

**NatureBright® Inspiration™ 3-in-1
Light Therapy Lamp
Model L40.40**

Instruction Manual & Warranty Information

Congratulations on purchasing the **NatureBright® Inspiration™ 3-in-1 Light Therapy Lamp!**

Before you operate this product, please read these instructions. Keep this manual in a safe place for future reference.

Nature Bright Company
2600 Michelson Drive 17th Floor, Irvine, CA 92612, USA
<http://www.naturebright.com>
Customer Service Toll Free 1-800-NBC-0231
© 2006 Nature Bright Company

SAFETY & OPERATING INSTRUCTIONS

Please read all Safety Guidelines Before Using Your Inspiration™ Lamp.

Your new light therapy product will bring you health and wellness benefits. As with all NatureBright products, please note that the **Inspiration™** table lamp is not listed as medical device. If you suffer from serious depression, please consult a physician. NatureBright is not responsible for any adverse effects on health, including eye irritation or other adverse responses that may result from exposure to the **Inspiration™** table lamp.

We at NatureBright want you to enjoy your new product and experience its full benefits. Please follow the safety instructions listed below to avoid potential hazards that might result in personal injury or damage to your unit.

SAFETY GUIDELINES

To reduce the risk of electric shock, burns, fire, or other injuries, please follow these safety precautions:

--Do not place the **Inspiration™** table lamp in water or near heated surfaces.

To prevent inadvertent contact with water, do not use your **Inspiration™** lamp while bathing and do not pick up the adapter or cord if your hands are wet.

POWER SOURCE PRECAUTIONS

--Use only approved power sources with your **Inspiration™** lamp.

- Before turning on your **Inspiration™** table lamp, attach the power cord to the unit and then connect the cord to an adapter or outlet.
- Turn the unit OFF before removing the adapter from any outlet.
- Unplug the unit before cleaning.
- Detach the power cord from the unit for safe storage.
- Do not place items on top of the power cord.
- Do not operate the unit if the cord or unit has been damaged. Should the unit appear to be damaged, return to an approved service center for repair.

PRODUCT DESCRIPTION

Power requirement: 120 V, 60 Hz
Dimensions: 6W x 14H x 12D inches
Approximate Weight: Model L40-40: 3.4 lbs

FEATURES

The Inspiration™ table lamp is designed to be used as a portable bright light therapy device, a table reading lamp, and a dawn simulator alarm clock.

Light Therapy -- LED lamp gives you maximum light therapy benefit with minimum strain.

Sunrise Feature – Experience the benefits of rising with the sun! The programmable SUNRISE feature activates the built-in light which fades in from zero to full intensity.

Digital Display - Easy-to-read digital clock display can be dimmed or used at full brightness.

Snooze Button - 10 minute snooze feature includes a soft bird-song at the end of each cycle.

Alarm – Backup alarm feature is accompanied within a snooze button, which activates once the light reaches its maximum brightness.

OPERATING INSTRUCTIONS

Turning the Lamp ON

Plug in the lamp.

Press [On/Off/Snooze] to turn the power on.

To Set Correct Month, Day, Day of the week and Time

Press and Hold [CLOCK] until the month blinks.

Press [+ or -] to set the correct month.

Press [CLOCK] to save your new settings.

You will now see the day setting blinking.

Press [+ or -] to set the correct day.

Press [CLOCK] to save your new settings.

You will now see the day of the week blinking, repeat these steps to set the hour and minute.

When you have completed your new settings, press [CLOCK] one more time to store your settings EXIT the settings mode.

To Set Correct Time separately

Press Quickly [CLOCK] until the hour blinks.

Press [+ or -] to set the correct hour.

Press [CLOCK] to save your new settings.

You will now see the minute setting blinking.

Press [+ or -] to set the correct minute.

Press [CLOCK] to save your new settings.

To Set and Use SUNRISE

This unit has two alarms: Sunrise A and Sunrise B, which can be set to different times and different days of the week.

- Sunrise A: has a buzzer alarm sound
- Sunrise B: has a simulated bird singing alarm sound

This unit simulates the light of a summer dawn by increasingly raising the intensity of light prior to the alarm time. This helps you wake up gradually and complete your sleep cycle naturally. The alarm is only to ensure that you do wake up.

Please note that everyone has different natural sensitivity to the light in the morning. More sensitive people need less time to wake up when exposed to the light. Try different settings (e.g. 60 or 90 min.) until you find the perfect natural awakening time. For the best effect, point the lamp head towards your pillow before you go to sleep.

To Turn on Sunrise Feature

Press [SUNRISE] to activate or deactivate the SUNRISE. You will see the SUNRISE indicator appear on the LCD display.

To Set Sunrise A Wake Up Times

Press [SUNRISE A] to turn the Sunrise A feature on.

Press and hold [SUNRISE A] until the wake up hour blinks.

Press [+ or -] to set the wake up hour.

Press [SUNRISE A] again to save your new wake up hour settings.

You will automatically see the wake up minute blinking.

Press [+ or -] to set the wake up minute.

