

OPERATIONS MANUAL

LIGHTEN-UP TOO[®] AND
LIGHTEN-UP PLUS^{®*}
BRIGHT LIGHT THERAPY DEVICE



*Some assembly required



Dear Valued Customer:

Thank you for purchasing an L.U. Systems light therapy system. The attention to design and care in manufacturing will ensure many years of reliable service.

The instructions and guidelines presented in this manual are provided to give you general information on the use of the device. When the use of a bright light unit is recommended by a physician or clinician, please follow their direction for time, light level, distance, and overall application.

L.U. Systems makes no medical claims, implied or otherwise stated, for the use of this bright light unit other than the fact it will emit a continuous output of full-color spectrum light without ultraviolet emission.

If you have any questions or comments regarding this product or its function, please contact L.U. Systems.

Thank You,
L.U. Systems
23700 Mercantile Road, Beachwood, Ohio 44122

WITHIN THE UNITED STATES 877-839-8118
OUTSIDE THE UNITED STATES 216- 514-8972
FAX 216- 514-8973
EMAIL lightenup@Lighten-Up.net
WEBSITE..... www.Lighten-Up.net

The model number is found on the packing slip. Please note the model number below and retain this manual along with your proof of purchase, to serve as a record for warranty and further reference.

Purchased From: _____ Date: _____

Model No: _____

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TABLE OF CONTENTS

1.0 Introduction.....	2
1.1 Purpose of this Device.....	2
1.2 Important Safeguards.....	4
1.3 Power and Electrical Requirements	4
1.4 Disclaimers	4
2.0 Device Operating Instructions	5
3.0 Guidelines for Light Therapy	5
3.1 Indications and Contraindications	5
3.2 Safety Considerations	5
3.4 Recommended Exposure Information.....	6
4.0 Product Maintenance	7
4.1 Routine Maintenance.....	7
4.1.1 Cleaning.....	7
4.1.2 Lamp Installation/Lamp Replacement	7
4.2 Customer Service	9
4.2.1 Material Return Authorization Procedure	9
4.2.2 Warranty	9

1.0 INTRODUCTION

1.1 PURPOSE OF THIS DEVICE

Lighten-Up™ and Lighten-Up Too™ deliver full-color spectrum therapy approximately 20 times brighter than typical indoor lighting. This simulates natural springtime and mid-morning sunlight, without the danger of damaging ultraviolet rays.

Research indicates that full-color spectrum exposure can have beneficial effects on circadian (behavioral or physiological) rhythms as well as on metabolic, glandular, and sleep patterns. The intensity of light and the amount of time you are exposed can affect your energy level, alertness, mood swings, sleep and wake cycles, and the ability to control weight, appetite, and sex drive.

How? Light entering the eyes affects the hypothalamus which coordinates and regulates many of the body's life-sustaining functions such as the autonomic nervous system, activity and sleep, circulation, breathing, growth, maturity, reproduction, physical and mental balance, and body temperature.

The Pineal Gland also receives stimulation from light and releases the hormone, melatonin, in sequence with the body's 24-hour biological clock. This circadian rhythm controls many aspects of the body's metabolism, including alertness and the timing for being awake or asleep.

Melatonin reaches its highest levels in darkness and reacts directly to real or simulated sunlight, which restricts this secretion. Studies have found that melatonin affects biorhythms by directly affecting the body's biological clock within the hypothalamus. Further studies have determined that the timing of light stimulation is critical. Published articles regarding this information are available on request.



IMPORTANT: Read and become familiar with the entire contents of this Operations Manual prior to use of this device.

SAVE THESE INSTRUCTIONS

Figure 1 depicts general safety-related symbols that may be found in this manual or on your device.


















