

Day-Light SKY User Guide



day  light
SKY

By Uplift Technologies Inc.

Safety Precautions

1. As with any electrical device, do not use the Day-Light SKY in or near water.
2. **Do not overuse the Day-Light SKY.** 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. During the first few uses, your Day-Light SKY may give off an odor; this is harmless. This will not affect the use of your Day-Light SKY and will quickly disappear.

Disclaimer

The Day-Light SKY is an innovative light supply system – not a medical device in the USA.

Welcome Day-Light SKY Users

Thank you for purchasing the Day-Light SKY. You can rest assured that this high quality bright light therapy system was designed to meet all 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 SKY, please read this manual in its entirety. For more information on light therapy and the entire Day-Light product line, please visit our Web site at:

www.day-lights.com

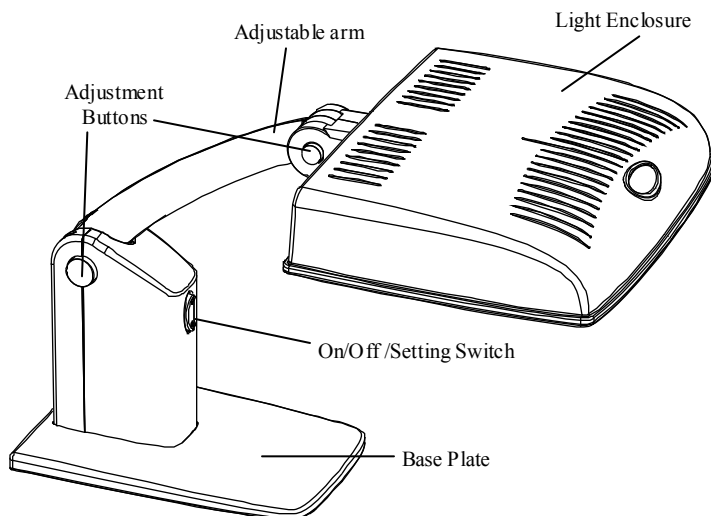
Day-Light SKY Benefits

The Day-Light SKY brings the light of a springtime morning into your home or office. Using your Day-Light SKY on a regular basis during the fall, winter and spring months will help to keep your mood and energy level up and will 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 SKY can be put to good use for much more than your regular 20-30 minute light therapy session each morning.

Day-Light SKY Features

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



You can adjust the light to the optimal height and angle for your light therapy session.

Choose the two-light setting for light therapy, and the one-light setting for lower intensity ambient or task light.

Before Using Your Day-Light

Check package contents to ensure that all parts listed are enclosed and in good condition.

- Day-Light SKY Unit (with two installed bulbs)
- Removable base plate
- Grounded power cord
- 1 Philips screw
- #2 Philips screwdriver
- Instruction Guide
- Warranty card

Please send in your Warranty Card today to ensure you are registered. Contact your dealer if any product parts are missing or damaged.

Your Day-Light has been packed with the light enclosure turned at a 45° angle. The light enclosure can only be rotated counter clockwise 45° from this position to the position for use. Turning the light enclosure beyond this range will damage your Day-Light.

Before using your Day-Light, please test light tubes to ensure that both are in working order.

Specifications

UL & C-UL Listed

Enclosure Size: 13 ¹¹/₁₆" x 10 ³/₈" x 2 ³/₄"
(26.2 cm x 35.2 cm x 7.2 cm)

Height: Max: 27.25" / 69.2 cm
Mid: 26.25" / 66.6 cm
Min: 25" / 63.5 cm

Weight of Light: 8.2 lb / 3.7 kg

Electronic Ballasts: Instant start, no flicker

Lens Material: High-impact polycarbonate

Diffusing Filter: 99.3% UV filter

Two Light Intensities:

a) 2 light setting 10,000 lux at 12"

b) 1 light setting 5,000 lux at 12"

Light Tubes: 2 x 55 watt compact fluorescent
4000 Kelvin color temperature

Warranty: Five-year limited warranty

Assembling your Day-Light SKY

The base plate ensures your Day-Light SKY will stand in a stable position.

