

Your Guide to the SunBox® Sunny Day™ LED Desk Lamp

You have just made the important decision to buy your own SunBox® Sunny Day™ LED desk lamp light box. With this purchase, you join thousands of other individuals and hundreds of facilities worldwide who have chosen to use SunBox® products. Thank you for choosing The SunBox Company as your bright light source. We truly value your business.

SunBoxes are the most advanced and the highest quality bright light boxes on the market and are backed by a **Five (5) year** warranty—the longest in the industry. Founded in 1985, The SunBox® Company is the original manufacturer of high-intensity light boxes. We constantly strive for excellence and are proud of our products and service.

The Sunny Day™ LED desk lamp is the most compact and portable model in our line of bright light units.

IMPORTANT NOTES:

- *In the event that your unit is damaged or broken upon delivery immediately report the problem to us by calling 800-548-3968 (toll-free) or 240-651-3286 so that the problem can be resolved in a timely fashion.*
- *Please save all packing materials for reuse, should you need to return your unit to us. The SunBox Company cannot be responsible for damage due to insufficient packing.*

General Guides for Use

Most people use their SunBox light box as a source of bright light during the fall and winter months. Some find using their light box on overcast days at any time of the year, or when their schedules or surroundings do not allow much exposure to natural sunlight. People working night shifts also use SunBoxes. It is best to use your light box within two hours of waking up. If you use your light too late in the day, it may disturb sleep.

To use your Sunny Day™ LED desk lamp, the unit should be in front of your so the light shines onto your face and both eyes should be open. Your unit will reach full brightness within a few minutes of being turned on. It is not necessary to look directly into the light; most people read, eat, work on computers or watch TV while using their SunBox. Eye glasses or contacts may be work, but heavily tinted glasses will reduce the amount of light received.

Average use at the 10,000 lux distance is roughly 20-30 minutes per day at 11.5 inches away from the light of the unit. At 16 inches away from the face of the unit, that would be equivalent of 40 minutes to 1 hour. At 23 inches, the light might be used for 2-3 hours. Actual time for a particular individual will vary. It usually takes some experimentation to find a routine that is right for you.

Our Commitment to You

The SunBox® Company will provide you with valuable customer service, which continues well beyond your actual SunBox purchase. Your SunBox® Sunny Day™ LED desk lamp comes with a Five (5) year warranty. Should a covered repair be necessary during this warranty period, be assured that your unit (or a replacement, if repair is not possible) will be shipped back to you within 48 hours of receipt of the damaged unit.

You can place an order online 24 hours a day from our website—www.sunbox.com. Whenever you need to reach us, simply call us toll-free 800-548-3968 or 240-651-3286 (local number). We will return your call within 24 hours. Thank you for choosing The SunBox Company!

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