	GENERAL WARNING SIGN
	WARNING, HOT SURFACE
	WARNING, NON-IONIZING RADIATION
	LAMPS CONTAIN MERCURY - SEE MANUAL FOR HANDLING INSTRUCTION
	NO WASTE - UNIT CONTAINS ELECTRICAL AND ELECTRONIC EQUIPMENT THAT MUST BE DISPOSED OF AND/OR RECYCLED PROPERLY
	PROTECTIVE EARTH (GROUND)
	% HUMIDITY ALLOWED FOR STORAGE AND TRANSPORT
	UPPER AND LOWER TEMPERATURES ALLOWED FOR STORAGE AND TRANSPORT
	OPERATING INSTRUCTIONS
	"ON" FOR PART EQUIPMENT
	"OFF" FOR PART EQUIPMENT
	TYPE B APPLIED PART
	WARNING: DANGEROUS VOLTAGE
	ISOLATING TRANSFORMER
	SAFETY ISOLATING TRANSFORMER
	RADIATION, ULTRAVIOLET
	EMERGENCY STOP

Figure 1. Symbols for Phototherapy Equipment

1.2 IMPORTANT SAFEGUARDS

Whenever using electrical equipment, basic safety precautions should be observed, including but not limited to the following:

- Read and understand the instructions provided before using this device.
- To prevent electrical shock, do not use this device near or in water or other liquids, in conditions of extreme humidity. Never use the device in the bath tub.
- Do not use this device out of doors or in extremely damp or cool environments.
- Unplug the device from the electrical outlet when the device is not in use or before cleaning or changing lamps. Refer to Lamp Replacement, section 4.1.2.
- Do not operate this device if it malfunctions, is dropped, has damaged power cable or any damage is suspected.
- Use this device only for its intended purpose.

1.3 POWER AND ELECTRICAL REQUIREMENTS

For safe operation, this device must be connected to a standard grounded electrical circuit whose current is rated at 15 to 20 amperes. Specific power requirements of the device are 120VAC, 60 Hz.

CAUTION: Improper use of the grounding plug can result in a risk of electric shock.

1.4 DISCLAIMERS

L.U. bright light units are designed to provide full-color spectrum light without the damaging effects of ultraviolet rays. It is not a medical device and is not recommended to resolve medical problems. L.U. makes no recommendations or claims as to who should receive bright light therapy, nor are we responsible for any adverse conditions which may occur from use of the light unit. Prior to use of any bright light device, it is strongly recommended that you consult a qualified health professional if you suffer from a mood disorder or depression, are under a physician's care, have a medical or eye problem, or if you are taking medications for other medical conditions. If eye problems or headaches occur, stop use and consult a physician.

The company shall not be liable for any damage caused by the improper use of the equipment.

2.0 DEVICE OPERATING INSTRUCTIONS

Before first use, place lamp in Lighten-Up Plus socket, as described in Section 4.1.2. The Lighten-Up Too is shipped with lamps already installed, so this is not necessary.

Place the device horizontally on a table or desk so that you have a direct line of sight to the output window. Plug the device into a 120 VAC grounded three-prong wall receptacle and it is ready to use.

Turn the switch ON. Adjust the distance for comfortable indirect viewing, usually 12-18 inches.

3.0 GUIDELINES FOR LIGHT THERAPY

These guidelines are based on current light therapy research. Any physician recommendations supersede these guidelines.

3.1 INDICATIONS AND CONTRAINDICATIONS

Indications: People may benefit when experiencing shift work, time change, jet lag, seasons when natural light is limited, or other instances when deprived of daily natural light because of jobs and life-styles.

Contraindications: There are no known side effects from proper use and exposure to bright light. Individuals who may be suffering from various forms of major depression, mental illnesses, or psychiatric conditions requiring medication should consult with their medical practitioner before using any type of bright light source.

3.2 SAFETY CONSIDERATIONS

If the use of bright light results in headaches, eyestrain or dizziness, discontinue use immediately and contact your medical practitioner for advice.

If you are on medication(s) for any type of medical condition or have a medical condition involving the eyes, bright light units should not be used without the specific advice of a physician or a qualified practitioner.

