CAREX®

SunLite

User Guide

Safety Precautions

1. If you have eye problems or have had eye surgery, you should consult your doctor or ophthalmologist before you use any form of light therapy. Certain eye and eye-related conditions may respond unfavorably to light therapy.
2. As with any electrical device, **DO NOT** use the SunLite in or near water.
3. **DO NOT overuse the SunLite**. Overuse may cause irritability, excessive energy, or difficulty falling asleep at bedtime.
4. It is **NOT** necessary to stare into the light. Read, work or talk on the phone during your light therapy session.
5. During the first few uses, your SunLite may give off an odor; this is harmless, will not affect the use, and will quickly disappear.
6. **ALWAYS** use in a well ventilated area away from other heat sources and ensure that air vents are not blocked when the product is in use.
7. There are **NO** user serviceable parts inside the SunLite. **DO NOT** open or try to access the lamp as this may lead in injury/death.

SAVE THESE INSTRUCTIONS
The SunLite is intended for household use only.

Thank you for purchasing the SunLite. Please read this manual in its entirety.
For more information on light therapy, please visit www.compasshealthbrands.com.

Bright Light Benefits

Light is an essential component for health. Daily bright light exposure helps to maintain your circadian rhythm, boost energy and manage sleep patterns. Light therapy is also the first line of recommended treatment for the Winter Blues.

ALWAYS consult your doctor before beginning any bright light regimen.

Specifications

UL & C-UL Listed - 120 VAC, 60Hz, 1.5A

Size:	12.2 in x 8.7 in x 1.75 in / 31 cm x 22 cm x 4.5 cm
Light Source:	168 LED bulbs, 3,000 Kelvin, 100% UV Free
Light Intensity:	10,000 LUX at 10"/25 cm

Disclaimer

The SunLite is an innovative light supply system and is not a listed medical device in the USA.

Included Items

- The SunLite
- Removable, component power cord
- User Guide

Before using your SunLite:

1. Check that the SunLite is in good condition.
2. Flip out the rear leg stand and insert the power cord.
3. Plug SunLite into a standard power outlet to see that it works properly.

Light Therapy Basics

LUX or the light intensity at a specific distance from the light is the common rating used in bright light therapy. The guide below details the SunLite ratings and average treatment times for the Winter Blues.

LUX LEVEL	DISTANCE	SESSION TIME
10,000	10" / 25 cm	30 minutes
5,000	14" / 36 cm	60 minutes
2,500	20" / 50 cm	120 minutes

Using Your SunLite

For those with mild to moderate Winter Blues, sleep or circadian rhythm issues, regular daily use of the SunLite can provide relief. For most conditions, use shortly after waking or in the morning.

Place the SunLite to the right or left of your line of sight as to maximize the light reaching your eyes. Keep your eyes open during light therapy, but do not look directly at the light.

Over the first few days of use, assess the effect and, if necessary, lengthen or shorten the session time to suit your needs.

Symptoms of Overuse

Negative effects are rare with light therapy. If you experience increased irritability, excessive energy, and/or any consistent discomfort during or after use, decrease session time or move the light further away. Use in the late afternoon or evening is not advised, as it may disrupt your sleep.

⚠**WARNING:** This light should not be used on patients with macular degeneration. **ALWAYS** consult a physician before using this product.

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