

A L A S K A
NORTHERN LIGHTS
Your Happiness Solution

IMPORTANT: You must install bulbs before use

Need help?

Toll Free: 1-833-257-5811

www.alaskanorthernlights.com



User Guide

NorthStar 10,000

Bright Light for Everyday Wellness

IMPORTANT SAFETY INFORMATION

Read all instructions before using your NorthStar 10,000 Light Box. Follow these guidelines to reduce the risk of injury or damage.

- Do not use if the power cord or plug is damaged
- Do not place heavy objects on the power cord
- Always unplug by gripping the plug (not the cord)
- Disconnect the unit before cleaning or servicing
- Allow the unit to cool before handling after extended use
- Do not expose the device to water or liquids
- Do not place objects on top of the device
- Do not attempt to disassemble the unit
- All servicing should be performed by authorized personnel

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Thank you for choosing the NorthStar 10,000 Light Box

The NorthStar 10,000 Light Box is designed to provide bright, consistent light that supports your daily wellness routine. Many people incorporate bright light into their day to help maintain energy levels, support mood, and stay aligned with natural daily rhythms.

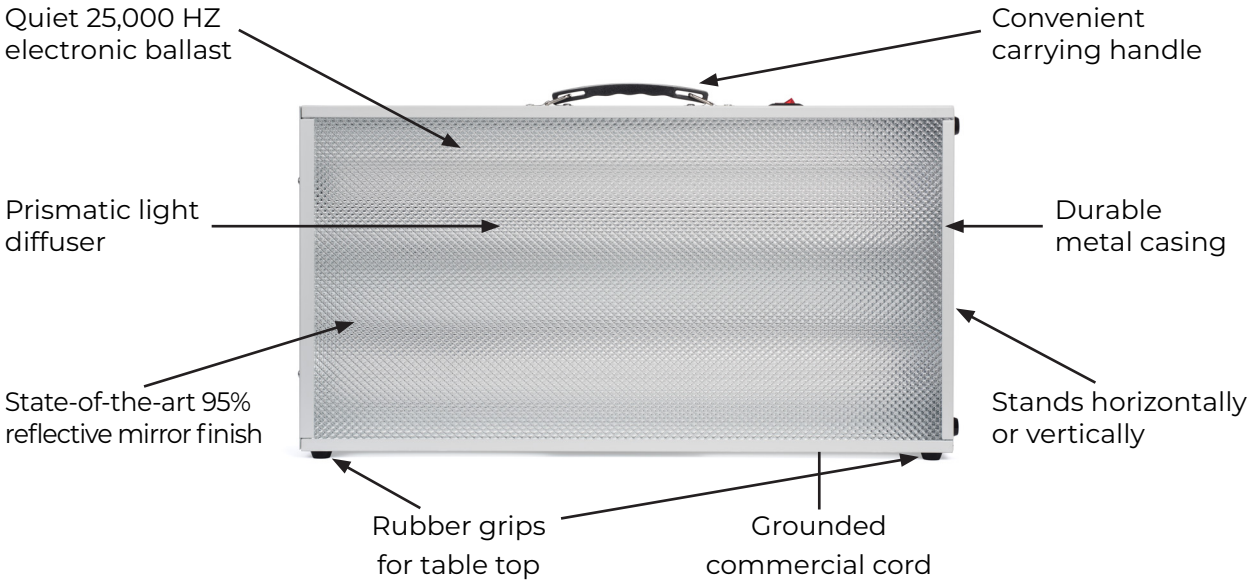
Visit www.alaskanorthernlights.com
for more information on your NorthStar 10,000 Light Box.

