

THANK YOU!

We hope you enjoy your new OttLite product.

PRODUCT REGISTRATION FORM

Please complete the enclosed Product Registration Form and return it today by mail.

NOTE: THIS UNIT IS FULLY ASSEMBLED

1. Remove product from packing, placing base (A) horizontally or vertically on a steady surface.
2. Connect power adapter input (B) into connector (C) in the back of the product.
3. Plug the power adapter (D) into a standard household 120V AC outlet. **NOTE: Only use with the supplied power adapter to avoid damage or fire.**

TURN LAMP ON/OFF; CHANGE BRIGHTNESS:

The power switch (E) is a "touch" switch that controls the dimmer function for 3 levels of brightness. To power LED settings, slightly touch the switch to achieve the following:

- To turn lamp "ON" to first lower-brightness; touch the switch "once".
- For medium-brightness; touch the switch "twice".
- For high-brightness; touch the switch "three-times".
- To turn lamp "OFF"; touch the switch "four-times".

REPOSITION THE STAND(HORIZONTAL/VERTICAL):

- To remove the stand (F), Slide the stand down and remove from base. When the light is not in use, place the stand back in this position for easy storage.
- To use the light in the vertical position, insert the stand into the lower slot (G) and slide up into place as shown.
- To use the light in the horizontal position, insert the stand into the center slot (H) and slide up into place as shown.

ABOUT LIGHT THERAPY

According to the National Institute of Mental Health (NIMH), Light Therapy is one potential treatment of SAD (Seasonal Affective Disorder) also known as the "winter blues". The NIMH recommends talking to your health care provider about which treatment, or combination of treatments, is best for you.

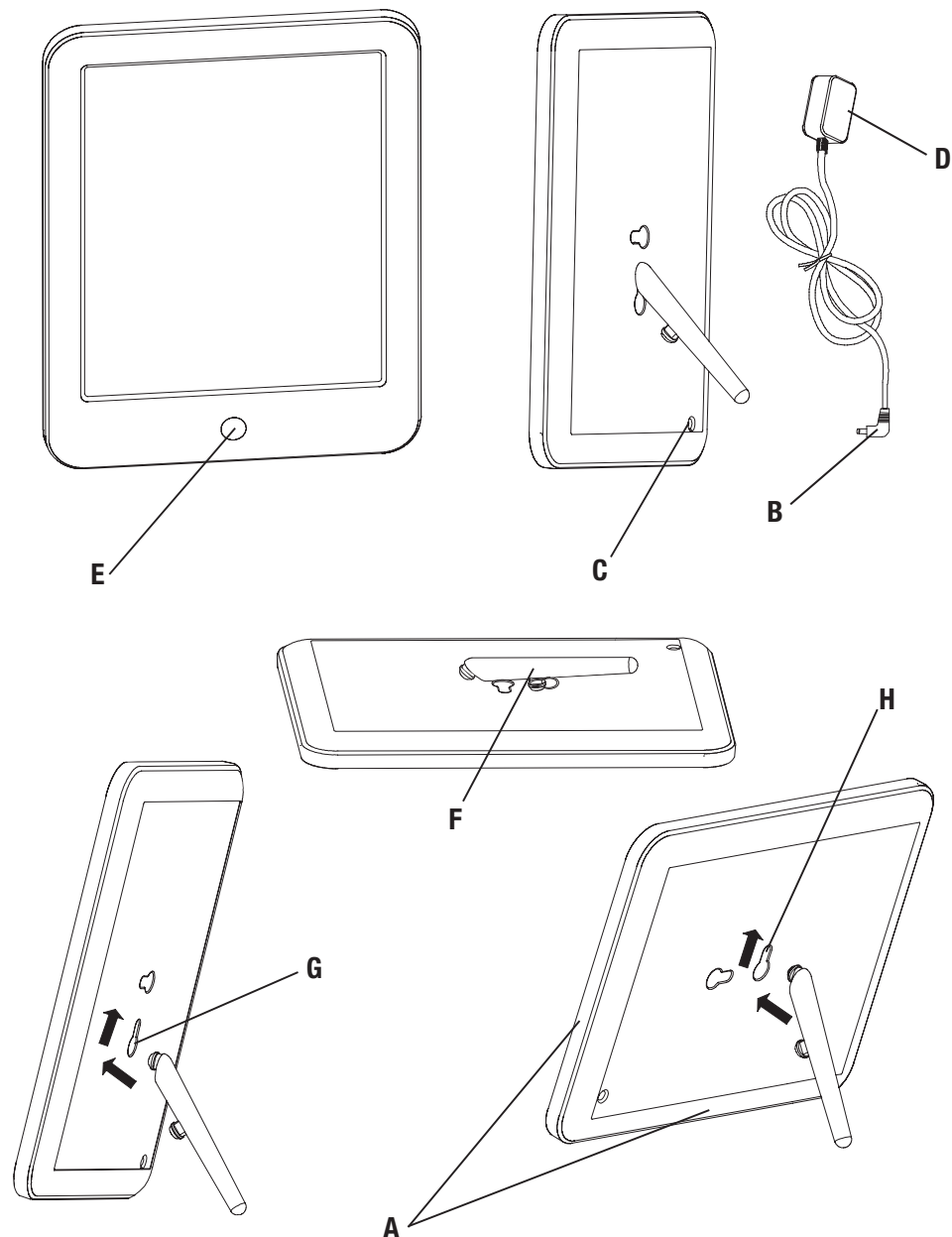
- **Light Placement:** Position from 6 to 20 inches from your face at a 30 to 45 degree angle from your eye line (not directly in front of your eye line). Though you should not look directly into the lamp, the light should be in your field of vision.
- **Time of Day:** The Mayo Clinic recommends using in the morning so sleep patterns are not disrupted.
- **Length of Time:** Studies show exposure from 20 minutes to an hour is effective. However, personal preference and experience with light therapy is the most important indicator.

