

ALASKA
NORTHERN LIGHTS

NORTH
STAR 10,000™

USER GUIDE

BRIGHT LIGHT BOXES FOR BRIGHTER LIVES



Read All Safety Guidelines Before Using Your Northstar 10,000

Observe these safety guidelines to avoid potential hazards that could result in personal injury or damage to your Northstar 10,000.

- 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 Northstar 10,000, grasp the plug directly to avoid damaging the cord. Never pull the power cord to remove the plug from the socket.
- Unplug the light before servicing to eliminate the risk of electrical shock.
- The lamps can become extremely hot. Allow at least ten minutes for the lamps to cool before handling.
- To avoid damage and the risk of shock, never expose your Northstar 10,000 to water or other liquids.
- Do not place any objects on top of the Northstar 10,000.
- Limit disassembly. We designed the Northstar 10,000 so that you can remove the front cover and change the bulbs safely. You risk electrical shock and/or damage to the light if you do any other disassembly. An Alaska Northern Lights authorized service representative should perform all other maintenance.

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Thank You for Purchasing the Northstar 10,000

You have just purchased the very best light box on the market today! The Northstar 10,000 is a proven light therapy aid in combating the symptoms of depression, seasonal affective disorder, sleep disorders and other mood disorders.

The human body uses light cues, such as those provided by the sun, to set the timing on certain internal functions. These daily internal cycles, called circadian rhythms, sometimes fall out of sync, resulting in an imbalanced body clock.

The Northstar 10,000 helps to shift circadian rhythms back to their normal time by delivering a specifically engineered intensity of light to simulate the production of key substances triggered by the brain.

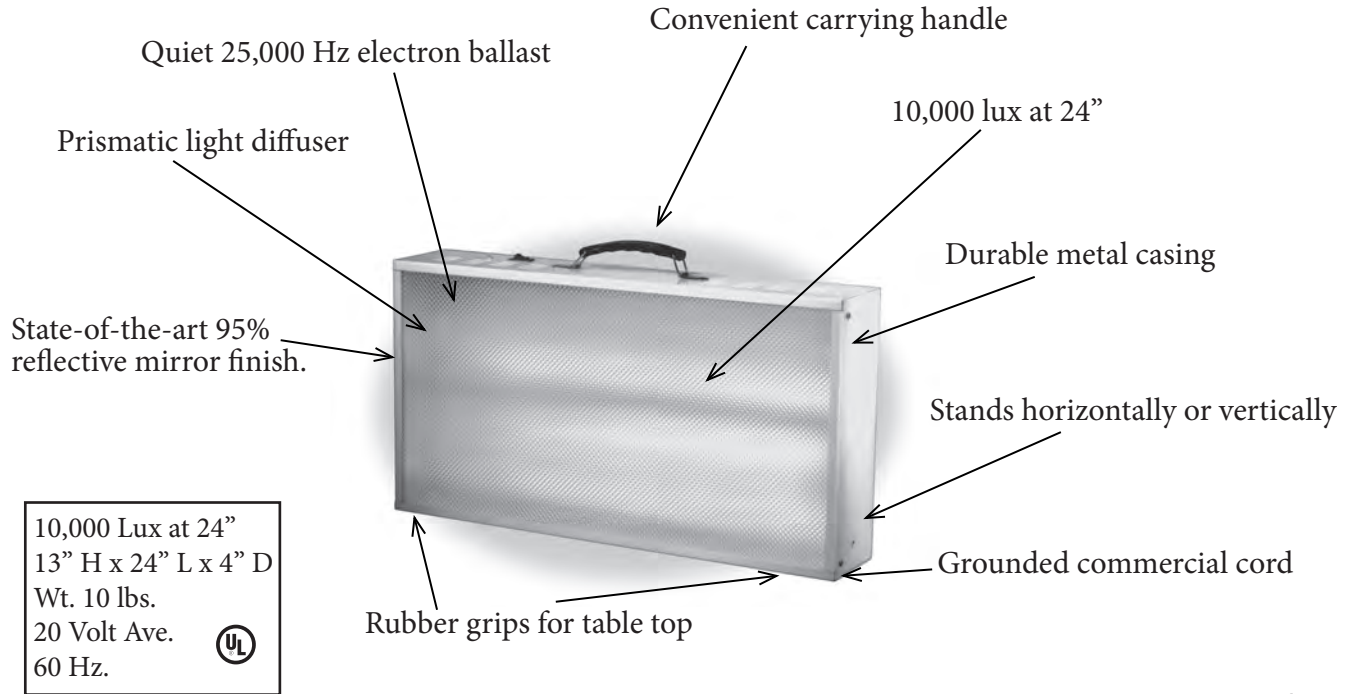
Visit www.alaskanorthernlights.com now to:

