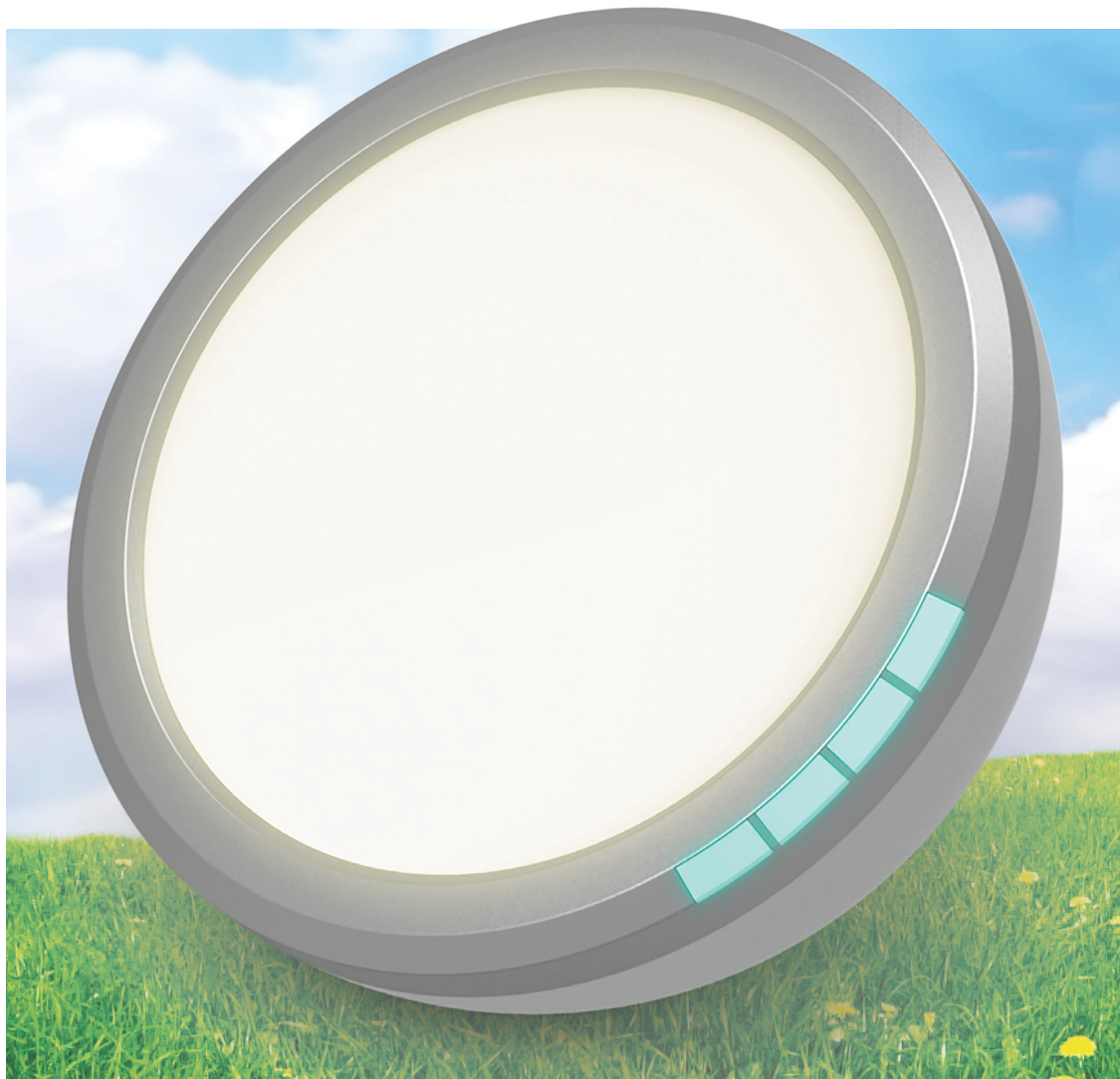


LIFELIGHT



www.lifelightlamp.co.uk





Introduction

Thank you for purchasing the **LifeLight** therapy lamp.

