

day light SKY

with BrightZone™ Technology



User Guide

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 website at: www.day-lights.com

Safety Precautions

- As with any electrical device, do not use the Day-Light Sky in or near water.
- 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.
- 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.
- 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.

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 Sky system. In addition, there are certain pre-existing medical conditions of eyes and skin (e.g., retinal dystrophies, age-related macular degeneration, porphyria, lupus erythematosus, 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

The Day-Light Sky is an innovative light supply system - not a medical device. 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.





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 not only help to 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 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.

Specifications

- UL and C-UL Listed
- Enclosure size: 13.6875 in x 10.375 in x 2.75 in (26.2cm x 35.2cm x 7.2cm)
- Height: Max: 27.25 in / 69.2 cm
Mid 26.25 in / 66.6 cm
Min: 25 in / 63.5 cm
- Weight of Light: 8.2 lb / 3.7 kg
- Electronic Ballasts: Instant start, no flicker
- Lens Material: High-impact polycarbonate
- UV Filter: 99.3%
- Two Settings: 2 lights / 10,000 LUX
1 light / 5,000 LUX
- Light Tubes: 2 x 55 watt compact fluorescent
- Color Temp: 4,000 Kelvin
- Warranty: Five-year limited warranty



Before Using Your Day-Light Sky

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 mail your Warranty Card or complete it online to ensure you are registered. Contact your dealer if any product parts are missing or damaged.

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

Warning

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



Testing the Light Tubes

Your Day-Light Sky comes equipped with two 55 watt compact fluorescent light tubes and can be used in a one- or two-light setting.

Test to see that the switch and light tubes are working properly with these steps:

- Attach the component plug and plug in the Day-Light Sky.
- Push the switch upwards to the yellow dot for the two-light therapy setting. The lamp should illuminate.
- Push the downwards switch to the yellow "O" for the one-light ambient setting. The lamp should illuminate but at a reduced intensity.

If either or both tubes do not light up, the non-functioning light(s) may be loose or damaged. In this event, you will need to remove and reinstall the nonfunctioning light tube(s) to determine the problem, as described in the section **Removing and Installing Day-Light Tubes** below.

Using Your Day-Light Sky

This section explains how to remove and install the light tubes of your Day-Light Sky.

Removing and Installing Day-Light Tubes

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

To Check and 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.

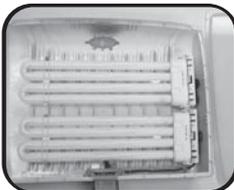
3.  Gently reposition the light head in the packing position by turning the light head 45° clockwise until it stops and the lens is facing in the same direction as the adjustment buttons.

4. Gently place the Day-Light with lens facing upwards on a flat surface.

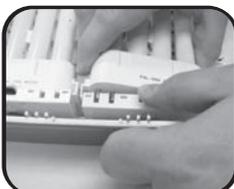
5.  Remove the four (4) screws on the back of the unit using the included #2 Philips screw driver. (Only 2 screws are shown in photo).

6.  Gently remove the lens using a flathead (slot) screwdriver to raise the lens.

7.  Using your hand slowly slide the lens back to disengage it from the three front retention clips built into the light head casing.

8.  Check to see if a light tube is loose. If loose, it will need to be removed and reinstalled. Stretch and remove the elastic around the metal clips. Elastics are installed for shipping safety. If one of the elastics should break, you can safely discard it.

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 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.



To Install a Light Tube

1. To reinstall 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. Once the light tubes are installed correctly, plug the Day-Light Sky in and check that the lights illuminate in each switch position. If working, unplug and continue to the next step. (If not, try reinstalling the tubes again to determine if there may be a problem with the light.)
4. Replace the plastic lens by sliding the front under the retention clips on the lamp head housing. It should clip easily back into place.
5. Reinstall the four (4) screws ensuring they pass through the lens. Do not over tighten as this could result in stripping the screws.

Using and Adjusting the Light Intensity Settings

The Day-Light Sky operates with two 55 watt compact fluorescent light tubes. There are two light intensity settings on your new Day-Light Sky – 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 Sky emits 10,000 LUX light intensity when sitting a distance of 11 inches (28 cm) 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 work or ambient lighting – it's your choice. The lower setting emits a light intensity of 5,000 LUX when sitting 11 inches (28 cm) 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.

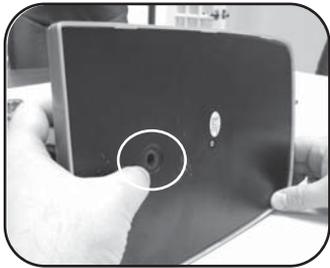
For the lower light intensity setting, push the switch to the side with the yellow "O". You should see only one of the light tubes illuminate.

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 your Day-Light Sky base into the 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 head counter clockwise 45° for therapeutic or task lighting.



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.



Adjustable button

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 head or arm to several different positions.

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

To maintain the position, release the adjustment button to lock the arm in position.

By removing your hand from the light head and allowing it to engage, the head will properly and gently settle to the engaged 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.

Why Day-Light Sky?

- Clinically proven technology
- Developed with BrightZone™ Technology
- Light therapy system and versatile task lamp
- Designed for home or office

BrightZone™ Technology

Engineered and tested to provide the appropriate field of illumination and 10,000 LUX experts recommend for maximum therapeutic benefit.

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 Sky was designed to meet these standards.

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 Sky



Visit www.cet.org for detailed information on users' experience and extensive guidance from leading doctors.



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.

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.

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

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 - 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.

For a personalized profile of your Day-Light Sky needs, we recommend completing the free online user assessments found at www.cet.org.

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 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 User Guide are applicable for SAD, the winter blues, and supporting general well-being. Do not use the Day-Light Sky for relief of any other type of mood disorder without the close supervision of your doctor.



Correct and Incorrect Positioning for Light Therapy Usage



Correct Position

The light angle should be set around 15° and adjusted so that your eyes are approximately in the center of the light. Sit 11 inches (28 cm) from the light. You can comfortably read or have breakfast at this distance.



Incorrect Position: Sitting Too Far Away

Sitting too far (over 11 inches / 28 cm) 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 11 inches (28 cm) from the Day-Light Sky. 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 Sky, the light must be able to reach your eyes. With the head in this position, light cannot reach the eyes.



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 delay 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 fluorescent light tubes. As fluorescent light tubes deteriorate over time they emit lower light intensity levels. To keep your Day-Light Sky 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.

Warranty

Uplift Technologies Inc. warrants your Day-Light Sky 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 Sky is defective in material or workmanship Uplift Technologies Inc. will, at its discretion, either repair or replace your Day-Light Sky.

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.



Bringing quality to life.

www.day-lights.com

902.422.0804