- Learn more about your Northstar 10,000 and light therapy
- Download insurance form
- Purchase accessories

NORTHSTAR 10,000 FEATURES

Product Specifications:

- Doctor Recommended
- Medical Grade
- No Harmful UV Light
- Proven Light Therapy Aid

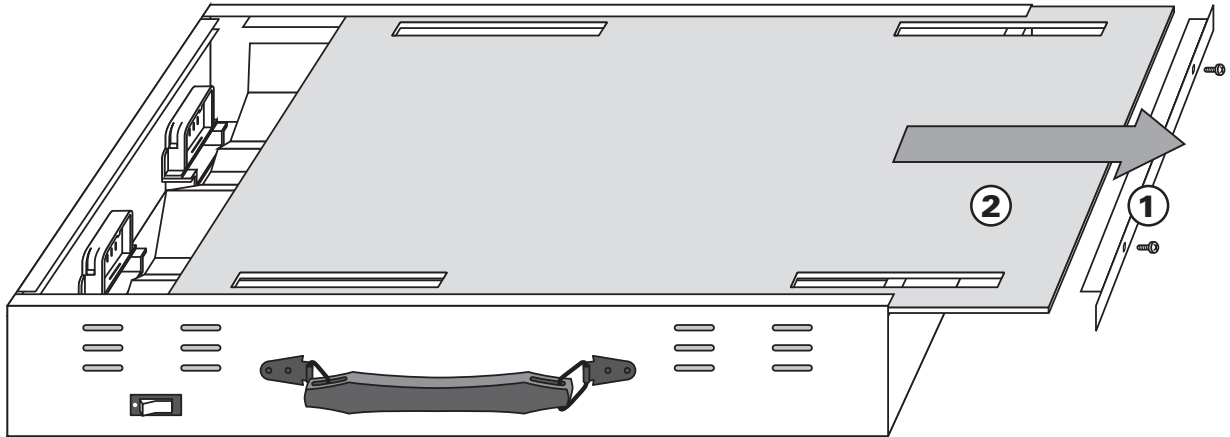


USING YOUR NORTHSTAR 10,000

Assembly Instructions:

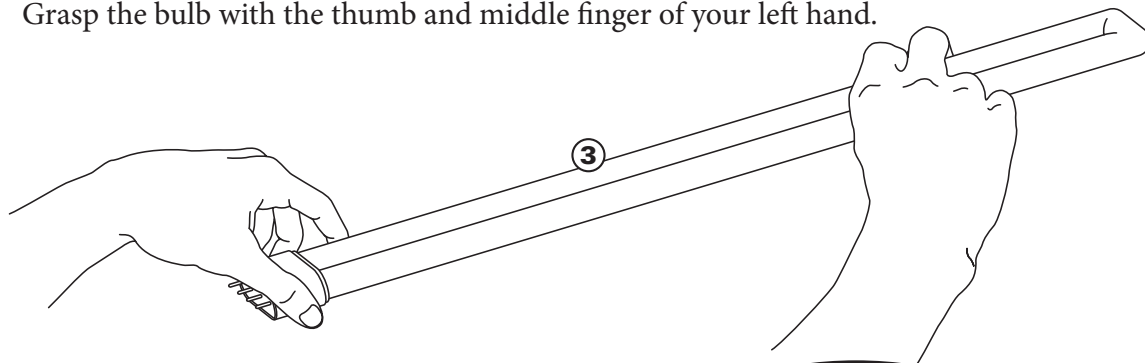
IMPORTANT: Make sure your light box is unplugged before assembling.

