



## Guidelines for Light Therapy Use

When used correctly, your Day-Light Sky can help alleviate the Winter Blues and the fatigue commonly experienced in the shorter days of fall, winter, or even into spring. Please read and follow these instructions carefully to ensure success.

## Using Your Day-Light Sky for Light Therapy

It is best to use your Day-Light Sky at an approximate 15° angle and adjust the light head so that your eyes are approximately in the center of the light. This is the position recommended by light therapy experts.

Begin with a 30 minute session early in the morning if possible. Feel free to read, eat breakfast, talk on the phone, etc. There is no need to look directly into the light.

**NOTE:** While you should face the Day-Light Sky and have your eyes open during your light therapy session, it is neither necessary nor recommended to look directly into the light.

## Timing and Duration of Session

For best results use your Day-Light Sky shortly after waking, preferably before 9 a.m. A 20-30 minute session is usually sufficient. Begin with a 30 minute session and adjust according to your needs – whether shorter or longer sessions are required to alleviate your symptoms.

## Symptoms of Overuse

Although there are rarely any negative side effects of using light therapy, it is possible to use the Day-Light Sky too much. If you experience increased irritability, excessive energy, and/or any discomfort consistently

## Adjusting to Light Intensity

Some individuals prefer to get used to the brightness of the light before their therapy session. This can be achieved by turning the system on a short time before sitting directly in front of it, allowing your eyes to adjust more comfortably. You might also wish to wake up using the Day-Light Sky by putting it on a lighting timer. These are available at your local electrical supply store.

**NOTE:** After switching on, it takes about 30 seconds before the Day-Light reaches full intensity.

## Adjusting Sessions

After a week of use you should be able to determine what usage schedule is best for you. Some people find an additional 15 - 30 minute session later in the afternoon or early evening to be helpful, particularly if they experience a slump in energy late in the day.

For a personalized profile of your Day-Light Sky needs, we recommend completing the free online user assessments found at [www.cet.org](http://www.cet.org).

Generally, using the Day-Light Sky for anything other than a task light after 8 p.m. is not recommended as it may delay your onset of sleep.

## Importance of Daily Use

If you miss sessions or discontinue use of the Day-Light Sky, your body may return to its usual wintertime doldrums. Your energy should return within a few days of resuming use.

## Using Day-Lights for Other Conditions

Increasing evidence points to the efficacy of using bright light therapy lamps for other conditions.

Such conditions are very individual and require the supervision and guidance of a medical professional.

## WARNING

The guidelines provided in the User Guide are applicable for the winter blues and supporting general well-being. **DO NOT** use the Day-Light Sky for relief of any other type of mood disorder without the close supervision of your doctor.

## Important Information

If you are on prescribed medication, we advise you to consult your doctor first before you use any form of light therapy. Certain medicines cannot be used in combination with light exposure.

If you have eye problems, you should consult your doctor or ophthalmologist before you use any form of light therapy. Certain eye and eye-related conditions that may respond unfavorably to light therapy.

If you are allergic to light or have a diagnosed chronic skin disease, it is safest to consult your doctor before you use or undergo any form of light therapy.



with BrightZone™ Technology



\*Actual product color is White

## Uses "no maintenance" LED bulbs for years of UV-Free use!

### User Guide

Thank you for purchasing the Day-Light Sky. You can rest assured that this high quality bright light therapy system was designed to meet all safety standards. With proper use, it will offer you many bright and cheerful winters!

For instructions on correct assembly and use of your Day-Light Sky, please read this manual in its entirety. For more information on light therapy and the entire Day-Light product line, please visit our website at: [www.compasshealthbrands.com](http://www.compasshealthbrands.com)

