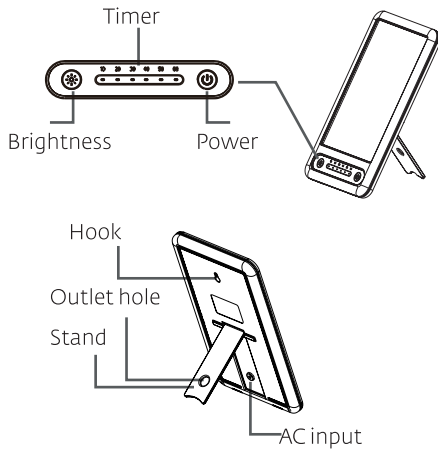


**INCLUDES**

- Natural light therapy lamp
- Power adapter
- Instruction manual

**PRODUCT IDENTIFICATION**



**FEATURES**

- 100% UV-free LED light simulates sunlight to boost your mood and may help alleviate Seasonal Affective Disorder symptoms (SAD)
- Set a timer from 10-60 minutes and the light will automatically turn OFF—an hour a day keeps the winter blues away
- Touch controls for adjusting the brightness
- Choose from three light settings: warm white, cool white and natural bright light
- Set the lamp wherever you need it with the built-in stand

**OPERATING INSTRUCTIONS**

1. Set the lamp on your desk and angle it where you need it. The built-in stand will keep it steady.
2. Connect the lamp to the included power adapter, and plug the light in to a socket.
3. Press the ON/OFF button to turn the lamp ON. Press the button again to cycle through the three light settings—cool white, warm white and natural bright light.
4. Press and hold the ON/OFF button to turn the lamp OFF.

**ADJUSTING THE BRIGHTNESS**

1. Press the brightness button to cycle between low, medium, medium high and high brightness.
2. Press and hold the brightness button to dim or increase the level of brightness.

**NOTE:** You can customize the brightness level of each light setting. If you turn the lamp OFF, it will remember these settings for when it is turned back ON.

**SETTING THE TIMER**

1. Press the timer button to turn the light timer ON.
2. There are six timer options: 10, 20, 30, 40, 50 and 60 minutes.
3. To cancel the timer, press and hold each timing button.

**ADVICE AND DIRECTIONS**

- Researchers at the National Institute of Health demonstrated that white light, in a range of 2500 to 10,000 LUX (a measurement of light intensity), helped to reverse the symptoms of winter blues
- Exposure strategies affect people differently, so it's important to establish a distance and schedule that's right for you
- For best results, use the lamp regularly and around the same time each day
- You can divide the time into several mini-sessions, or have one session a day
- When you are feeling sluggish and lethargic, spend more time with the lamp or sit closer to it
- If you feel jittery it may be time to turn off the lamp

**SPECIFICATIONS**

Light Modes:	Cool white light—10000LUX±10%
	Warm white light—10000LUX
	Natural bright light—10000LUX
Input:	DC 12V/1.5A

**WARNINGS**

- Some people may experience light sensitivity to fluorescent lighting
- Discontinue use if you experience any discomfort
- Certain medications (e.g., anti-depressants) may induce light sensitivity which may result in discomfort or a level of hyperactivity. Consult with your healthcare provider before using this product
- If you have a pre-existing eye condition, contact your healthcare provider prior to use
- **DO NOT** look directly into the light

**CAN ICES-005(B)/NMB-005(B)**

 **THE SOURCE - WARRANTY**

The Source warrants that this product will be free from defects in materials and workmanship for a period of 6 months from the date of purchase. Within this period, simply take the product and your proof of purchase to any The Source store or participating dealer and the product will be replaced (where available) without charge. Any product which has been subject to misuse or accidental damage is excluded from this warranty. This warranty is only applicable to a product purchased through The Source company-owned stores or participating dealers in Canada where the warranty is included with the product. While this warranty does not confer any legal rights other than those set out above, you may have additional statutory rights which will vary under the laws of the various countries, states, provinces and other governmental entities in which The Source operates. This warranty is subject to all statutory rights you may have in Canada.

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