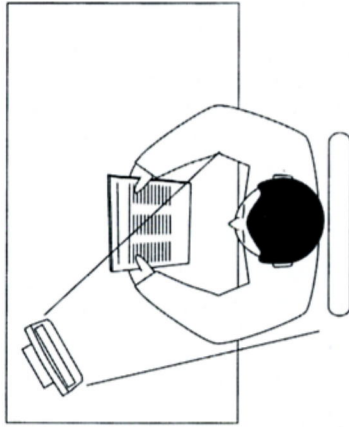


# L I T E B O O K<sup>®</sup>



## How to benefit from your Litebook<sup>®</sup>

- The first few times we recommend that you use The Litebook<sup>®</sup> for 30 minutes, first thing in the morning, as early as convenient. After a few days you may find that you receive sufficient light in less time. Usually 20 minutes per day is sufficient, however you should adjust usage based on how you feel. Some people feel better when they use their Litebook<sup>®</sup> for up to 60 minutes daily.
- Just like the sun - do not look directly at the light, but place The Litebook<sup>®</sup> off-centre from your line-of-sight and at a distance of approximately 12 to 20 inches (30 to 50 cm) from your face.
- Your body regulates its natural chemistry when certain wavelengths of light are received by your open eyes, so the light must be directed at your eyes and your eyes must be open to achieve benefit.
- Typically, you will recognize when you've received sufficient light - most often by feelings of heightened alertness, energy, and/or mood.
- Refer to the diagram for proper positioning of The Litebook<sup>®</sup>.
- We encourage you to use The Litebook<sup>®</sup> while engaged in other activities, such as reading, eating, applying makeup or working at a computer or desk. By associating the use of your Litebook<sup>®</sup> with a regular routine activity early every morning - you will be more likely to use it daily. Daily use usually increases the benefits.

# L I T E B O O K<sup>®</sup>

## IMPORTANT

- **USE ONLY AS DIRECTED**
- The Litebook<sup>®</sup> emits an intense beam of white light. **Do not stare directly at the light source.** It is **not harmful** to glance at the light for a few seconds at a time.
- Take care that The Litebook<sup>®</sup> is not brought in contact with water or heat producing appliances, as they may damage The Litebook<sup>®</sup> and may pose possible fire hazards.
- Do not use this product if you have a history including, but not limited to cataracts and macular degeneration, have undergone laser eye surgery in the past 30 days, or if you are currently taking any medications which render you photo-sensitive (extremely sensitive to light). Please contact your ophthalmologist or health care provider if you have any concerns about the use of this product.
- Consult a medical professional before using The Litebook<sup>®</sup> if you have been diagnosed with Seasonal Affective Disorder, depression, mood or sleep disorders or if you are taking medication for the treatment of depression and/or mood disorders (including but not limited to: fluoxetine (Proza), fluvoxamine (Luvox), paroxetine (Paxil), sertraline (Zoloft), venlafaxine (Effexor), nefazodone (Serzone), Wellbutrin and Zyban. Light therapy may change the effect of these kinds of medications.
- Occasionally mild side effects may occur which usually resolve after a few days of use, including headaches or a 'stinging' sensation in the eyes. If these or any other adverse effects not listed, do not resolve after three days, discontinue use of The Litebook<sup>®</sup> and consult your health care provider. On very rare occasions and usually only with over-use < 1% of users may experience mania (periods of abnormally and persistently elevated, expansive or irritated mood). If this happens stop using The Litebook<sup>®</sup> immediately.
- Use this product only with the power supply provided.
- Do not attempt to replace internal batteries. If batteries fail, return the Litebook<sup>®</sup> Model 1.2B for servicing to:  
The Litebook Company Ltd.  
#6-941 South Railway Street SE  
Medicine Hat, AB T1A 2W3

L I T E B O O K<sup>®</sup>

If you have any questions or concerns about your Litebook<sup>®</sup>,  
please call  
1-877-723-5483 (toll free in North America)  
1-403-504-1533 (worldwide)  
or email us at [service@litebook.com](mailto:service@litebook.com).

Visit our website for more information. [www.litebook.com](http://www.litebook.com)

L I T E B O O K<sup>®</sup>

## LITEBOOK<sup>®</sup> WITH RECHARGEABLE LITHIUM ION BATTERY

### QUICK START USER GUIDE

Welcome to the Litebook<sup>®</sup> family and congratulations on deciding to proactively obtain the light you need - every day! Your Litebook<sup>®</sup> is a convenient way to obtain the benefits of specific wavelengths of light scientifically proven to boost energy and adjust the body's natural rhythms.

Our most portable model has a built-in lithium ION rechargeable battery - so all you have to do is charge it - and GO!

### FOUR EASY STEPS

1. Place The Litebook<sup>®</sup> on a table or other surface slightly offset from your line-of-sight as per the diagram.
2. Turn on The Litebook<sup>®</sup> by pressing the on/off button.
3. Use The Litebook<sup>®</sup> for 15-60 minutes depending on your needs. The Litebook<sup>®</sup> will automatically shut off after 30 minutes of use.
4. To charge The Litebook's<sup>®</sup> built-in rechargeable battery, simply plug the AC adapter into The Litebook<sup>®</sup> and into an electrical outlet. The red indicator light flashes when it is charging and goes solid red when charged. You can use The Litebook<sup>®</sup> while charging the battery. A fully charged battery will last for two 30 minutes sessions, or more. The built-in rechargeable lithium ION battery has no memory effect. You do not need to fully discharge it before recharging and you can recharge it anytime -even while using The Litebook<sup>®</sup>. The battery delivers the same consistent level of light as when The Litebook<sup>®</sup> is using an electrical outlet - so you always receive the right level of light.