue and decreased activity commonly experienced in the shorter days of fall, winter, or even into spring. Please read and follow these instructions carefully to ensure success.

### **Using Your Day-Light for Light Therapy**

It is best to use your Day-Light with the legs for light therapy. As described previously, tilt the light at a 15° angle and adjust the legs so that your eyes are approximately in the center of the light. This is the position recommended by light therapy experts.

Begin with a 30 minute session early in the morning if possible. Feel free to read, eat breakfast, talk on the phone, etc. There is no need to look directly into the light.

**NOTE:** *While you should face the Day-Light and have your eyes open during your light therapy session, it is neither necessary nor recommended to look directly into the light.*

### **Timing and Duration of Session**

For best results use your Day-Light shortly after waking, preferably before 9 a.m. A 20-30 minute session is usually sufficient. Begin with a 30 minute session and adjust according to your needs – whether shorter or longer sessions are required to alleviate your symptoms.

### **Symptoms of Overuse**

Although there are rarely any negative side effects of using light therapy, it is possible to use the Day-Light too much. If you experience increased irritability, excessive energy, and/or any discomfort consistently during or after use, decrease the length of your sessions, or move the light several inches further away from you.

### **Adjusting to Light Intensity**

Some individuals prefer to get used to the brightness of the light before their therapy session. This can be achieved by turning the system on a short time before sitting directly in front of it, allowing your eyes to adjust more comfortably. You might also wish to wake up using the Day-Light by putting it on a lighting timer. These are available at your local electrical supply store.

### **Importance of Daily Use**

If you miss sessions or discontinue use of the Day-Light, your body will return to its usual wintertime doldrums. Your energy should return within a few days of resuming use.

### **Using Day-Lights for Non-Seasonal Mood Disorders**

Increasing evidence points to the efficacy of using bright light therapy lamps for non-seasonal depressions of various kinds, as well as circadian sleep disorders. Sometimes bright light is used in conjunction with drugs, sometimes timing and duration of use are varied according to the particular condition.

Such conditions are very individual and require the supervision and guidance of a medical professional.

**WARNING:** *The guidelines provided in the Users Guide are applicable for SAD, the winter blues, and supporting general well-being. Do not use the Day-Light for relief of any other type of mood disorder without the close supervision of your doctor.*

### **Using the Built-in Stand**

On the back of the Day-Light light case you will find a built-in stand and keyhole for wall mounting the light.

Simply remove the legs from your Day-Light, pull out the built-in stand and set it on any stable surface that is convenient. This option is best for ambient lighting.



# Correct and Incorrect Positioning for Light Therapy Usage



## Correct Position

The light angle should be set around 15°, and legs adjusted so that your eyes are approximately in the center of the light. Sit 12" from the light. You can comfortably read or have breakfast at this distance.



## Incorrect Position: Sitting Too Far Away

Sitting too far (over 12") from the light effectively decreases the dosage of the light you are receiving. This will “work”, but will require longer sessions. The recommended dosage is 10,000 lux.



## Incorrect Position: Sitting Too Close

The recommended light dosage is 10,000 lux which is achieved by sitting 12" from the Day-Light. It is not necessary, or recommended to sit any closer to the light or to stare directly into the light.



## Incorrect Position: Head Down Too Far

Although it is fine to read while using the Day-Light, the light must be able to reach your eyes. With the head in this position, light cannot reach the eyes.

# Day-Light User Guide

## Warranty Returns

If your Day-Light fails to function as warranted, contact the original place of purchase for assistance. You will be required to provide date and proof of purchase.

We encourage all of our dealers to provide warranty service for Day-Light consumers so that you do not experience delays in receiving a replacement unit.

### **Dealers Please Note:**

No returns will be accepted without a Return Authorization Number. Please call (902) 422-0804 for your Return Authorization Number.

We strongly recommend that you use the original packing material and box for all Warranty returns. These items were designed to withstand the shipping process. If the Day-Light incurs any damage due to improper packaging, the cost for repair will be charged back to you.

**www.day-lights.com**  
**(902) 422-0804**

## Replacement of Day-Light Tubes

The Day-Light functions with three compact florescent light tubes. As fluorescent light tubes deteriorate over time they emit lower light intensity levels. To keep your Day-Light system effective, we recommend replacing your light tubes after two years of use – regardless of whether they have burnt out. This will ensure continued 10,000 lux intensity for your light therapy sessions.



### **Authorized Representative for Regulatory Affairs in Europe**

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LONDON W1G 9QR  
England, United Kingdom  
Tel: +44(20)79934346  
Fax: +44(20)76811874



## Warranty

Uplift Technologies Inc. warrants your Day-Light system against product failure during normal use for five years from the date of delivery. This excludes light tubes. Damage due to neglect or misuse is not warranted, nor is this warranty transferable.

If the Day-Light is defective in material or workmanship Uplift Technologies Inc. will, at its discretion, either repair or replace your Day-Light as follows:

- During the first year at no charge except for the current delivery charge
- Throughout the duration of the warranty at a prorated charge to you. This is done by multiplying the original retail price by one fifth and multiplying again by the number of years owned, plus current delivery charges. The formula for this is: (retail price x 1/5 x years owned) + current delivery charges = warranty reimbursement).

**NOTE: To ensure that we have your Warranty information on file, complete and return your Warranty Registration card today.**

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