### Safety Precautions

- If you have eye problems or have had eye surgery, you should consult your doctor or ophthalmologist before you use any form of light therapy. Certain eye and eye-related conditions may respond unfavorably to light therapy.
- As with any electrical device, **DO NOT** use the Day-Light Sky in or near water.
- **DO NOT** over use the Day-Light Sky. Recommended usage is 20-30 minutes each morning. Overuse may cause irritability, excessive energy, or difficulty falling asleep at bedtime.
- It is not necessary to stare into the light. Feel free to read, eat or talk on the phone during your light therapy session.
- During the first few uses, your Day-Light Sky may give off an odor; this is harmless. This will not affect the use of your Day-Light Sky and will quickly disappear.
- The Day-Light Sky is equipped with a thermal shut off to prevent overheating. Should your Day-Light Sky turn off, please allow it to cool before turning it back on. Do not leave your Day-Light Sky on for more than 60 minutes in Therapy Mode. **ALWAYS** use in a well-ventilated area away from other heat sources and ensure that the air vents are not blocked when the product is in use.

### Warranty

Compass Health Brands warrants your Day-Light Sky system against product failure during normal use for five years from the date of delivery. Damage due to neglect or misuse is not warranted, nor is this warranty transferable.

If the Day-Light Sky is defective in material or workmanship Compass Health Brands will, at its discretion, either repair or replace your Day-Light Sky.

### Disclaimers

The Day-Light Sky is an innovative light supply system and is not a listed medical device in the USA.

Actual product color is White.



## Day-Light Sky Benefits

The Day-Light Sky brings the light of a springtime morning into your home or office. Using your Day-Light Sky on a regular basis during the fall, winter and spring months will not only help to keep your mood and energy level up, but it will also pleasantly brighten your home or office.

Whether used as a task light, reading lamp, or for enjoyable ambient light, your Day-Light Sky can be put to good use for much more than your regular 20-30 minute light therapy session each morning.

## Day-Light Sky Features

Your Day-Light Sky is designed with versatility and convenience in mind.

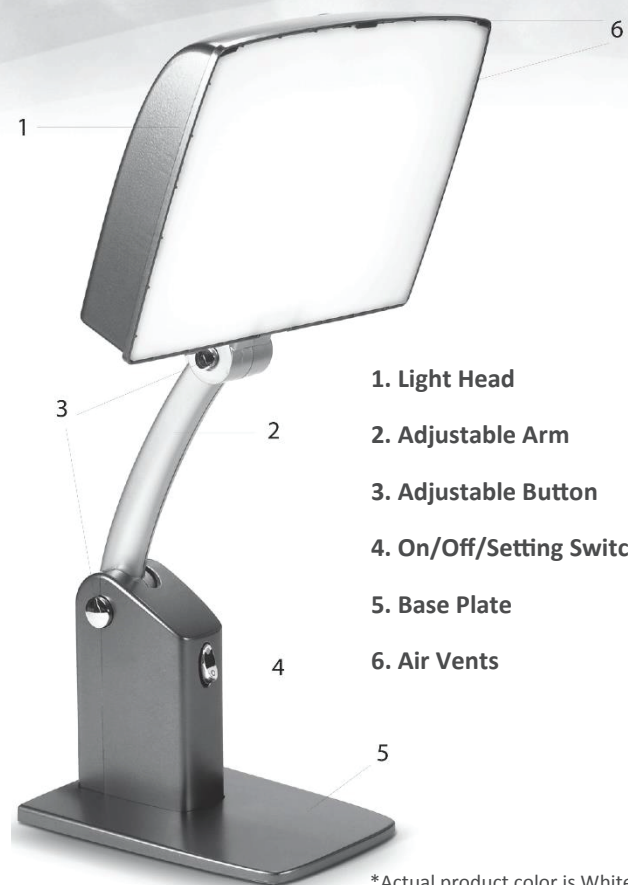
- You can adjust the light to the optimal height and angle for your light therapy session.
- Choose the two-light setting for light therapy, and the one-light setting for lower intensity ambient or task light.

## Specifications

### UL and C-UL Listed

- Enclosure size: 13.7 in x 10.38 in x 2.75 in (26.2 cm x 35.2 cm x 7.2 cm)
- Height: Max: 27.25 in / 69.2 cm  
Mid 26.25 in / 66.6 cm  
Min: 25 in / 63.5 cm
- Weight of Light: 8.2 lbs / 3.7 kg
- LED Bulbs: 192 Instant start LEDs
- Lens Material: High-impact polycarbonate
- UV Output: 100% Free
- Two Settings: 10,000 LUX - Therapy  
5,000 LUX - Task
- Color Temp: 4,000 Kelvin
- Warranty: Five-year limited warranty

**⚠ WARNING:** This light should not be used on patients with macular degeneration. **ALWAYS** consult a physician before using this product.



