

## Can Light Therapy Help You?

If you have one or more of the following symptoms, a Day-Light may be just what you need!

- Feeling down or blue
- Find it difficult to get out of bed each morning and feel sluggish throughout the day
- Experience weight gain due to carbohydrate cravings
- You are a frequent traveler
- You are a shift worker
- Experience undesirable PMS mood swings

### Thirty Minutes of Daylight!

Day-Lights deliver 10,000 lux – the level of illumination you would experience when taking a walk on a clear, spring morning. 20-30 minutes each morning is all it takes to fulfill your daylight needs during the “light deprived” months.



*“I began a new morning ritual: 30 minutes of coffee and sunshine. It’s the best investment I’ve made in myself in quite some time!”*

– Pam Hansen Barnard, Sioux Falls, SD



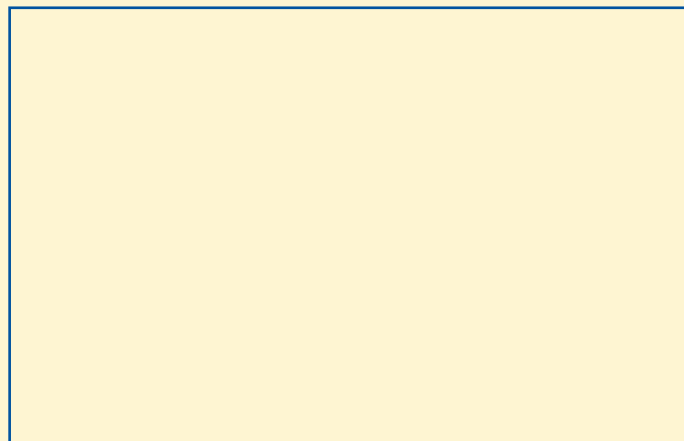
*“Sometimes I feel like a warmth and calm comes over me when I use the light. I encourage anyone feeling low, sad or depressed to give it a try. It’s just such an easy, painless, safe remedy for a serious problem.”*

– Paula Neal, Burlington, ON

*“I am sleeping better and have more energy during the day.”*

– Denise Hoag, Sherwood Park, AB

Manufactured for Uplift Technologies Inc.



Disclaimer: The Day-Light is an innovative light supply system – not a medical device in the USA. We recommend that you consult a physician before undertaking a bright light therapy regimen.

## Bright Light Therapy System

day  light  
10,000 Lux



Day-Lights are designed to meet standards set by light therapy experts. For instance, when used with the adjustable legs, the height and angle of the light source simulates outdoor daylight.

*“I think most people would feel energized (as I do) after using Day-Light for a few minutes every morning. I find that I can do more because I have more energy.”*

– Nancy L. Daly, Ottawa, ON

## Feel Better with Day-Light

Day-Lights are specially designed bright light therapy systems recommended by experts as the first line treatment for Seasonal Affective Disorder (SAD). They are also used widely to ease the Winter Blues – a more common and less severe form of seasonal doldrums.

### Day-Lights may also help:

- PMS and Antepartum Blues
- Jet Lag / Shift Work Adjustment
- Circadian Sleep Disorders



[www.day-lights.com](http://www.day-lights.com)



## Light is Essential for Your Well-Being

A growing amount of research demonstrates that light acts as an essential nutrient, like air, food and water. The intensity and amount of light to which you are exposed every day can have a major impact on your well-being. Yet many of us spend as much as 23 of our 24 hours each day inside during the winter where light illumination rarely exceeds twilight levels.

### Day-Lights are:

- Clinically proven effective and recommended by the CET (Center for Environmental Therapeutics - [www.cet.org](http://www.cet.org))
- Recommended by experts



*“My daily routine includes getting up and going to the computer. Now I am keener to go there as I feel I get therapeutic benefits as well. I do feel more motivated and seem to have a more positive outlook on life.”*

– Catharine Mains, Fort Providence, NT

## Bright light therapy promotes health and wellness

### 10,000 Lux Light Intensity

Three 36 watt bulbs deliver 10,000 lux at 12 inches – the optimal light intensity for light therapy.

### Height Adjustable Legs

The new height adjustable legs allow the light to be positioned at the appropriate height and angle for the user. This is the optimal light positioning as recommended by light therapy experts.

### UV Filtered & Safe

High-impact polycarbonate lens filters 99.3% of harmful UV rays.

### Comfortable & Glare-Free

Diffusing lens softens the impact of bright light and eliminates glare.

### Flicker-Free

Manufactured with high-efficiency electronic ballasts to eliminate annoying flicker experienced with ordinary fluorescent fixtures.

### Two-Light Settings

Two-way switch turns on three bulbs for light therapy, or two bulbs for other uses.

### Versatile

Comes with a molded carry handle, a built-in stand and wall mount opening to allow for varied uses.



day  light

[www.day-lights.com](http://www.day-lights.com)

### Specifications

UL and C-UL listed

Enclosure Size: 13.25 in x 16 in x 3 in  
(33.7 cm x 40.6 cm x 7.6 cm)

Height on Legs: Max: 28 in / 71.1 cm  
Mid: 26.5 in / 67 cm  
Min: 25 in / 63.5 cm

Weight of Light and Legs: 6.5 lb / 3.0kg

Weight of Legs: 1 lb / 0.45 kg

UV Filter: 99.3%

Two Settings: 3 lights / 10,000 lux  
2 lights / 7,000 lux

Light Tubes: 3 x 36 watt fluorescent

Color Temp: 4,000 Kelvin

Warranty: Five-year limited

## Effective, Affordable and Versatile



Use it as a task lamp

*“Your product is a quality of life saver.”*

– Diane Lamarche,  
Ottawa, ON

*“Without the use of the Day-Light I found I was missing days and days of work at a time because I just didn’t have the energy to even get out of bed. With Day-Light I am able to be at work every day and do my job much better.”*

– Julie Harrison,  
Regina, SK



Use for ambient lighting



Use the Day-Light and multi-task