1. Remove the two screws from end of unit and white metal end strip
2. Slide the plastic diffuser cover out and off.

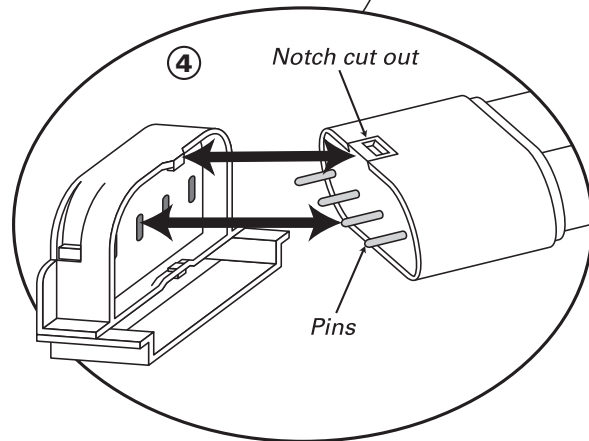


Bulb Installation Directions - read before installation:

3. Grasp the bulb with the thumb and middle finger of your left hand.

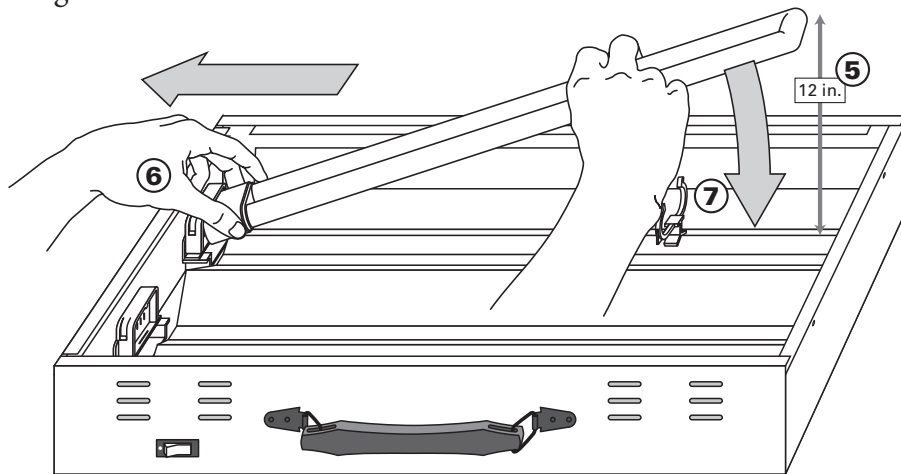


4. Align the 4 pins and the notch cut out in the light bulb base with the matching protrusion in the bulb holder.



Bulb Installation Directions - read before installation:

5. With your right hand, raise the other end of the bulb to approximately a foot above the reflector to help in this alignment.



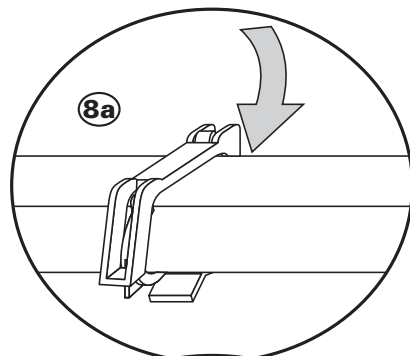
6. With your left hand fingers, pull the bulb back and upward into the bulb holder (the base will flex).

7. Let the bulb pivot in the fingers of your left hand as the bulb lowers into its plastic bulb holder on the reflector.

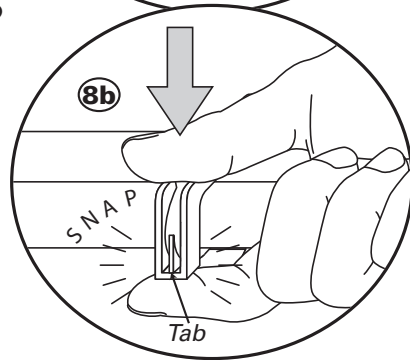
Bulb Installation Directions - read before installation:

IMPORTANT: Make sure the bulb is locked into place in the bulb holder

8a. Install top half of the clear plastic bulb holder (these are taped to the light bulb shipping cartons) by pushing it over the light bulb and into the clear plastic bottom half. Connect one leg of the top clip (farthest away from you) onto the lower clip first.



8b. Place index finger under bottom clip for support and using your thumb, gently squeeze top clip down onto and over side tab of lower clip until it snaps into place and locks onto lower clip.



