

Original Delivery: If your light box is not in perfect working condition when you receive it, we will replace the damaged part, or the entire system, absolutely free. To initiate a return, simply call American Environmental Products (AEP) within 3 days of delivery. We will either send you a replacement part or issue a Return Authorization Number, which you will mark on the shipping box when you return the product to us. We will send you a replacement upon receipt and inspection of the returned product.

Satisfaction Guarantee: If, within the first 30 days of receiving your light box, you are not 100% satisfied, you may return it for a full refund of your purchase price. Shipping costs are the responsibility of purchaser. To initiate a return, simply call AEP within 30 days of delivery, and obtain a Return Authorization Number (RAN). The light box must be received in its original packaging, intact and undamaged to ensure full refund. AEP will not be responsible for returned light boxes that are damaged due to shipping. For safe shipping insure the box with carrier. Record the RAN on the shipping box. You will receive a refund immediately upon receipt and inspection of the returned product.

Although our guarantee and warranty are comprehensive, they do not cover damage resulting from accident, misuse, abuse, improper operation, lack of reasonable care, or unauthorized modification. Our warranty is for sales within the United States. Warranty coverage for sales outside of the United States must be established at the time of sale.

Bibliography on Light and Health

The Carbohydrate Addict's Diet

Rachael and Richard Heller
Penguin, Bergenfield, NJ 1991

Fight the Winter Blues: Don't Be Sad, Your Guide to Conquering Seasonal Affective Disorder

Celeste Peters
Script Publishing, Calgary, 1994

The Hibernation Response

Peter Whybrow and Robert Bahr
Arbor House, W. Morrow, New York 1988

The Light Book: How Natural and Artificial Light Affects Our Health, Mood, and Behavior

Jane Wegscheider Hyman
Ballantine, New York 1990

Light: Medicine of the Future

Jacob Liberman, OD
Bear & Company, Santa Fe 1991

Light Years Ahead

Light Years Ahead Productions
Celestial Arts, Berkeley 1996

Seasonal Affective Disorder

Angela Smith
Thorsons, London 1991

Seasons of the Mind

Norman Rosenthal, MD
Guilford Press, New York 1989

Winter Blues

Norman Rosenthal, MD
Guilford Press, New York 1993

SUN-A-LUX® and SAD-LITE® Light Box Instruction Manual



Congratulations!

You have just purchased the highest quality environmentally correct light box available in the world. SUN-A-LUX® and SAD-LITE® light boxes provide full spectrum light and essential trace levels of ultraviolet, simulating natural sunlight at noon. The light bulbs contain advanced rare earth phosphors and are frequently enhanced. Our products are based on Dr. John Ott's groundbreaking work and are substantiated by continuing research. The light can help you overcome the feelings of gloom and depression associated with light deprivation. It's like going for a walk outside without having to leave your office or home.

SUN-A-LUX® and SAD-LITE® light boxes are safe and easy to use. Our light boxes have silent electronic ballasts, electromagnetic filters and radio frequency grounding, plus an electronic interference filter. Unwanted electromagnetic frequencies and magnetic fields are blocked. These are the only lighting systems available that meet German standards for electromagnetic radiation pollution.

We wish you great success with your new SUN-A-LUX® and SAD-LITE® light boxes. Feel free to call us at 1-800-339-9572 with any questions.

A handwritten signature in black ink, appearing to read 'Charles Bolta'.

Charles Bolta, President

Visit our website for more resources www.sunalux.com

American Environmental Products

625 Mathews Street • Fort Collins, CO 80524
800-339-9572 • fax 970-482-5816

Light Box Set-up and Operating Instructions

IMPORTANT: For a faster and safer way to begin getting the best light available today, please find your SUN-A-LUX® or SAD-LITE® light box item # on the following pages and follow the instructions carefully. Note: you can find your light box item # on the label located on the back of your light box.

SAD-LITE® Full Spectrum Light Box (item # C-12-FS)

1. Place box upright to remove plastic cover. Save the plastic so you can use it as a dust cover when your light box is not in use. Also, save the packaging in the unlikely event you should need to return your light box.

