



Sunlight Jr. LED

User Manual

Thank you!

Thank you for purchasing the Sunlight Jr. LED! 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 Sunlight Jr. LED.

Observe these safety guidelines to avoid potential hazards that could result in personal injury or damage to your Sunlight Jr LED.

- 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 Sunlight Jr. LED, 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 Sunlight Jr. LED to water or other liquids.
- Do not place any objects on top of the Sunlight Jr. LED.
- Do not disassemble. A SunBox Company authorized service representative should perform all maintenance.

– Our Warranty –

The Sunlight Jr. LED comes with a 7 Year Warranty. 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 Sunlight Jr. LED, plug in the unit and flip the ON/OFF switch. The light will illuminate after a few seconds.

Once the unit is on, sit 14 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 Sunlight Jr. LED. 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, Sunlight Jr. LED users may need light at different times of day for maximum effectiveness.

– 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 Sunlight Jr. LED more than once a day? For most people, using the Sunlight Jr. LED 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 Sunlight Jr. LED? 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 Sunlight Jr. LED.

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 Sunlight Jr. LED. Also, if you are experiencing any temporary eye problems, wait until the problems subside before using the Sunlight Jr. LED.

Does a light box give Vitamin D? No. Specific UV light is needed for Vitamin D production and the Sunlight Jr. LED 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.