This lamp is designed to supplement your daily intake of light in order to achieve the recommended daily dose of 2,500 to 10,000 lux. The **LifeLight** employs an LED panel for illumination, which benefits from extended life and reduced power consumption.

Understanding the relationship between lux output and your daily requirement is important in getting the best out of your new lamp. Please read these instructions carefully, they will help you to build a treatment regime that best fits your lifestyle.

General Precautions

- Do not use this lamp if you suffer from an eye disease (cataracts/glaucoma), diseases of the optic nerve and inflammation of the vitreous humour.
- Please consult your GP before use if you are taking pain relief medication, anti-hypertensive or antidepressant drugs.
- Please consult your Ophthalmologist before use if you have retinal disease or diabetes.

Warning and Safety Notes - Please read this manual thoroughly

- This lamp is designed for domestic treatment of people. It may only be used for the purpose it was designed and in the manner specified in this manual. **Not for commercial use.**
- Before each use remove all packaging and inspect the device for damage. If you have any doubts please contact customer service.
- Keep all packaging away from children in order to avoid suffocation.
- Take care to protect the unit from strong impacts.
- Operate the device with the mains adapter provided, connected to the voltage specified on the rating plate.
- Keep the device and adapter away from water and humidity, do not allow water to be sprayed on the unit. Do not operate the unit or adapter with wet hands.
- Keep the device and adapter away from hot objects and naked flames. Do not use the device in the presence of flammable gas (air/oxygen/nitrogen oxide) connections.
- Arrange the mains cable such that it is not a trip or strangulation hazard.
- Do not leave the unit unattended while in operation and unplug when not in use.
- **Do not cover the unit while plugged in. Always allow the unit to cool before storing.**
- **Do not use the lamp close to those who are insensitive to heat or those with skin lesions brought about by illness.**
- **Do not use the lamp in the vicinity of those who are helpless, including children under the age of 3 or anyone under the influence of painkillers, drugs or alcohol.**
- This device may be used by children over the age of 10 or those with reduced mental capacity, provided they are supervised.





What is Seasonal Affective Disorder (SAD)?

SAD is a medically recognised form of depression which affects 8% of people in the UK. A further 21% of people in the UK experience a milder form of SAD often referred to as 'Winter Blues'.

The 'Winter Blues' can lead to individuals feeling tired, lethargic and 'fed-up'. By contrast, SAD is a seriously debilitating condition, which can leave sufferers medically depressed. SAD can lead to problems in relationships, unemployment and even suicide.

Lack of light causes SAD. Symptoms are common during the darker months from August through to April, but can equally be triggered during exceptionally dull summers or dark home/work environments. SAD can occur anywhere, but is more prevalent in those living further away from the equator.

What are the Symptoms of SAD?

As described below, the symptoms of SAD are varied in type and severity, often worsening as the days get darker. Initial symptoms can help the individual identify the condition early and prevent serious depression setting in.

Lethargy: A general feeling of fatigue making it difficult to carry out normal routines.

Over Eating: A craving for carbohydrates or sweet foods leading to weight gain.

Sleep Problems: A need to sleep more/oversleeping, while feeling unrefreshed by sleep. Possibly disturbed sleep at night and early morning wakening.

Loss of Libido: Reduced interest in physical contact and intimacy.

Social Problems: General irritability and uncomfortable in company, often refusing invitations.

Anxiety: Physical and mental tension and an inability to deal with stress, leading to panic attacks.

Cognitive Function: Difficulty concentrating and poor memory.

Depression: Low mood, sadness and apathy, negative thoughts, despair and low self-esteem.