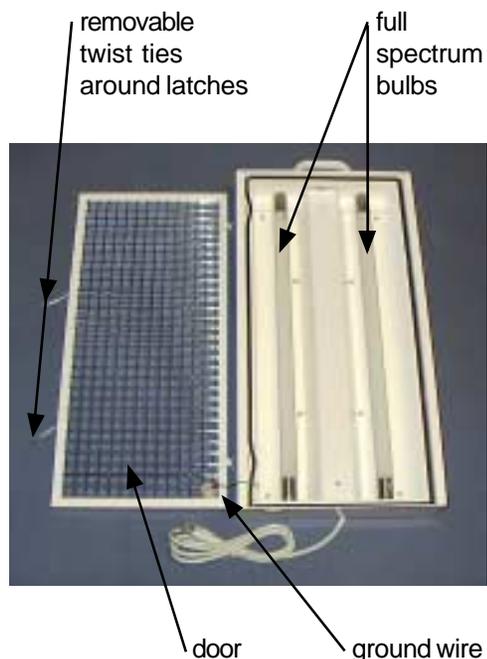
2. Unfasten the electric cord and lay the box down flat on its back (but do not plug in yet!).

3. Open the **door** by pulling the **removable twist ties** to undo the **latches**. The door can be set down next to your light box, making sure that the green **ground wire** stays connected. (If the ground wire does become disconnected it can be easily reconnected with a phillips screwdriver).

4. Carefully remove the bag of peanuts and check to make sure the two **full spectrum bulbs** are securely in place.

5. You are now ready to close the door, plug in the light box, switch it on and begin enjoying the benefits of therapeutic light! Note: please allow a few minutes for bulbs to warm up to full illumination.

TROUBLESHOOTING: A common phenomenon is a “swirling” effect seen in the full spectrum bulbs when the light box is switched on. To correct this problem simply switch off the light box, unplug, lay flat, open, and turn the “swirling” bulb end to end.



Frequently Asked Questions

How far away should I sit from my light box?

Answer: Our customers have found that the light is most effective when you are within arm's length (approximately 2 feet) of the Light Box, although it is still effective across the room. Light is like a fireplace; the closer you are to it, the more effect there is. It is recommended to **never** look directly into any type of light source. The light should enter the eyes, but not be too harsh, so keeping the light box off to the side has worked for many people.

When should I use my light box?

Answer: Our customers have found that using the light box in the morning or mid-day has produced the best results. Using the light box late in the day or in the evening may cause sleep rhythms to be disrupted.

How much time each day should I use my light box?

Answer: Our customers have found that the 10,000 Lux light is best used for approximately 30 minutes each morning, and that the Full Spectrum light is best used for approximately 1 hour each morning. By fully waking up during the day, many people are reporting that they are sleeping better. The light box should be used for the amount of time it takes to reset the circadian rhythm of the body and help restore healthy biological function. The amount of time varies from person to person and should always be verified by a qualified health care professional.

How long will it be until I notice the effects of using my light box?

Answer: Our customers have found that they have usually noticed improvements after one to three weeks of using the light box every day in the morning. Sometimes your friends or family will notice subtle changes in your mood before you do.

Will my insurance company reimburse me for my light box?

Answer: Because photo-therapy is no longer considered experimental, but is a mainstream type of psychiatric treatment for Seasonal Affective Disorder (SAD) or depressive/anxiety conditions many insurance companies will cover the cost of a therapeutic light box. For a Sample Letter to Insurance Company visit our web site at www.sunalux.com.

What else can I do to relieve my symptoms of depressed mood, difficulties in concentration, the need for increased amounts of sleep, and cravings for carbohydrates associated with seasonal affective disorder (SAD)?

Answer: Our customers have found that along with their light therapy getting outdoors in natural sunlight, exercising regularly, maintaining a balanced diet, and drinking plenty of water have all helped in lessening the symptoms of SAD.

How often should I replace the light bulbs in my light box?

Answer: Your light box has been equipped with fluorescent tubes. It is recommended that you replace the fluorescent tubes after two years or 2,000 hours of use.

