

## The Natural Solution for SAD

Seasonal Affective Disorder (SAD) is a form of depression that afflicts over 10 million North Americans each winter season. Another 50 million individuals suffer a milder form of SAD called "Winter Blues". Bright light therapy provides a natural solution without drugs or side effects.

### Bright Light Therapy Benefits

- Feel better
- Sleep better
- Boost energy levels
- No side effects
- Results in 1 – 2 weeks

### How Bright Light Therapy Works

- Simulates effects of natural daylight
- The Suprachiasmatic Nucleus (Internal Body Clock) regulates daily sleep/wake patterns
- Light hits the outer eye & causes the retina to transmit impulses to reset the body clock
- Reduces Melatonin (excessive daytime melatonin causes depression)
- Daily, 30 minute morning treatments are recommended

### Comparing Lux

- |                               |               |
|-------------------------------|---------------|
| • Direct Sun                  | 100,000 lux   |
| • Bright Light Therapy System | 10,000 lux    |
| • Home/Office Lighting        | 300 - 600 lux |
| • DeskLamp                    | 100 lux       |

### Concern with Blue Light LED

Many of the top light therapy experts worry about the long term effect on the retina (Macula) of the blue light used in all handheld LED units and recommend avoiding it's use.

### Recommended Guidelines for Best Results

- Use regularly each day at same time, preferably first thing in the morning (Sleep patterns can be disrupted if used in the afternoon or evening)
- Sit at suggested distance from the light:
  - 30 minutes at 10 inches (25 cm) for 10,000 lux
  - 60 minutes at 15 inches (40 cm) for 6000 lux
- The light shines into the eyes at an angle, without looking directly at the light
- Do not wear dark glasses while using the light.
- Spend time outdoors during sunny periods
- Eat sensibly, exercise and keep regular wake-sleep hours

## The Best Selling Light Therapy Products Just Got Better

Northern Light Technologies now offers many exclusive benefits including:

- 5** Unlimited **Five** Year Warranty
- 60** **Sixty** Day Money Back Guarantee

Made in North America  
Multiple Product Choices  
Insurance Billing Information Available

### PHYSICIAN RECOMMENDED

Health Care Professionals now recommend Bright Light Therapy as the First Line of Treatment For Seasonal Affective Disorder

  
**NorthernLight  
Technologies**

[www.northernlighttechnologies.com](http://www.northernlighttechnologies.com)

### About Northern Light Technologies

Northern Light Technologies was launched over 20 years ago by a team of engineers with advanced degrees in engineering and lighting technologies. Today Northern Light Technologies has grown to become one of the largest manufacturers of innovative light therapy products in the world.

### Distributed By:

  
**NorthernLight  
Technologies**

**Brighten  
Your Life**



**Bright Light Therapy  
Product Guide**

## BOXelite

### Bright Light Therapy for Home or Office

The BOXelite is the best value priced high quality bright light therapy system. It's light panel measures a large 13x19 inches and provides 10,000 Lux of lighting. The BOXelite can be used in a variety of settings for the recommended daily 30 minute light therapy sessions. The versatile design allows use while reading, eating, watching TV, and other activities. The BOXelite features durable metal tubing that allows infinite angle options. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This reduces uncomfortable glare. The BOXelite is also an excellent reading and task lamp and can be used all day long. For the treatment of SAD or Winter Depression, the light is pointed toward the face. For other use during the day, it can be pointed away from the face.



## TRAVelite

### Portable Bright Light Therapy

Weighing just over 2lbs, the TRAVelite provides 10,000 lux of light. Standing either vertical or horizontal, it's compact and lightweight design takes less space on a Desktop or Table. The recently redesigned TRAVelite provides even more light output for effective treatments. The TRAVelite is ideal for traveling and fits easily into luggage or a brief case. A Free Travel Case is provided with initial purchase. Many travelers suffer from jet lag (dysrhythmia), occurring when the body clock is not synchronized with an air traveler's new time zone. Studies at Harvard and NASA indicate that the human body clock can be safely shifted up to 12 time zones in a couple of days with precisely timed exposure to a sufficiently bright light. The TRAVelite is also an excellent reading and task light and can be used all day long.



