



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

- 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

#### Day-Light



Day-Lights are innovative light supply systems and are not listed medical devices in the USA.



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

with **BrightZone™** technology

## What is Bright Light Therapy?

Bright Light Therapy uses safe, intense doses of light to treat conditions 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 the Winter Blues or other issues. Clinically tested 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 44 million North Americans suffer from the Winter Blues. Bright Light Therapy is the **#1 Recommended Treatment!**

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

- Sleeping Patterns
- Jet Lag
- Shift Work Adjustment
- Low Energy

## What are the benefits?

- Increased energy
- More positive moods
- Improved sleeping patterns



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

“*Sometimes I feel like a warmth and calm comes over me when I use the light... It's just such an easy, painless, safe remedy for a serious problem.*”

—Paula Neal, Burlington, ON

## What is BrightZone™ technology?

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



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

## Why Day-Light Classic?

- Clinically tested
- Meets stringent Bright Light Therapy standards
- Trusted by leading researchers
- Features BrightZone™ technology
- Equipped with a convenient carry handle, built-in stand and wall mount
- 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.