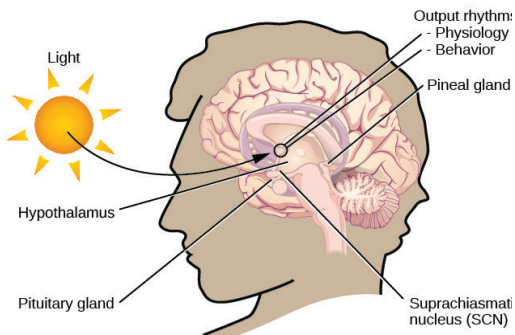


What are the causes of SAD?

Since the early study by Rosenthal, Wehr, Mueller, Lewy et al (1984), entitled 'Seasonal Affective Disorder: A description of the syndrome and preliminary findings with light therapy', researchers have continued to make advances in understanding SAD and the importance of light.

The symptoms of SAD can be traced back to the hypothalamus, a small part of the brain which controls mood, appetite, sleep patterns, body temperature and sex drive, as well as regulating hormones.

This part of the brain responds to impulses caused by light entering the eye. The functions of the hypothalamus decrease when there is insufficient light entering the eye, causing chemical imbalance.



An example of such imbalance includes the reduction of Serotonin, a neurotransmitter which helps pass messages from the brain to every part of the body. The existence of Serotonin has been found to significantly fluctuate between summer and winter in SAD sufferers, causing problems in relaying messages during the darker months.

Similarly, the chemical Melatonin will induce sleep when produced in large quantities. Sufficient light, received by the hypothalamus, trigger the pineal gland to suppress the production of Melatonin.

The place of Light Therapy in SAD.

As SAD is caused by a lack of light, the logical treatment has always been to supplement this intake. Bright light therapy has been proven to be effective in up to 85% of people diagnosed with SAD. Treatment commonly takes the form of a light box.

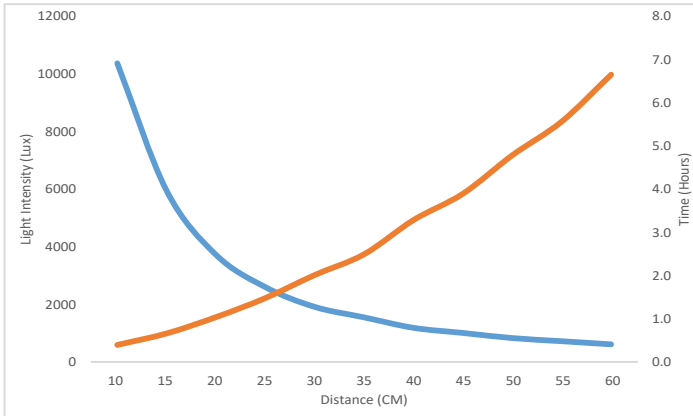
It is important that sufficiently intense light is received for the treatment to be effective. This intensity is measured in lux.

How much light required will vary with each individual and with the severity of their condition. A daily dose of 2,500 to 10,000 lux is generally recommended for the treatment, but it is often necessary to try different routines of use and monitor the results.





In general, the further away from a light source you are, the lower the lux value. The lower the lux value, the longer needed to achieve your daily dose. It is not necessary to stare at the light source during treatment, but it should be directed at the eye.



Understanding the relationship between lux output and your daily requirement is important in deciding on a treatment that best fits your lifestyle. You may choose an intensive, early morning treatment to help reach your daily dose or a less intrusive continual dose throughout the morning and early afternoon.

It typically takes three or four days before the benefits of light therapy are seen and these benefits can be lost in a similar period if the treatment is not maintained. Sufferers should avoid using a light box too late in the day, as this can interfere with the production of Melatonin and disturb sleep routines.

Some side effects, such as sore eyes or a dull headache, may be experienced during the initial period of light therapy. Some users may find they feel restless or experience sleep problems. Turning the light box off for a while will alleviate these effects – there are no long-term ill effects of light therapy.

Such side effects stem from the duration or way you are using the light box and can be prevented by varying your regime. It is important to experiment with your treatment schedule to find the right balance for you – one that alleviates your SAD symptoms, but does not cause side effects. This can be achieved by varying the distance at which you are using the light, the brightness of the light and the period for which you use the light.





