

# Northern Light Technologies

## INSTRUCTIONS

This lamp is designed to bring spring and summer outdoor light levels into your home or office for years to come.

### GENERAL

Your lamp is ready for use. You simply need to unpack it and set lamp up as shown in the brochure photo. Keep the box in case you ever need to transport the lamp.

If the lamp is left ON for several hours you may sense a slight odor coming from the vinyl caps that protect the ends of the fluorescent tubes during shipping. If you have this problem, you may remove the caps, if you wish.

This lamp might not operate at all even if only one tube is defective. You will find instructions for replacing tubes on the back of this sheet.

### INSTRUCTIONS FOR USE

We recommend that you use the lamp for about 20-30 minutes each day, preferably first thing in the morning, **sitting as shown on the back of this sheet**. Please ensure that the UV filter (transparent plastic sheet) is in place. You do not need to look directly at the light. Please make sure that the light shines on your eyes. Adjust the angle of the lamp-shade so that you can clearly see both tubes. Do not wear sunglasses. When you use the light in the manner described above, you should be about 8 - 12 inches from the center of the UV filter.

An alternate, much less comfortable way to use the lamp, is to sit 16 - 20 inches from the lamp, rotate the head of the lamp so that it shines directly on your face while you read, eat, etc.

Use the light regularly at about the same time each day. Try to spend time outdoors during sunny periods, if possible. Eat sensibly, exercise, and try to keep regular wake - sleep hours.

### PROBLEMS

#### 1) UNIT DOES NOT LIGHT

You need to wait 3 seconds after turning ON the lamp. If it does not come ON, please check that the plug is well inserted into the outlet. If this fails, try other outlets. The most common cause for a unit not lighting is badly inserted tubes or tubes dislodged during shipping. Check that both fluorescent tubes are **EQUALLY** well seated in the sockets (there should be **no space whatsoever** between the end of the tube and the socket). Also, if a tube has a clear glassy spot that is missing the white powder coating on the

inside, the tube is defective. If your lamp has just been brought in from the cold, you must wait until it reaches room temperature before using it. Also, if you have flicked the switch up and back quickly, you need to leave it in the OFF position 3 seconds before turning lamp ON. Still no luck, call us. We will try to help you.

#### 2) SIDE EFFECTS

The most common side effects are eye and/or skin irritation and headaches. They are most prevalent in people with blue or green eyes (especially pale green or blue eyes), blonde or red hair, and/or sensitive skin. All these problems can usually be resolved by gradually increasing use of lamp. First, stop using light until eye or skin irritation clears up. Then, start using light five minutes a day. Maybe increase the distance between you and the lamp as well. Gradually, over a period of about two weeks, you should be able to lengthen your exposure and shorten the distance till you achieve 10,000 lux for 20 - 30 minutes. If you still have a problem, call us, we may be able to help you.

**Please note that some medications, such as lithium, melatonin, tetracycline, St. John's Wort, phenothiazines, hematoporphyrins, acne creams, creams with retinoic acid, chloroquine, can make you very sensitive to light.**

### MAINTENANCE

The lamp should not require maintenance other than occasional dusting. Smudges can be wiped with a soft damp cloth. Do not force cloth behind fluorescent tubes. Unplug lamp for cleaning.

The fluorescent tubes emit less light as they get older. Typically, after 2,000 hours of usage they emit 15% less light.

### WARRANTY

We undertake to repair or replace a defective lamp at no charge for a period of five years. Shipping costs to our plant must be paid by you. You **MUST** call us at **800 263-0066** before returning a unit.

### GUARANTEE

Not all vendors have the same merchandise return policy. Only the conditions at the point of purchase apply.

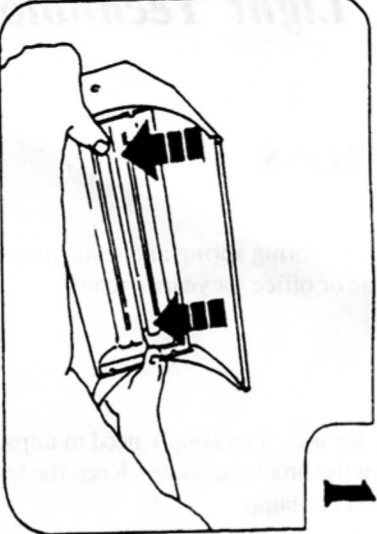
### WARNING

***If you have a health problem, if you have been told you must wear sunglasses in bright light, or if you have a history of eye problems, please consult a health-care professional before using our lamp.***