3.4 RECOMMENDED EXPOSURE INFORMATION

The LightenUp Too® unit provides output from 2,500 lux to 10,000 lux and the LightenUp Plus® unit provides output from 10,000 lux to 30,000 lux light intensity.

Find a comfortable place to sit for indirect viewing of the lamp, usually 12-18 inches. Measure the distance and use Table 1 to determine the intensity of your lamp.

Start treatment using times provided in Table 2. To achieve consistent results, exposure times must be increased when the distance from your eyes to the light source is increased.

Initial exposure distance, time periods, and time of day will vary from person to person. Generally, a bright light fixture should be used initially, on a daily basis, for 30 to 60 minutes.

The best time to perform treatment is in the **early morning**. When your time schedule is different due to shift work or travel through time zones, you may have to adjust the time for bright light exposure to your initial desired wake and sleep cycle.

Do not stare directly at the light. Sit or stand in front of the light unit window and talk, read, eat, or do other activities in a normal manner. Allow your eyes to be indirectly exposed to the light, without staring directly at the light.

Although each person's reaction to controlled bright light exposure can vary, most people will notice a change in their biological clock and general well being within a few days. You may increase your exposure to bright light over time.

TABLE 1. DISTANCE BETWEEN EYE AND OUTPUT WINDOW VS. INTENSITY		
<i>Distance +/- 2"</i>	<i>LightenUp Too®</i>	<i>LightenUp Plus®</i>
6"	10,000 lux	30,000 lux
12"	4,300 lux	15,000 lux
18"	2,500 lux	10,000 lux

TABLE 2. INITIAL EXPOSURE TIMES	
15,000 lux	6 to 10 minutes
8,000 lux	20 to 40 minutes
4,000 lux	40 to 70 minutes

4.0 PRODUCT MAINTENANCE

4.1 ROUTINE MAINTENANCE

This device will provide years of use with proper maintenance if device is periodically checked for damage, cleaned regularly, and lamps replaced at proper intervals for optimum treatment. **Unplug the unit from the electrical outlet before cleaning or replacing lamps.**

4.1.1 Cleaning

To maintain optimum performance, keep shield clean during normal use and storage. Wipe shield using a good grade of isopropyl alcohol and a soft cloth.



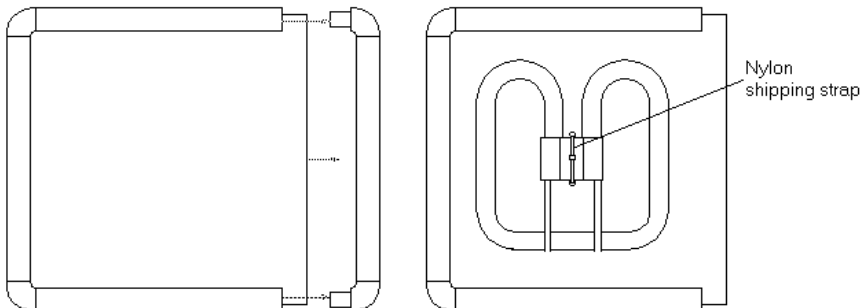
CAUTION: Many commercial cleaning agents contain abrasives and chemicals which may scratch, reducing the effectiveness of treatment. **Never wipe device with a dry cloth.**

4.1.2 Lamp Installation/Lamp Replacement

To ensure most effective treatment, we recommend replacing lamps every 1000 hours.