Getting Started with your LifeLight.

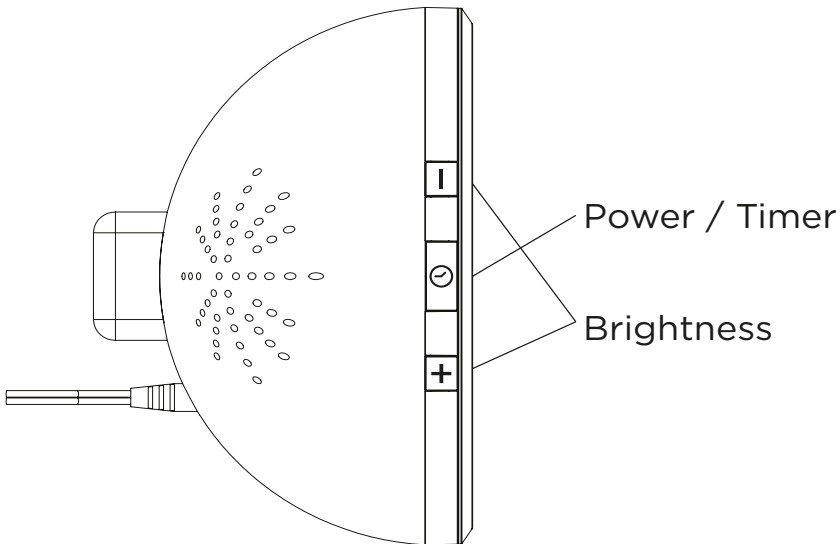
The **LifeLight** is designed to be intuitive to use with a few helpful features.

Please remove all the packaging and check that you have a **LifeLight**, an **adapter** and **this manual**. If you suspect the product is damaged, please contact us before use.

The **LifeLight** has two main controls:

Power/Timer: Press once to turn the light on.
Hold to turn the light off.
When switched on, press repeatedly to cycle through the 4 timer options.

Brightness: Press the '+' button to increase brightness.
Press the '-' button to decrease brightness.



Power is supplied using the included adapter, simply insert the plug into a wall socket and the jack into the rear of the **LifeLight**.





When should I use my LifeLight?

The symptoms of SAD are common during the darker months, from August through to April, but can equally be triggered during exceptionally dull summers or dark home/work environments. It is best to start treatment as soon as possible, so look for signs that you are anxious, irritable or tired.

You will feel the benefits of the **LifeLight** after three or four days regular use. If you stop using the **LifeLight**, it will take a similar period for the effects to wear off.

Most people will reduce their light therapy in Spring – if you feel your symptoms returning, simply restart your regime.

Remember that light therapy can be used at any time to help you feel more awake and improve your mood, so make the most of your **LifeLight** for the occasional boost!

What is the best time of day to use my LifeLight?

Studies have shown that SAD sufferers respond best to treatment in the morning, and that using a therapy light too late in the day can disturb sleep patterns.

People are different and everyone has their own schedule, so it is important to figure out a regime that is right for you. If you struggle with motivation in the morning, you are likely to benefit from an early session. If you find yourself falling asleep early, a late afternoon treatment may help.

Thanks to its features, the **LifeLight** shines at fitting in around your schedule. The rest of this manual will help you to understand how to get the most out of your **LifeLight** in building your regime.





Where, when, and for how long should I use my LifeLight?

To benefit from light therapy, you must get a sufficient daily dose for your needs. Spending 60 minutes sitting 40cm from the **LifeLight** will be enough for most SAD sufferers, but varying the time, distance and length of use can offer the same results in a more comfortable way.

In general, the further away from a light source you are, the lower the lux value. The lower the lux value, the longer needed to achieve your daily dose. It is not necessary to stare at the light source during treatment, but it should be directed at the eye.

Where?