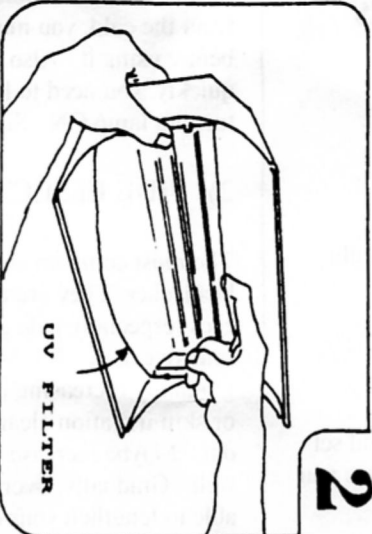
# Northern Light Technologies

## TUBE REPLACEMENT INSTRUCTIONS

REMOVE UV FILTER 1-2

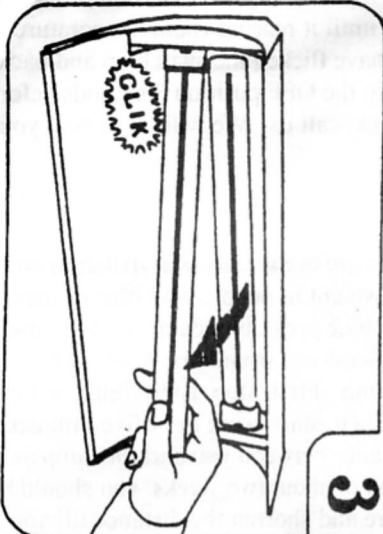


1

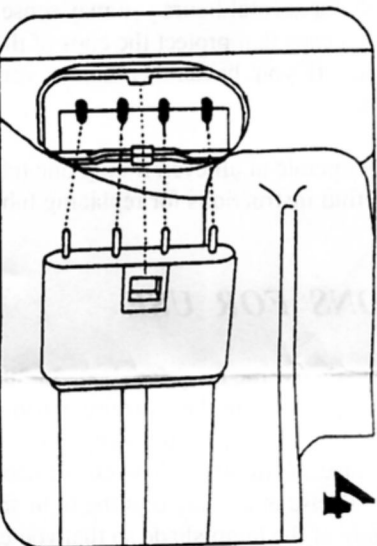


2

REMOVE TUBE(S) 3-4

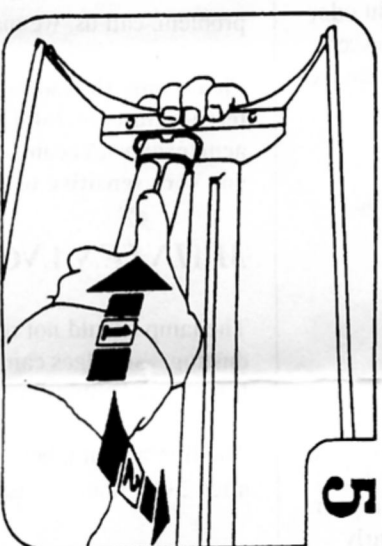


3

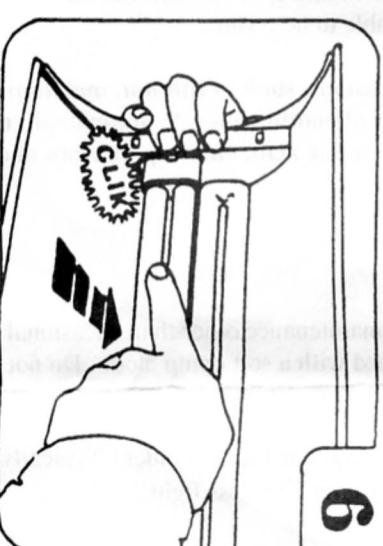


4

INSERT TUBE(S) 5-6



5



6

## TUBE REPLACEMENT

Although the fluorescent tubes are rated at 20,000 hours, their light output declines with usage.

The tubes should last for many years. If used as a regular desk lamp, 8 hours a day, the tubes should be replaced every 2 years.

A fluorescent tube may break if severely jarred. Northern Light Technologies sells replacement tubes at \$25 each. This price includes all taxes and ground-shipping costs. These tubes are also available at the larger lighting stores and at some electrical distributors. Any of the following can be used as replacement tubes:

MANUFACTURER	PART NUMBER
GE	3000 K, F39BX/SPX
PHILIPS	3000 K, PL 36 w
OSRAM	3000 K, DULUX L 36 w
SYLVANIA	3000 K, DULUX L 36 w

The light output may vary somewhat from one tube to another, it will vary as the line voltage changes, it will vary as the tube ages, and it will also vary as the tube heats up.