Using Your SUN-A-LUX® or SAD-LITE® Light Box

After set-up is completed, the light box is ready to be used anywhere there is a flat surface able to support the light box. The SUN-A-LUX® and SAD-LITE® light boxes are designed to allow maximum absorption of pure full spectrum light while you are in the path of the light. It is recommended to **never** look directly into any type of light source. You can use your light box while you are, reading, using a computer, cooking, working out, giving or receiving a massage, etc. Some people prefer to be directly in front of the light box, while others use it to illuminate an area from the side or from behind. Each person is unique and different locations and distances for your light box should be experimented with. It is beneficial to develop a routine that is consistent and feels right for you.

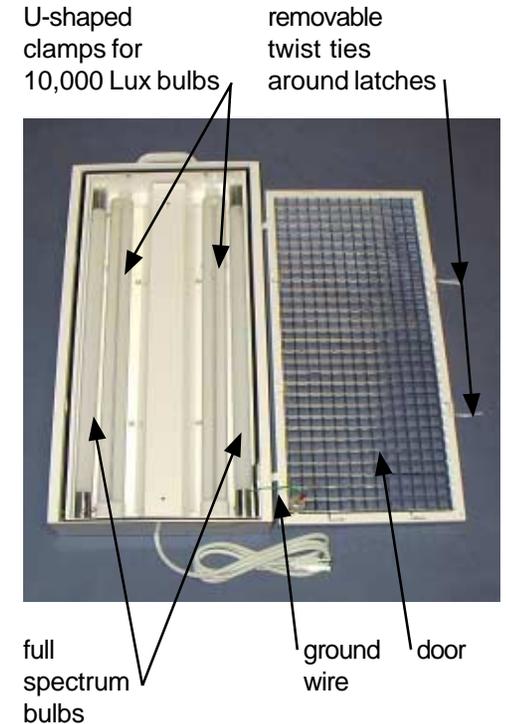
Light is very powerful in that it regulates body chemistry and dramatically affects human health and behavior. Light travels through the eye on the optic nerve. The signal is received by the hypothalamus and the pineal glands which then, in concert with the pituitary gland, works to produce serotonin, melatonin and all the other brain chemistry. These help a person to wake up in the morning, go to sleep at night and live a healthy life in between. There are numerous resources on light therapy and seasonal affective disorder (SAD). A bibliography of some of our recommended books is included on the back of this manual.

Disclaimer

American Environmental Products does not make any medical claims regarding the use of SUN-A-LUX® and SAD-LITE® light boxes. The light boxes are solely intended for use as portable supplemental lighting products; they are not listed as medical devices. Always consult a qualified health care professional before using bright light. Each individual's sensitivity to light is different. Each person must use his/her own judgement when determining the length of time spent in front of the light. You should consult your doctor for recommended doses. Only a medical doctor can determine one's correct diagnosis. The use of our products is the sole responsibility of the customer.

SUN-A-LUX® Combination Light Box (item # C-12-Combo)

1. Place box upright to remove plastic cover. Save the plastic so you can use it as a dust cover when your light box is not in use. Also, save the packaging in the unlikely event you should need to return your light box.
2. Unfasten the electric cord and lay the box down flat on its back (but do not plug in yet!).
3. Open the **door** by pulling the **removable twist ties** to undo the **latches**. The door can be set down next to your light box, making sure that the green **ground wire** stays connected. (If the ground wire does become disconnected it can be easily reconnected with a phillips screwdriver).
4. Carefully remove the bag of peanuts and check to make sure the two **full spectrum bulbs** are securely in place.



5. You will receive the **10,000 Lux bulbs** separate from the light box. It is imperative that you be very careful with the 10,000 Lux bulbs; do not bump them. Carefully remove them from the box and bubble wrap. Carefully lay each 10,000 Lux bulb down in the U-shaped clamp. Now slide bulb forward aligning pins with the holes in the socket and insert.
6. You are now ready to close the door, plug in the light box, switch it on and begin enjoying the benefits of therapeutic light! Note: please allow a few minutes for bulbs to warm up to full illumination.
7. The Combination Light Box has two sets of lights that are controlled by a three way switch. The first click turns on the two bright 10,000 lux bulbs. The second click turns on the gentle full spectrum bulbs. The third click turns on both sets of bulbs.