Press [SUNRISE A] to save your wake up minute settings.

You will automatically see the advanced sunrise time (minutes prior to the wake up time) blinking.

Press [+ or -] to set the advanced sunrise time.

Press [SUNRISE A] again to save your new settings.

To Set Sunrise B Wake Up Times

Press [SUNRISE B] to turn the Sunrise B feature on.

Press and hold [SUNRISE B] until the wake up hour blinks.

Press [+ or -] to set the wake up hour.

Press [SUNRISE B] to save your wake up hour settings.

You will automatically see the advanced sunrise time (minutes prior to the wake up time) blinking.

Press [+ or -] to set the advanced sunrise time.

Press [SUNRISE B] again to save your new settings.

To Set SNOOZE

Press [On/Off/Snooze] to turn the light system on or off.

When the alarm sounds (bird-song) and the light system is at full brightness, you have two options—you can stop the alarm and have it re-sound in 10 minutes, or you can turn it off.

1. Press [On/Off/Snooze] once to activate Snooze. This turns off the alarm temporarily. Your alarm will replay in 10 minutes.
2. Press [On/Off/Snooze] twice to turn off the alarm.

To Change Light Intensity

The [-] button dims the light and the [+] button brightens the light.

To Change Clock Display Back-light Brightness

This unit uses electro-luminescent panels to backlight the LCD when the unit is on.

Press any key except [On/Off/Snooze] if you would like to turn on the backlight for a few seconds to check the time.

Press [On/Off/Snooze] button to turn device off, press [-] button to dim the back-light and press [+] button to brighten the back-light.

How to use Inspiration™ as a light therapy device?

For best results, place the lamp on your bedside stand and use the light at an angle to your face or over your pillow in the morning. You may also place the lamp on a table and sit about 20 inches away from the light and allow the light to bathe over your face. Your eyes should be open for optimal results, but do not look directly into the light. If you find that you feel sensitive to the light, adjust intensity (brightness) and duration (timer) settings. People usually start feeling better within a few days of using the Inspiration™ for 30 minutes per day.

According to studies, wake up naturally to light and get light therapy upon awakening can reverse symptoms of SAD fast.

NOTE:

Light therapy has helped alleviate symptoms of Seasonal Affective Disorder (S.A.D.) and the winter blues since 1983. NatureBright™ Inspiration™ however is not a medical device. We encourage you to consult with your physician or health care provider about any health issues or concerns you may have.

PRODUCT SERVICE

For product information:

In the U.S.A., contact the NatureBright™ Customer Service Center at

1-800-622-0231 Pacific Time,

or email care@naturebright.com, or web site <http://www.naturebright.com>.

WARRANTY INFORMATION

Service: the unit should only be serviced by qualified service personnel.

Limited Warranty Coverage

NatureBright Company ("NBC") warrants that for a period of ONE year from the date of purchase, NBC, at its option, will repair or replace this product or any component of the product found to be defective. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value.

NBC service center is the authorized service center for your equipment. Should your equipment develop any defect within the warranty period, call the NBC Service Center for a return authorization code.

To obtain service in the USA, please contact: Nature Bright Company

Telephone: 1-800-NBC-0231 (1-800-622-0231) Monday through Friday, 9:00 am to 5:00 pm PST

Email: care@naturebright.com

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

Limited Warranty Limits and Exclusions

This warranty ONLY COVERS failures due to defects in materials or workmanship, and DOES NOT COVER normal wear and tear or cosmetic damage. The warranty ALSO DOES NOT COVER damages which occurred in shipment, or failures which are caused by products not supplied by the warrantor, or failures which result from accidents, misuse, abuse, neglect, mishandling, misapplication, alteration, faulty installation, setup adjustments, maladjustments of consumer controls, improper maintenance, power line surge, lightning damage, modification, introduction of sand, humidity or liquids, commercial use such as hotel, office, restaurant, or other business or rental uses of the product, or service by anyone other than a Authorized Service Center, or damage that is attributable to acts of God.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF FITNESS AND MERCHANTABILITY, ARE LIMITED IN DURATION TO ONE YEAR FROM DATE OF ORIGINAL PURCHASE. UNDER NO CIRCUMSTANCES WILL NBC BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY WRITTEN OR IMPLIED WARRANTY.

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Some states do not allow the exclusion limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so that the above limitations and exclusions may not apply to you.

International Warranty Service

Service under the Nature Bright™ warranty may be obtained outside the United States by Nature Bright™-Authorized Distributors and Service Dealers.

ACCESSORY PURCHASE

1-800-622-0231 (Customer Orders Only)

Nature Bright Company

2600 Michelson Drive 17th Floor, Irvine, CA 92612

(9 am to 5 pm Monday-Friday PST)

www.naturebright.com

(Visa, MasterCard, Discover Card, American Express, Check)

USER MEMO:

DATE OF PURCHASE _____

MODEL NUMBER _____

DEALER NAME _____

DEALER ADDRESS _____

TELEPHONE NUMBER _____