1. Light Head
2. Adjustable Arm
3. Adjustable Button
4. On/Off/Setting Switch
5. Base Plate
6. Air Vents

\*Actual product color is White

## Before Using Your Sky

Check package contents to ensure that all parts listed are enclosed and in good condition.

- Day-Light Sky Unit
- Removable Base Plate
- Grounded Power Cord
- 1 Philips Screw
- #2 Philips Screwdriver
- Instruction Guide

Contact your dealer if any product parts are missing or damaged.

## WARNING

Your Day-Light has been packed with the light head turned at a 90° angle. The light head can only be rotated counter clockwise 90° from this position to the position for use and back to the packing position. Turning the light head beyond this range will damage your Day-Light.

## Disclaimers

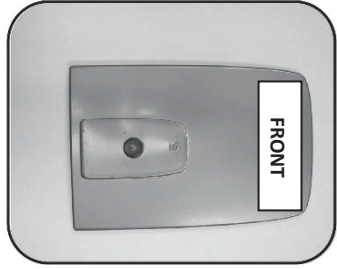
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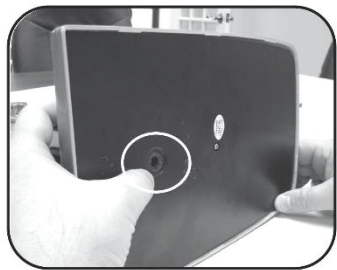


## Assembling your Day-Light Sky

The base plate ensures your Day-Light Sky will stand in a stable position.

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Lay your Day-Light Sky in the packing position with the lens facing upward.
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Position your Day-Light Sky base into the recessed groove on the base plate with the front of the base plate facing forward. Align the hole in the base with the hole in the Day-Light Sky.
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Using the included Philips #2 screwdriver, insert and tighten the single Philips screw securely into the light base. Do not over tighten.
- Carefully lift the assembled unit and stand it upright.
- Turn the light head counter clockwise 90° for therapeutic or task lighting.

## Light Settings

There are two light intensity settings on your new Day-Light Sky – a high intensity and low intensity setting.

### High Intensity Setting — Light Therapy

10,000 LUX of light is emitted at a distance of 12"/30 cm from the lamp. This is the recommended dosage for 20-30 minute daily light therapy sessions.

### Low Intensity Setting – Task or Ambient Lighting

This may be used for everyday lighting or task lighting where a comfortable light level is required.

## Adjusting Light Angle and Height

For optimum light therapy results, you will need to adjust your Day-Light Sky so that:

- The light shines down at an angle of about 15°; and



Adjustable button

## To Adjust Angle and Height of the Light

There are two adjustment buttons on the arm of your Day-Light Sky. Each silver button, when pressed, allows you to move the light head or arm to several different positions.

When you wish to adjust the height or angle of the light head, press the appropriate adjustment button while holding the light head to move it to desired position.

To maintain the position, release the adjustment button to lock the arm in position.

By removing your hand from the light head and allowing it to engage, the head will properly and gently settle to the engaged position.

To set the angle of the light at approximately 15° use the best combination of adjustments of the light head based on your position from the lamp and your height.

When not using your Day-Light Sky for light therapy, you can easily reposition the light head to use as a task lamp over or near your work space.

## Correct Position for Therapy

The lamp head angle should be set around 15° from 90° vertical and the lamp head height adjusted so that your eyes are approximately in the center of the light. The light should shine down on your eyes, do not stare at the light.

Sit 12"/30 cm from the light. You can comfortably read or have breakfast at this distance. Moving the lamp farther away can still provide a therapeutic benefit (up to about 24"/60 cm), but treatment times may be longer as the LUX levels reaching your eyes decrease.