

# Northern Light Technologies

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The **TRAVelite** is a compact and versatile unit that will let you enjoy the light in a variety of situations. It is great for travel – it fits in a briefcase and weighs only 1 Kg (2 Lbs). The **TRAVelite** comes with a bracket that allows you to stand it vertically or horizontally. It can also be turned into a floor lamp by mounting it on a tripod. Now you can decide when the sun shines!

## INSTRUCTIONS FOR USE

The **TRAVelite** delivers 10,000 Lux at 12 inches (30 cm) or 6,000 Lux at a distance of 16 inches (40 cm.). We recommend that you use the lamp for about one hour each day at 16 in or 30 minutes at 12 inches, preferable first thing in the morning, sitting as shown. You do not need to look directly at the light. The light needs to shine in your eyes. Do not wear dark glasses while using light. Use the light regularly at about the same time each day. Also try to spend time outdoors during sunny periods. Eat sensibly, exercise, and try to keep regular wake – sleep hours.

## PROBLEMS

### 1) UNIT DOES NOT LIGHT:

If the unit does not light 3 seconds after the switch is turned ON, please check that the plug is well inserted into the outlet. If this fails, try other outlets. If the problem persists, remove the plastic diffuser by gently removing the four nylon screws. Check that both fluorescent tubes are equally well seated in the sockets. Also, if there is an area of the tube that is clear glass, without 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. Still no luck, call us. We will try to help you.

### 2) OTHER PROBLEMS:

Light can cause eye and/or skin irritation and headaches. This is most prevalent in people with blue or green 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 and comply with your original light regimen. 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, and creams with Retinoic Acid, Chloroquine, and other Chemotherapy drugs 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. The fluorescent tubes emit less light as they get older. Typically, after 2,000 hours of usage they emit 15% less light.

Replacement bulbs: OSRAM SYLVANIA: FT24DL-835, or PHILIPS: PL-L24W/835/4P

## 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 1-800 263-0066 before returning a unit.

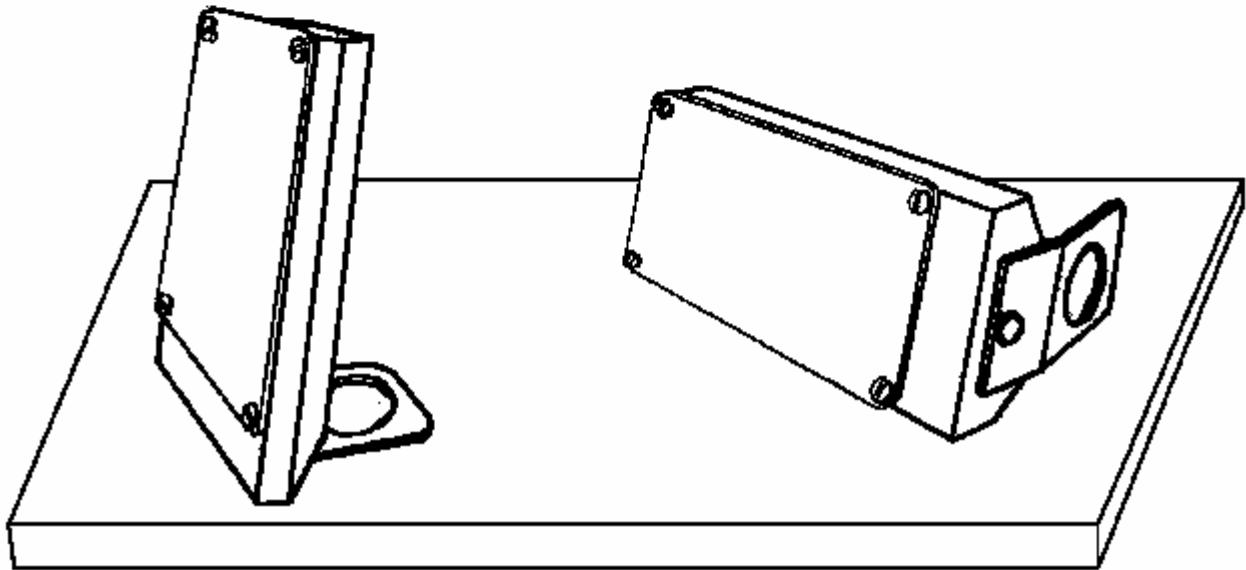
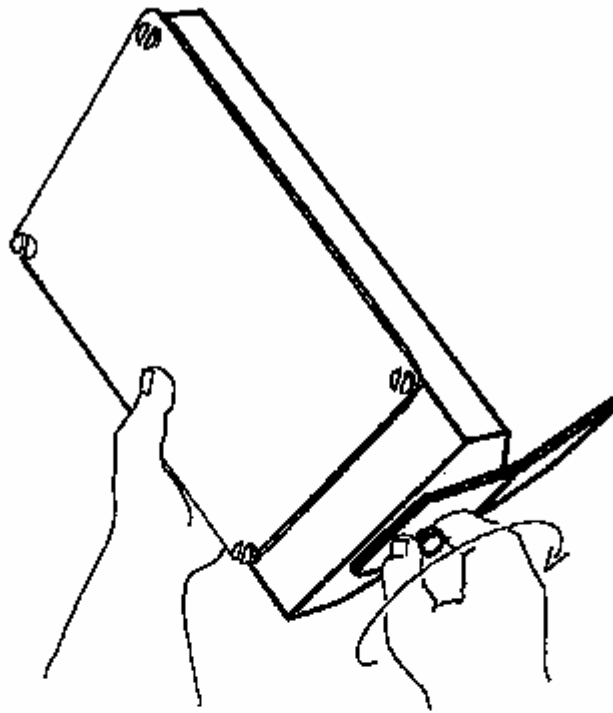
## GUARANTEE

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

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## 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.***



<b>Light intensity of the TRAVelite</b>	<b>Distance from the lamp</b>	<b>Suggested usage per day with the TRAVelite</b>
6000 lux	15 inches (40 cm)	60 minutes
10,000 lux	10 inches (25 cm)	30 minutes