The **LifeLight** should be placed on a flat, stable surface within reach of a power socket. The **LifeLight** is angled at 45°, which is suitably directed for most people's eye-line. Thanks to the adjustable brightness, it is not necessary to find a surface at the ideal distance.



To increase the brightness of the **LifeLight**, press the '+' button and to reduce it press the '-' button.

The **LifeLight** will remember your selected brightness level even after you switch your **LifeLight** off.



How Long and When?

How long you use the **LifeLight** depends on your distance from the light, your required dose and its brightness level. You may choose to sit 10cm from the **LifeLight** on full brightness to achieve a 10,000 lux dose in just 30 minutes, or you may choose to have the **LifeLight** on in the background for 3 or 4 hours to receive your dose.

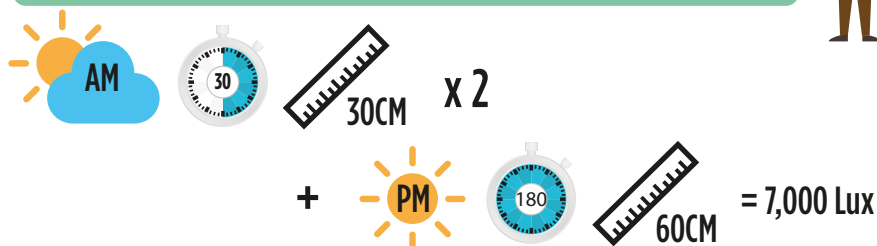


Hello, my name is Penny. I suffer from severe Seasonal Affective Disorder during the winter. I take regular exercise and meditate to help me cope with my depression. I find spending an hour in front of my Life Light at lunchtime really helps to improve my mood.



In reality, most people will use a mixture of periods and distances to get their daily boost, as shown in the case studies in this section. As the **LifeLight** is so compact and easy to set up, you can take it with you to break your treatment up throughout the day.

Hiya, I'm Josh. I find I get tired and stressed when the days are darker - it really affects my studies at Uni. I put my Life Light next to me while I eat breakfast and lunch, and have it on my desk when I am revising. It's great for helping me stay alert and stay on top of my coursework.





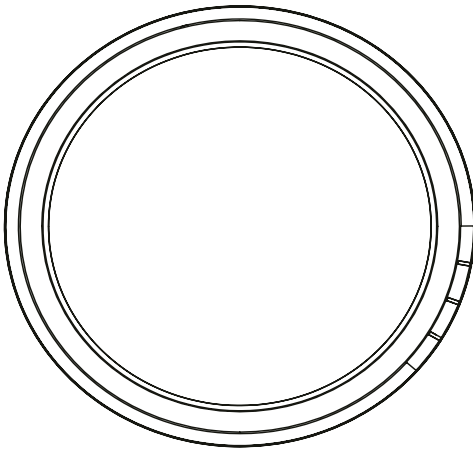
Hi, I am Stan. As I have grown older, I have started to get the winter blues. I use my Life Light to give me a quick boost each morning, so I can tackle the day ahead.



= 4,000 Lux

When you have decided on a regime, it is a great time to use the timer feature on the **LifeLight**.

Once switched on, press the  button to switch between the four different timers and once further to return to permanent on.