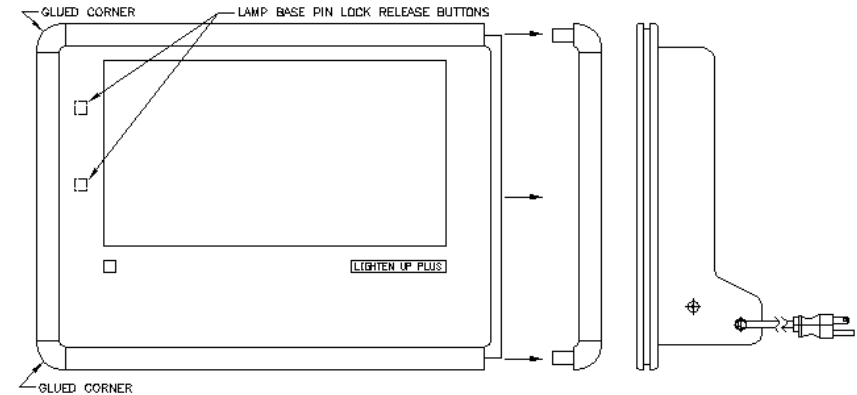
LightenUp Too®

1. Turn the unit off and unplug cord.
2. Grasp the side trim piece near the corners and pull to remove as shown and slide out. Remove the window.
3. Cut nylon shipping strap holding the lamp and discard.
4. Remove lamp and insert new lamp into the socket. Press firmly to seat the lamp properly.
5. Slide window into place and reattach side trim piece.



LightenUp Plus®

1. Turn the unit off and unplug cord.
2. Grasp right side trim piece near the corners, pull out to loosen as shown. Remove the trim piece.
3. Slide out and remove the window.
4. For each lamp:
 - a. Press and hold lamp base pin lock release button.
 - b. Pull lamp base up and out of the lamp socket.
 - c. Swing lamp base to the right to expose nylon-shipment strap securing lamp to front retainer clip.
 - d. Cut plastic strap or slip loop up and off front of retainer clip. This may be discarded.
5. Remove lamp and insert new lamp into socket. Press firmly to seat lamp properly.
6. Slide window into place and reattach right side trim piece.



4.2 CUSTOMER SERVICE

L.U. Systems maintains a trained, qualified staff of service technicians to provide technical support to our customers. For all questions or general information about this or any other products, please contact Customer Service. Contact information is provided on the inside front and outside back covers of this manual and on our website www.Lighten-Up.net

TABLE 3. LIGHTEN UP LAMPS		
Model	Manufacturer Part Number	Quantity
ESD20-TOO	8BP-038	1
ESD15	PL00019	2



L.U. Systems
23700 Mercantile Rd, Beachwood, Ohio 44122
Phone 877-839-8118 / 216-514-8972
Fax 216-514-8973
E-Mail: lightenup@lighten-up.net

4.2.1 Material Return Authorization Procedure

The following procedures must be followed before sending any item back for repair, replacement or return:

1. Customer Service must be contacted and a Return Authorization (RA) Number issued regardless of warranty status. This will allow us to credit warranty and track status and shipment of your product. Equipment returns to our factory which are not pre-approved and issued an assigned RA Number will not be accepted.
2. The customer has the responsibility for properly packaging units and parts being returned to prevent transit damage or loss. Every effort should be made to return material in the same condition as received by the original customer. This will ensure that proper credits can be issued and minimize controversy. For further protection, it is recommended that customers insure return material whose value is \$100 or more.
3. Inside the package, include the following information:
 - a. Customer Name, Address, and Phone Number.
 - b. Name/description of return item(s), and Serial Number.
 - c. Sales Order Number and Date unit/part received.
 - d. A brief description of the problem or reason for return.
 - e. The Return Authorization number assigned.
4. External package labels should be addressed as follows:

L.U. Systems
23700 Mercantile Road, Beachwood, Ohio 44122
ATTN: Customer Service REF: RA#_____

4.2.2 Warranty

This product is warranted for defects in material and workmanship and is limited to claims made to L.U. Systems within one year, with respect to parts and labor, and from the date of shipment. Lamps are warranted for a period of 90 days.

The purchaser must allow L.U. Systems to inspect the Equipment on request. During the warranty period, L.U. Systems will be repair or replace defective product or components with new or remanufactured materials. This Warranty is not transferable.

L.U. Systems shall not be responsible for any incidental or consequential damages of Purchaser. This warranty gives you specific legal rights which may vary from state to state.