



S.A.D. LIGHTBOX COMPANY

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SAD LITEPOD

INSTRUCTION MANUAL

QUALITY AND RELIABILITY

Here at S.A.D. Lightbox Company we consider quality and reliability our first priority. All components used in the manufacture of our lightboxes have been selected for their proven reliability and we believe that this is reflected in our finished product.



LITEPOD INSTRUCTIONS

INTRODUCTION

Thank you for purchasing your LitePod Lightbox. This is one of the most advanced lightboxes available; using it can enhance your vitality, boost your energy levels during the dark winter months and improve your sense of wellbeing.

Please read the instructions before using your LitePod

PRECAUTIONS

Research show that light therapy is very safe and effective. There are not any problems with UV (ultra violet), as there is very little, far less than you would get normally out of doors. If you have a problem with UV the tubes can be screened to remove it entirely, please phone for details. However, we suggest that you check with your doctor if you:

- have a major problem with your eyes
- are taking medication which states avoid bright light
- you have, or have suffered from severe depression

Please note that these are guidelines only and if you have discussed your treatment with your practitioner then we suggest that you follow their advice.

PREPARING THE LIGHTBOX FOR USE

1. Place the lightbox on a firm surface, ideally white or light coloured.
2. Plug the cable into the wall socket. **Figure 1.**
3. Switch the lightbox on. The switch will illuminate. **Figure 2.**

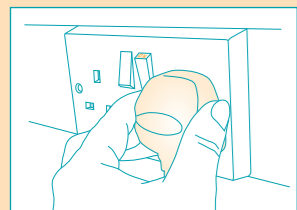


Figure 1



Figure 2



Figure 3

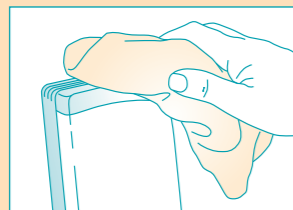


Figure 4

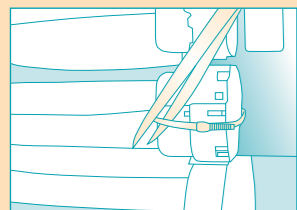


Figure 5

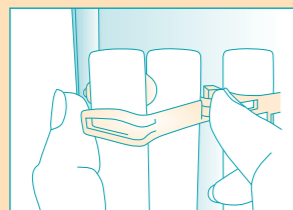


Figure 6

TAKING YOUR TREATMENT FOR S.A.D. AND ENERGY LEVELS

1. Have the lightbox about an arms distance away (about 50cm) and slightly to one side. Fig 3.
2. The light needs to go into the eye, so do not wear goggles or tinted glasses. Plain glasses or contact lenses are fine. Do not doze or sleep – you must be awake to take the treatment
3. Do not look at the light all the time, just glance at it every now and then. You can carry on with your normal routine, reading and writing; have breakfast beside it or use when you are using your computer.
4. It is better to take your light treatment as early as possible during the day, and you should not use it within 4 hours of bedtime.
5. Repeat daily. Once you have your LitePod we suggest that you start using it at the beginning of September to get you ready for winter.

LENGTH OF TREATMENT

Lightbox	Replacement Tubes <i>(See below for instructions on how to change tubes)</i>	Daily Treatment Time
LitePod	ND24W	Approx 45 mins - 1 hr

This is the minimum time for using the LitePod, you can use your lightbox all day if you prefer, but not within 4 hours of bedtime. If you find that you are more comfortable with it further away you can use it up to 80 cm away but you will need to increase the time. If you get a slight eye ache or headaches you will find that this will go after a few days, just use it for less time until you are used to the brightness of the light.

TAKING YOUR TREATMENT FOR SLEEP DISORDERS

If you find it difficult to wake up in the morning, use it as soon as you get up, or you could even try putting it on a timer to come on just before your alarm goes off.

If you find it hard to stay awake and fall asleep early in the evening then it is fine to have a 'top-up' during the afternoon or early evening. You might have to experiment and find a time that suits you best.

SAFETY

DO NOT use near water or in damp conditions, in the presence of flammable gases or cover the lightbox with anything that could obstruct ventilation slots. And please supervise any children near the LitePod.

MAINTAINING YOUR LIGHTBOX

Always switch the lightbox off at the switch and remove plug before maintenance.

CLEANING

Clean occasionally with a soft duster or wipe with a damp cloth. **Figure 4.**

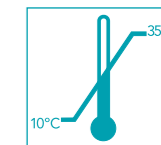
TO CHANGE THE LAMPS IN THE LITEPOD

We recommend that the tubes are changed every 3 years to ensure a high light output. This should only be undertaken by a competent person or electrician.

1. Disconnect the lightbox from the mains supply and remove the screws to take the box apart. There are four screws located deep in the back of the box and require a No.1 Pozi screwdriver to remove them.
2. Cut the retaining cable ties at the top and bottom of the lamp and discard. Figure 5 and Replacement of these is not necessary as they are used to retain the lamps during transit.
3. You can now slide the lamp out of the lamp holder.
4. Insert the new lamp and snap into the lamp holder.
5. Reassemble the lightbox, and plug in to test.

TECHNICAL SPECIFICATION

220-240Vac 50Hz
Operating temperature -10° to 35°C
Safety EN60601
Class IIa Medical Device



GUARANTEE

All lightboxes are guaranteed for 3 years (tubes 1 year) against manufacturing defect from the date of purchase. Return to manufacturer warranty. This is in addition to your statutory rights.

MANUFACTURER:

S.A.D. LIGHTBOX COMPANY

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