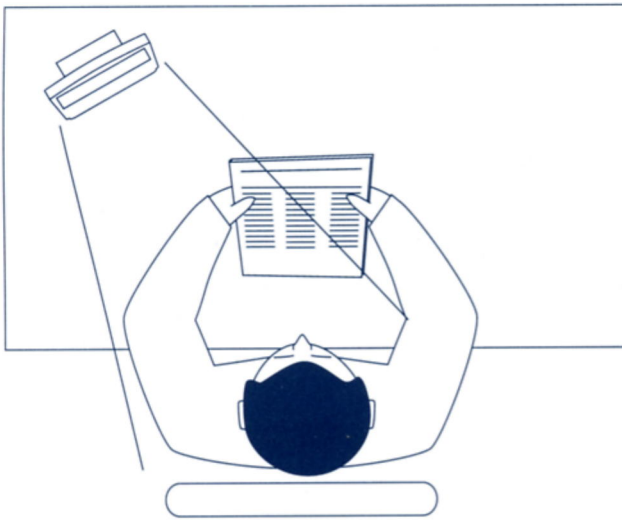


## RECOMMENDED USAGE

- Typical usage time is 15-60 minutes/day.
- Optimally, the Litebook should be used first thing in the morning, as early as convenient.
- The Litebook should be positioned approximately 12-24 inches (30-60 cm) from your face, and should be offset slightly from center to reduce glare (SEE DIAGRAM BELOW).
- The Litebook's light beam must be directed at your eyes, and your eyes must be open to achieve benefit.
- Typically, you will recognize when you've received a sufficient light supplement -- most often by feelings of heightened alertness, energy, and/or mood.
- Refer to the diagram below for proper positioning of the Litebook.

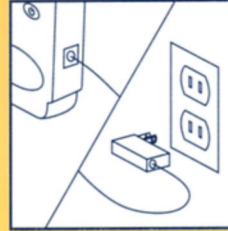


## GENERAL INFORMATION

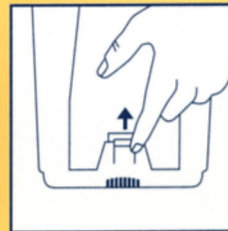
- The Litebook is an effective tool for providing natural light. It is useful for people who are deprived of sufficient sunlight at certain times, and in certain parts of the world.
- The Litebook's unique portability allows the user the freedom to continue with daily activities while enjoying additional light -- as well as the convenience and economy of a compact, efficient light.


## FOUR EASY STEPS

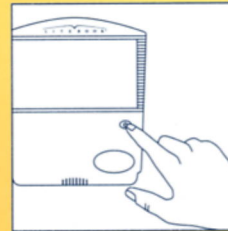
1. Plug the AC adapter into the Litebook and into an electrical outlet.



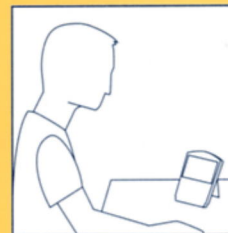
2. Pull out the stand from the rear of the Litebook, as shown.



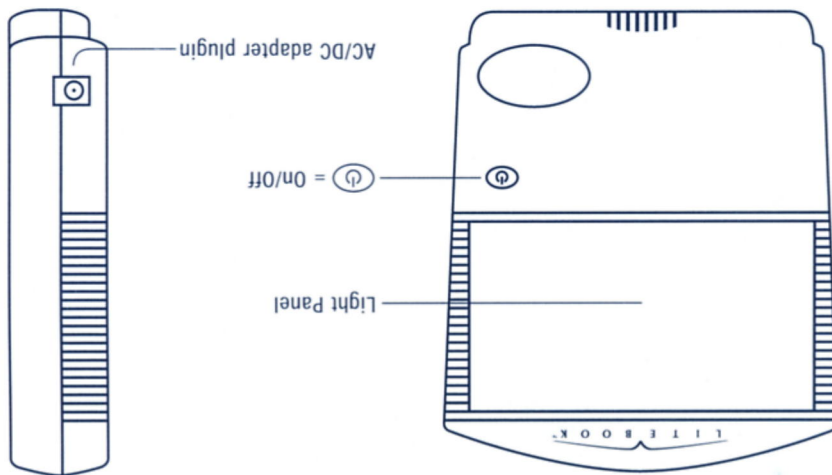
3. Turn on the Litebook by pressing  (on/off).



4. Begin Treatment.



If your Litebook™ isn't cooperating,  
call: 1-877-723-5483 or  
e-mail: [service@litebook.com](mailto:service@litebook.com).



## INSTRUCTIONS

### IMPORTANT

- USE ONLY AS DIRECTED.
- The Litebook emits an intense beam of white light. DO NOT STARE DIRECTLY AT THE LIGHT SOURCE. It is NOT harmful to glance at the light for a few seconds at a time.
- We encourage use of the Litebook while engaged in other activities, such as reading, eating, applying makeup, or working at a computer or desk. However, take care that the Litebook is NOT brought into contact with water or heat-producing appliances, as they may damage the Litebook, and may pose possible fire hazards.
- Do not use this product if you have a history of eye disease including, but not limited to, cataracts and macular degeneration, have undergone laser corrective eye surgery in the past 30 days, or if you are currently taking any medications including certain antibiotics which render you photosensitive (extremely sensitive to light). Please contact your ophthalmologist or health care provider if you have any concerns about the use of this product.
- Occasionally mild side effects may occur, including headaches, a 'stinging' sensation in the eyes, and on rare occasions, nausea. Generally, these should disappear after a few days. On rare occasions (1% of users), mania may be induced, typically from overuse; in this event, stop using the Litebook immediately. If these effects, or any other adverse effects not listed, do not resolve after three days, discontinue use of the Litebook and consult your health care provider.
- If you have any questions or concerns about your Litebook, please call: 1-877-723-5483 (toll free N. America), 1-403-504-1533 (worldwide) or e-mail: [service@litebook.com](mailto:service@litebook.com).