## SADelite

### Desktop Bright Light Therapy System

Providing 10,000 lux of light, the SADelite is the most versatile SAD light available. Many people prefer this type of unit, as it looks like a desk lamp and not like a traditional light box. It has been one of the top selling products for many years, and has proven to be highly effective. Featuring adjustable arms and pivoting head the SADelite light can be adjusted downward. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This also reduces uncomfortable glare. The SADelite is also an excellent reading and task lamp. For the treatment of SAD or Winter Depression, the head of the lamp is pointed toward the face. For other use during the day, it can be pointed away from the face.



## Flamingo

### Floor Light for Bright Light Therapy

The FLAMINGO is an attractive floor light that will look good in any room of your house and doubles as a light therapy unit and a reading and task light. It does not require any specific installation or supporting furniture to be effective, and is extremely easy on the eyes and very enjoyable to use. Using only 52 watts of power, the FLAMINGO is so efficient that it can light up the whole room. The FLAMINGO can be the ideal complement to a morning workout on an exercise machine, or treadmill. It is also ideal for any cosmetic/beautician treatment session that requires sitting for 30 to 60 minutes. Featuring an adjustable neck and pivoting head the FLAMINGO can be adjusted downward. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This also reduces uncomfortable glare.



## SHOWoff

### Light Therapy for Group Settings

The SHOWoff is an energy-efficient, low-maintenance solution for improved lighting in the workplace. The SHOWoff is a ceiling fixture mounted on a track that will provide therapeutic light levels to a fairly large work area. With an 8 foot ceiling, the average person will be about 3.5 feet from the SHOWoff and have exposure to 3,000 – 4,000 lux. One light therapy session, at these light levels, requires 90 minutes. The SHOWoff is ideal for use in Hospitals with many applications throughout the facility including: • Shift Workers • Offices and Common Areas (lunch rooms) without windows • Nurses Work Stations Senior citizens do not always have the luxury of being exposed to bright light. A single light room fitted with a few SHOWoffs will do wonders for these elderly shut-ins. The SHOWoff can be useful in improving mood, energy, and productivity while improving safety by reducing errors.



## SunRise Clock

### Wake Naturally to your Personal Sunrise

The SunRise Clock Digital Dawn Simulator gently wakes you to a simulated sunrise. The Dawn sequence will make waking up in the morning a pleasure! Using a dawn simulator such as the SunRise Clock means that you wake up in a lighted room. Terrific for those with delayed circadian rhythm (those who have difficulty getting out of bed in the morning). The Sunrise Clock's light slowly begins to shine 15, 30, 60, or 90 minutes before your wake-up time, gradually illuminating the room and becoming brighter until it is time for you to awaken. The SunRise Clock is derived from medical research on light and human behavior. In the early morning, the human biological clock is sensitive to low intensity light. Waking to a slowly increasing light can result in a smoother, more natural transition to wakefulness. Multiple Uses with Adjustable Programming You Set.

- Gradual sunrise wakes you up gently and naturally
- Gradual sunset gives your body the signal to wind down, helping you to fall asleep sleep
- Delayed Sleep - Phar/Circadian Rhythm Applications.



## Feel BrightLight Visor The Latest in Light Therapy Convenience



Light boxes have been around for over twenty years and Physicians who prescribe bright light therapy sometimes cite "inconvenience" as the primary reason for their patients not complying with a phototherapy regimen. The Feel Bright Light Visor is a self-contained rechargeable phototherapy device that attaches underneath any visor or hat allowing people the freedom to take their daily dose of light while performing other activities. Imagine being able

to wake up in the morning, putting the Feel Bright Light Visor on and walking into the kitchen, putting on a pot of coffee and eating breakfast, reading the newspaper, watching television, etc. With the Feel Bright Light Visor you can have your bright light therapy and be truly mobile at the same time. Attaches to most visors. There are two settings – 8,000 and 12,000 lux. Select your light intensity setting at the push of a button and move about freely while getting your dose of bright light for the day. Automatic 30 minute shut-off tells you treatment is done. Lightweight lithium polymer battery offers up to 4 treatments before requiring recharging. The lights produce no UV and no heat.