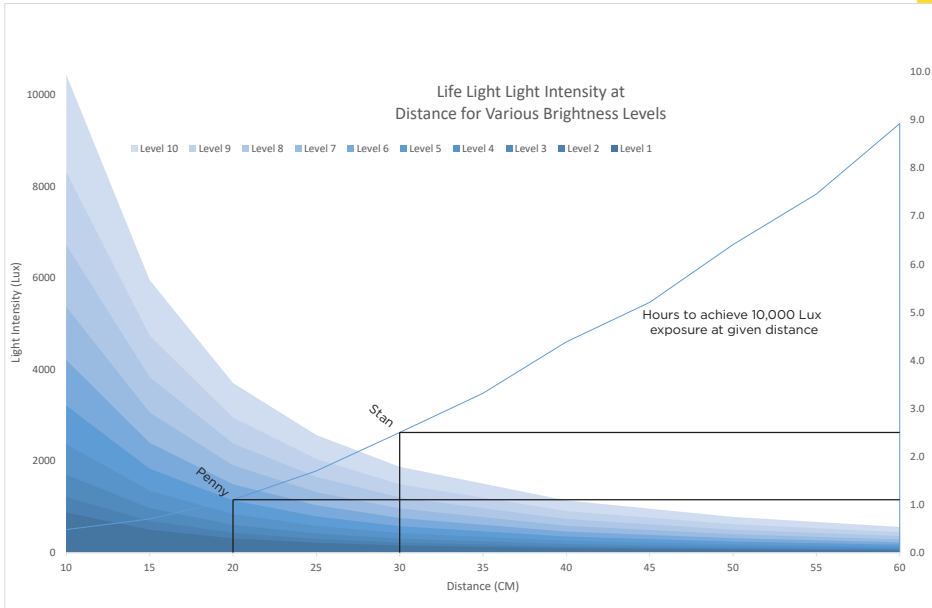
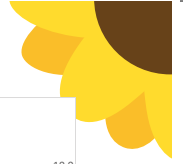


Timer Length
Indicator

- ■ ■ ■ 60 Minutes
- ■ ■ □ 45 Minutes
- ■ □ □ 30 Minutes
- □ □ □ 15 Minutes
- □ □ □ Timer Off

There are no long-term ill effects of light therapy but some people may experience sore eyes or a dull headache during the initial period of light therapy. Reducing the brightness, moving further away or turning the **LifeLight** off for a while will alleviate these effects.





Cleaning, Storage, Repairs and Disposal

- **Please clean your lamp with a dry cloth** - do not use abrasive cleaning products.
- Protect the unit from dust, chemicals, impacts, temperature variations and heat sources - never use the device near water.
- This lamp contains no user serviceable parts.
- No calibration is required for this device.
- Please dispose of this device at a suitable local collection or recycling point and in accordance with EC Directive for Waste Electrical and Electronic Equipment (WEEE).



LIFELIGHT WARRANTY CARD

In the unlikely event that your **LifeLight** develops a manufacturing fault, it is covered by a one year return to base warranty when you complete and return the details on the back of this card.

Your warranty is only valid with the original receipt, please ensure you keep this safe. The warranty runs from the date of purchase.

If your product develops a defect during the warranty period, please call 01635 874323 for further advice. If requested, please securely pack your item and return it enclosing your contact details, your proof of purchase and fault details.

We will, at our discretion, repair or exchange the item in line with warranty legislation. Where no proof of purchase is provided, or the product is outside the warranty period, repairs/replacements will be offered at cost to the customer.





Technical Specification

Model no.	1700 (TLW001)
Dimension (W x H x D @ Weight)	155mm x 129mm x 136mm @ 0.3Kg
Lighting elements	LED - Full Spectrum Bright White
Light intensity (max.)	10,000 lux at 10cm
Spectral Irradiance	3.02 W/cm ²
Intensity levels	10 stage
Colour temperature	5300K +/- 300K
Timer	4 Stage: 15/30/45/60 minutes
Operating conditions	0°C to 35°C, 15-90% rel. humid.
Storage conditions	-20°C to 50°C, 15-90% rel. humid.
Mains adaptor	AC 100~240V, 50/60Hz / 24Vdc 1.5A

This device meets the requirements of European Directive 93/42/EEC and 2007/47/EEC Medical Devices as well as the Medical Devices Act. This device complies with European Standard EN60601-1-2 and is subject to particular precautions with regard to electromagnetic compatibility.

Lifemax Limited

1 Pipers Court, Thatcham, RG19 4ER

www.lifemaxuk.co.uk

Please retain for future reference



Name:

Address:

Telephone:

Email:

Retailer:

Date of Purchase:

Model No:

We would like to keep you up to date with other helpful products. If you would rather we did not, please tick here.

