



Thank you!

Thank you for purchasing the SunRay Light Therapy Box! With your purchase, you join thousands of other individuals and hundreds of facilities worldwide who have chosen to use SunBox products! Founded in 1985, The SunBox Company is the original manufacturer for high-intensity light boxes. We constantly strive for excellence and are proud of our products and service. Thank you for choosing us; we truly value your business!



– Safety Tips –

Read all the safety guidelines before using your SunRay Light Therapy Box.

Observe these safety guidelines to avoid potential hazards that could result in personal injury or damage to your SunRay Light Therapy Box.

- Never use damaged or worn cords or plugs. This could result in electrical shock, burns and/or fire.
- Do not place heavy objects on top of the cord.
- When unplugging the SunRay Light Therapy Box, grasp the plug directly to avoid cord damage. Never pull the cord to remove the plug from the socket.
- Unplug the light before servicing to eliminate the risk of electrical shock.
- The unit can become hot. Allow at least ten minutes for the light to cool before handling.
- To avoid damage and risk of shock, never expose your SunRay Light Therapy Box to water or other liquids.
- Do not place any objects on top of the SunRay Light Therapy Box.
- Do not disassemble. A SunBox Company authorized service representative should perform all maintenance.

– Our Warranty –

The SunRay Light Therapy Box comes with a 7 Year Warranty on the box and a 1 Year Warranty on the bulbs. The SunBox Company will replace any defective parts that fail under normal indoor use of the original purchaser. The warranty covers all original parts. The warranty does not cover damage to the unit caused by abuse, faulty household wiring, weather-related events or conditions not related to normal wear.

Before returning the unit, you must contact our office for a repair authorization. All warranty parts must be shipped pre-paid and insured by the consumer. Any damage incurred during the return shipment is the responsibility of the customer and will void the warranty claim.

We make no medical claims regarding the use of this unit. This warranty is nontransferable. The purchaser agrees, by the act of purchasing this product, to the terms stated.

– Usage Instructions –

To power on your SunRay Light Therapy Box, plug in the unit and flip the ON/OFF switch. The light will illuminate after a few seconds.

Once the unit is on, sit 18.5 inches from the light for approximately 30 minutes each day within the first 2 hours that you wake up. Consistency is key with light therapy!

It is not necessary to look directly into the light; however, the light should be shining on the front of your face and entering your eyes. Most people read, eat, work on a computer, or watch TV while using their SunRay Light Therapy Box. Eyeglasses can be worn with use; however, refrain from wearing tinted lenses as they can block the light from entering your eyes.

While the above usage is typical for most, we recommend consulting a physician or therapist to determine your best schedule for use. They will help you with a daily schedule to aid in restoring a strong circadian rhythm and decreasing a mood disorder. Since everyone's circadian rhythm is unique, SunRay Light Therapy Box users may need light at different times of day for maximum effectiveness.

– Desk Stand Installation –

1. Place your SunRay Light Therapy Box on a flat surface. It may be advisable to assemble the stand on a carpeted floor or a mar-resistant surface to avoid scratching furniture.
2. When your SunRay Light Therapy Box was shipped to you, the desk stand supports were attached to the back of the unit. Each support is held in place by one black plastic knob and a bit of Velcro. Unscrew the black knob; twist counterclockwise. Pull the desk stand supports from the back of the unit.
3. Lay your SunRay Light Therapy Box on its back.
4. Attach the desk stand support pieces to the sides of the light using the black knob you removed in step 2. There is a hole for the knob's screw near the bottom of each side panel. Be sure the flange on each side is tucked behind the back of the light unit. Each desk stand support is designed for a particular side of the unit. If the flanges won't tuck behind the back of the unit, you have the desk stand support attached to the wrong side of the unit. There is no need to use tools, but make sure the knobs are screwed in tightly.
5. Stand your SunRay Light Therapy Box upright on its desk stand. Plug it in and it is ready to use.

– Frequently Asked Questions –

Are there any major side effects? Some users have initially experienced anxiety, headaches, or early awakening. Most of these symptoms disappear within a few days.

Can I use the SunRay Light Therapy Box more than once a day? For most people, using the SunRay Light Therapy Box once a day is sufficient. It is important to keep in mind that using the light too late in the afternoon/evening may adversely affect your sleep.

Do I take my glasses off when I use the SunRay Light Therapy Box? No. Reading or prescription glasses and contacts do not reduce the effect of light. However, you should not wear tinted glasses or sunglasses when using the SunRay Light Therapy Box.

Ophthalmological Concerns. If you suffer from eye disease or have a history of eye diseases in the family, you should consult your ophthalmologist before using the SunRay Light Therapy Box. Also, if you are experiencing any temporary eye problems, wait until the problems subside before using the SunRay Light Therapy Box.

Does a light box give Vitamin D? No. Specific UV light is needed for Vitamin D production and the SunRay Light Therapy Box does not emit UV.

Do you bill my insurance company directly? No. After you purchase your light, you can submit your receipt, completed insurance form and doctor's prescription for reimbursement to your insurance company.