1. Lay your Day-Light SKY in the packing position with the lens facing upward.
2. Position Day-Light SKY base into recessed groove on the base plate with the front of the base plate facing forward. Align the hole in the base with the hole in the Day-Light SKY.
3. Using the included Philips #2 screwdriver, insert and tighten the single Philips screw securely into the light base. Do not over tighten.
4. Carefully lift the assembled unit and stand it upright.
5. Turn the light enclosure counter clockwise 45° for therapeutic or task lighting.



The light enclosure can only be rotated counter clockwise 45° from the packing position and back. Turning the light enclosure beyond this range will damage your Day-Light.

Testing the Light Tubes

Your Day-Light SKY comes equipped with two 55 watt compact florescent light tubes with a 1 or 2 light setting.

Test that the lamp is working properly with these steps:

- Attach the component plug and plug in the Day-Light SKY.
- Push the switch up to the yellow dot for the 2-light therapy setting. The lamp should illuminate.
- Push the switch down to the yellow "O" for the 1-light task setting. The lamp should illuminate but at a reduced intensity.

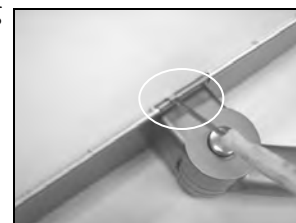
If either or both tubes do not light up, the tube(s) may be loose or damaged. To check, you need to remove and reinstall the light tube(s) as described below.

Removing & Installing Day-Light Tubes

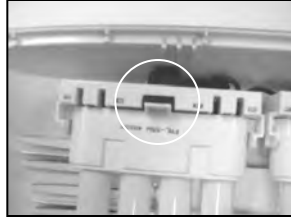
To reset a loose light tube or replace a burnt-out tube, please follow these instructions carefully.

To Check & Remove a Light Tube

1. Unplug the Day-Light SKY and remove the component plug assembly from the unit.
2. Remove the base plate from the unit, if attached.
3. Gently reposition the light head in the packing position by turning the light head 45° clockwise until it stops and the lens is facing in the same direction as the adjustment buttons. Place the Day-Light SKY with the lens facing upwards on a flat, soft surface.
4. Remove the four (4) screws on the back of the unit using the included #2 Philips screw driver. *(Only 2 are shown in photo)*
5. Gently remove the lens using a flathead (slot) screwdriver to raise the lens.
6. Using your hand slowly slide the lens back to disengage it from the three front retention clips built into the light head casing.
7. Check to see if a light tube is loose. If loose, it will need to be removed and re-installed.



9. Remove and discard the rubber shipping insert at the socket end of the light tube.



10. To remove the light tube, depress the white clip in the middle of the individual light tube housing unit. With your other hand, grasp the tube near the plastic base and gently wiggle it until it rises above the white clip.



11. Twist the light tube until one side of the comes out of the socket.



12. The other side should slide out with minimal effort.

13. Now slide out or disengage the light tube from the retainer clip at the other end.

14. For light tube installation, simply conduct the steps in reverse.

15. When re-installing the light tubes, they should “click” into place when reseated in the socket. When replacing the diffusion lens, do not over tighten the 4 retention screws the hold the lens in place.

NOTE: After switching your Day-Light SKY on, it takes about three minutes before the Day-Light tubes reach full intensity.

Using & Adjusting the Light Intensity Settings

The Day-Light SKY features two light intensity settings on your new Day-Light SKY – a high intensity and low intensity setting.



High (Therapy) Setting

Low (Task) Setting

High Intensity Setting—Light Therapy

At this setting, the Day-Light SKY emits 10,000 LUX light intensity when sitting a distance of 11" 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 solid yellow dot marking. Both 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 SKY for task or ambient lighting – it’s your choice. However, the lower setting still emits a light intensity of 5,000 LUX when sitting 11" from the light.

As this is still quite bright, we recommend that you either move your Day-Light SKY 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 the yellow “O”. You should see only one of the light tubes illuminate.

