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Bright Light Therapy

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Usage Guidelines:

- ▶ Begin bright light therapy sessions shortly after waking for 20 to 30 minutes each morning or as recommended by your healthcare provider.
- ▶ For optimal results, begin your bright light therapy session at approximately the same time each morning and do not skip sessions.
- ▶ Adjust the height for optimal bright light therapy positioning. To ensure that the Day-Light is at the appropriate height for you, your eyes should be approximately in the center of the light and the light screen must be tilted at a 15° angle toward you so that the light is projected over you during therapy sessions (see your Day-Light User Guide).
- ▶ Do not stare directly into the light. You may read, work, eat, etc. while receiving bright light therapy.
- ▶ As fluorescent light tubes deteriorate over time and therefore will emit lower light intensity levels. To keep your Day-Light Bright Light Therapy System effective, we recommend that you replace the light tubes after two years of use even if they have not yet burnt out.

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