9. Slide the diffuser cover back in place, rough side out. Replace the white metal end strip over diffuser cover and reinstall the screws.

10. Plug unit into a 120-volt outlet.

11. Turn unit on by depressing red button on top of unit.

RECOMMENDED USAGE OF YOUR NORTHSTAR 10,000

How To Use Your Northstar 10,000

We recommend starting light therapy by staying approximately 40 inches from the light (2,500 Lux) for half an hour in the morning within the first hour of waking.

Over the course of a week, you can either 1) move closer to the light, until you are two feet (10,000 Lux brightness range) for 30 minutes or 2) increase your time spent by building to two hours.

Within 10 days of starting light therapy, you should be waking up earlier and/or feeling an increase in energy. If not, try adding five minutes a day to your time spent by the light.

Consult a doctor or therapist to determine your best schedule for use. He or she will help you with a daily schedule to aid in restoring a strong circadian rhythm. Since everyone's circadian rhythm is unique, Northstar 10,000 users may need light at different times of day for maximum effectiveness.

Frequently Asked Questions

Do you bill my insurance company directly?

No, after you have purchased your light box, you can then submit your receipt, completed insurance form and doctor's prescription for reimbursement. You can call your insurance company beforehand to see if they will reimburse.

Do I have to take my glasses off when I use the Northstar 10,000?

No. Reading or prescription glasses and contacts do not reduce the effect of light. However, you should not use tinted glasses or sunglasses.

Are there any major side effects?

The Northstar 10,000 is completely safe. Some people have initially experienced anxiety, headaches or early awakening. Most of these symptoms disappear within a few days and can be avoided by starting with a reduced session length or doubling the distance from the light for the first week.

Can I get a sunburn from using the light?

No. The Northstar 10,000 uses broad spectrum lights that do not produce UV light.

Can the light cause harm to children or pets?

No. The lights are safe around children and pets.

Can children use the lights?

Although it's uncommon, some children get SAD, and it is perfectly safe for them to use a light. Remember, they are electrical devices, so younger children should always be supervised. It's certainly not a problem to have the light on while there are children in the same room or if they come and sit with you when you're getting your light therapy.

Frequently Asked Questions

Can I use the Northstar 10,000 more than once a day?

For most people, using the Northstar 10,000 once a day is sufficient. It is important to keep in mind that using the light too late in the evening may adversely affect your sleep.

How long do the bulbs last?

Under normal usage (30 minutes a day for 6 months), the bulbs will last up to four years. We recommend you replace the bulbs after three years of use because they will lose brightness over time.

Does the light box interfere with prescription meds that require me to stay out of the sun?

Our bulbs have no UV output, so there is no risk of burning or damage to the skin or eyes. Double check with the pharmacy or your doctor to make sure that it is the UV rays that you are to avoid and not broad spectrum lighting.

Ophthalmological Concerns

If you suffer from an eye disease or have a history of eye diseases in your family, you should consult your ophthalmologist before using your Northstar 10,000. Also, if you are experiencing any temporary eye problems, wait until the problems subside before using the Northstar 10,000.

When used as directed, all Alaska Northern Light products are free from UV light risk to the eye and produce a safe, diffused field of light.

LIFETIME WARRANTY

Alaska Northern Lights will replace any defective parts that fail under normal indoor use of the original purchaser. The warranty covers all original parts (excluding light bulbs and ballast). Light bulbs have a one year warranty. Electrical ballasts have a five year replacement guarantee. The warranty does not cover damage to the unit caused by abuse, faulty household wiring, weather related events or conditions related to normal wear.

Before returning any warranty parts, you must contact our office for a return authorization number. All warranty parts must be shipped pre-paid in the original packaging and insured by the consumer. Shipping costs will be the responsibility of the purchaser for shipping to and from the manufacturer. Any damage incurred during the return shipment is the responsibility of the customer and will void warranty claim.

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

ACCESSORIES

Get the most versatility out of your light box. Visit our website at www.alaskanorthernlights.com to purchase accessories for your Northstar 10,000.



Tilt Stand



Floor Stand



Carrying Bag



Bulbs



Toll Free: 800-880-6953

59 Damonte Ranch Pkwy, #B-262, Reno, NV 89521

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