- Start with 20 minutes on the highest brightness setting at any distance that feels comfortable to you.
- Take note of how you feel and keep adjusting the light distance, brightness and timing (up to one hour) until you experience desired results.
 - Feeling tired? Sit closer to the light for longer.
 - Feeling overstimulated? Reduce the time and/or move light farther away.

WARNING: People who are sensitive to light, people with certain eye diseases or people taking certain medications that increase sensitivity to sunlight may need to use alternative treatments or use light therapy under medical supervision, according to NIMH.

Product not intended for use by children. Close supervision is recommended when used near children. Do not leave unattended near children or others who may not properly comprehend the correct usage of the product.

For more information on SAD and light therapy, please visit www.ottlite.com/LightTherapy



SAFETY WARNING: TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS

1. Never use with an extension cord unless the plug can be fully inserted into the receptacles in the extension cord.
2. Do not alter the plug.
3. INDOOR USE ONLY.

NOTE: The important safety instructions appearing in this instruction sheet are not meant to cover all possible conditions and situations that may occur. It must be understood that common sense, caution, and care must be used with any electrical product.

CAUTION! IF THE EXTERNAL FLEXIBLE CABLE OR CORD OF THIS LUMINAIRE IS DAMAGED, IT SHALL BE EXCLUSIVELY REPLACED BY THE MANUFACTURER OR ITS SERVICE AGENT OR A SIMILAR QUALIFIED PERSON IN ORDER TO AVOID A HAZARD. INDOOR USE ONLY.

FCC PART 15

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that of the receiver.

- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

IC CANADA

This device contains licence-exempt transmitter(s)/ receiver that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

CAN ICES-005 (B) / NMB-005 (B)

CAUTION: Any change or modification to product not expressly recognized by OttLite Technologies voids OttLite's responsibility for proper function of product.

POWER ADAPTER SPECIFICATION:

Input: 100-240 V~, 50/60 Hz, 0.6A

Output: 18V, 0.65A with a Male DC Plug