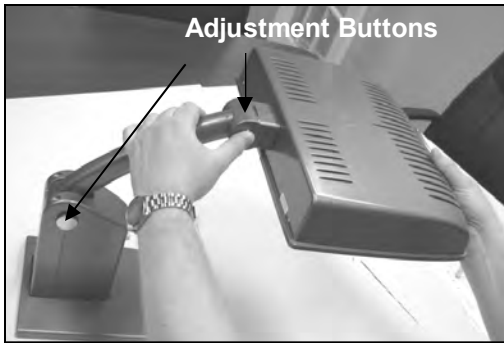
Adjusting Light Angle and Height

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

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

To Adjust the Angle and Height of the Light

There are two adjustment buttons on the arm of your Day-Light SKY. Each silver button, when pressed, allows you to move the light enclosure or arm to several different positions.



When you wish to adjust the height or angle of the light enclosure, press the appropriate adjustment button (while holding the light enclosure) and move it to the desired position.

To maintain the desired position, release the adjustment button to lock the arm in position. If the adjustable arm is not properly engaged and you let go of the enclosure, the enclosure may shift into the engaged position.

By removing your hand from the light enclosure and allowing it to engage or lock, the enclosure will properly and gently settle to the desired position.

To set the angle of the light at approximately 15° use the best combination of adjustments based on where your Day-Light SKY is positioned and your height.



When not using your Day-Light SKY for light therapy, you can easily reposition the light head to use as a task lamp over or near your work space.



Guidelines for Light Therapy Use

When used correctly, your Day-Light SKY 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 SKY for Light Therapy

It is best to use your Day-Light SKY at an approximate 15° angle and adjust the light head 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 SKY 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 SKY 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 SKY 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.

These symptoms generally disappear within a few days. If not, consult your doctor before you proceed with your light exposure.

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 SKY by putting it on a lighting timer. These are available at your local electrical supply store.

Adjusting Sessions

After a week of use you should be able to determine what usage schedule is best for you. Some people find an additional 15 to 30 minute session later in the afternoon or early evening to be helpful, particularly if they experience a slump in energy late in the day.

Generally, using the Day-Light SKY for anything other than a task light after 8 p.m. is not recommended as it may delay your onset of sleep.

Importance of Daily Use

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

Important Information

If you are on prescribed medication, we advise you to consult your doctor first before you use the Day-Light SKY or any form of light therapy. Certain medicines cannot be used in combination with light exposure.

If you have eye problems, you should consult your doctor or ophthalmologist before you use the Day-Light SKY or any form of light therapy. Certain eye and eye-related conditions that may respond unfavorably to light therapy.

If you are allergic to light or have a diagnosed chronic skin disease, it is safest to consult your doctor before you use the Day-Light SKY or undergo any form of light therapy.

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 11" from the light. You can comfortably read or have breakfast at this distance.



Incorrect Position: Sitting too Far Away

Sitting too far (over 11") 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: Staring at the Light

The recommended light dosage is 10,000 LUX which is achieved by sitting 11" from the Day-Light SKY. Do not stare directly into the light.



Incorrect Position: Too Close or Head Down too Far

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

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Warranty Returns

If your Day-Light SKY 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 SKY consumers so that you do not experience delays in receiving repair service.

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 SKY incurs any damage due to improper packaging, the cost for repair will be charged back to you.

IMPORTANT INFORMATION

Serial No.: _____

Purchase Date: _____

Purchased at: _____

You may wish to staple your original receipt to this document for your records.

Replacement of Day-Light SKY Tubes

The Day-Light SKY functions with two compact florescent light tubes. Fluorescent light tubes deteriorate over time they emit lower light intensity levels.

To keep your Day-Light Bright Light Therapy 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.

Replacement bulbs may be found at local dealers or may be purchased directly from Uplift Technologies Inc.



www.day-lights.com

(902) 422-0804
1-800-387-0896

Warranty

Uplift Technologies Inc. warrants your Day-Light Bright Light Therapy 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
- During the second to fifth year, warranty service is provided and calculated at a prorated charge based on the original purchase date.

NOTE: To ensure that we have your Warranty information on file, complete and return your Warranty Registration card today and retain your original receipt for warranty claims.

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