TROUBLESHOOTING: A common phenomenon is a "swirling" effect seen in the full spectrum bulbs when the light box is switched on. To correct this problem simply switch off the light box, unplug, lay flat, open, and turn the "swirling" bulb end to end.

SUN-A-LUX® 10,000 Lux Light Box (item # C-12-HL)

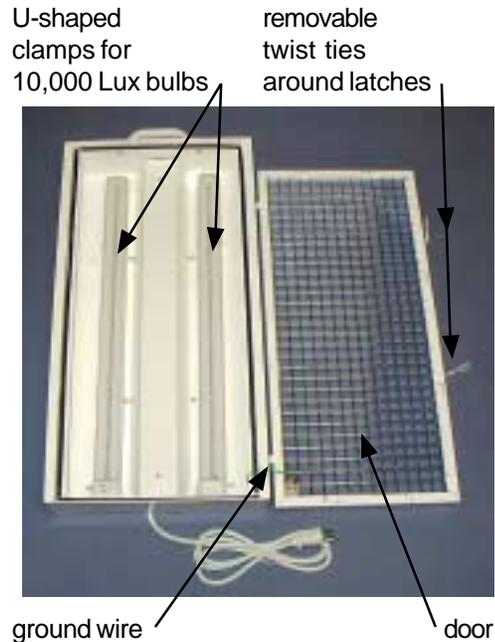
1. Place box upright to remove plastic cover. Save the plastic so you can use it as a dust cover when your light box is not in use. Also, save the packaging in the unlikely event you should need to return your light box.

2. Unfasten the electric cord and lay the box down flat on its back (but do not plug in yet!).

3. Open the **door** by pulling the **removable twist ties** to undo the **latches**. The door can be set down next to your light box, making sure that the green **ground wire** stays connected. (If the ground wire does become disconnected it can be easily reconnected with a phillips screwdriver).

4. You will receive the **10,000 Lux bulbs** separate from the light box. It is imperative that you be very careful with the 10,000 Lux light bulbs. Carefully remove them from the box and bubble wrap. Carefully lay each bulb down in the U-shaped clamp. Now slide bulb forward aligning pins with the holes in the socket and insert.

5. You are now ready to close the door, plug in the light box, switch it on and begin enjoying the benefits of therapeutic light! Note: please allow a few minutes for bulbs to warm up to full illumination.



SUN-A-LUX® Junior 10,000 Lux Light Box (item # C-12-JR)

1. Place box upright to remove plastic cover. Save the plastic so you can use it as a dust cover when your light box is not in use. Also, save the packaging in the unlikely event you should need to return your light box.

2. Unfasten the electric cord and lay the box down flat on its back (but do not plug in yet!).

3. Use your fingers to pry off the lens cover (refer to the photograph below).



4. Carefully remove the 10,000 Lux bulb from its packaging; do not bump it.

5. Carefully place the bulb flat in the U-shaped clamp. Now slide bulb forward aligning pins with the holes in the socket and insert.

6. You are now ready to close the lens cover, plug in the light box, switch it on and begin enjoying the benefits of therapeutic light! Note: please allow a few minutes for bulb to warm up to full illumination.



SUN-A-LUX® and SAD-LITE® Systems Unique Features:

- A state-of-the-art electronic ballast that is flicker free, noise free and has the lowest electromagnetic field available in the world
- Lead shielding on cathodes that blocks harmful low levels of x-ray radiation
- Radio frequency internal and external shielding that blocks radio waves
- A parabolic lens that focuses light forward and allows 100% CRI (color rendition index) light transmission
- The highest full spectrum bulbs in the world with 98 CRI, 6500 K; and the highest 10,000 Lux bulbs in the world with 82 CRI, 5000 K

NOTE: The full spectrum rating is designated by two factors: The first is Color Rendering Index (CRI), which designates the proportions of each color contained within the light. The second is Kelvin heat rating. Natural outdoor sunlight has a CRI of 100 and a Kelvin rating of 7500 degrees Kelvin. Although there are no legal guidelines, 5000 degrees Kelvin and 90 CRI (or above) is considered full spectrum. In comparison, standard cool white fluorescent has a CRI of 68 while warm white fluorescent is 56 CRI. Standard incandescent bulbs have a 40 CRI.