NORTHSTAR 10,000 FEATURES

Product Specifications:

- 7 Year Warranty
- No Harmful UV Light
- Durable construction
- Easy to Use

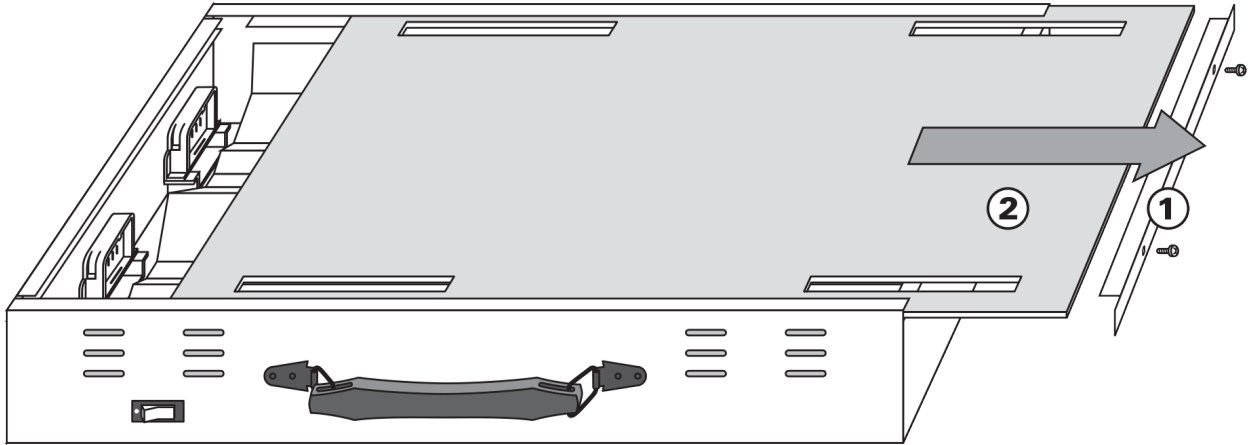
10,000 Lux at 24"
13"H x 24"L x 4"D
Wt. 10 lbs.
120 Volt | AV 60 HZ



ASSEMBLY INSTRUCTIONS

IMPORTANT: Make sure your light box is unplugged before assembling

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

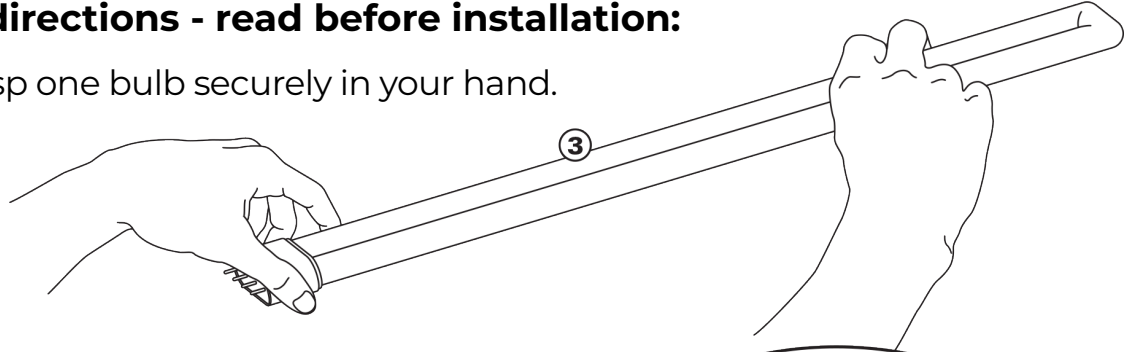


ASSEMBLY INSTRUCTIONS

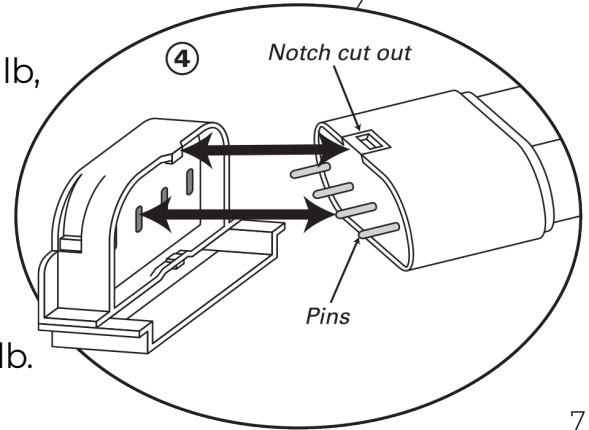
IMPORTANT: Make sure the bulb is locked into place in the bulb holder

Bulb directions - read before installation:

3. Grasp one bulb securely in your hand.



4. Align the 4 pins, as the end of the bulb, with the 4 internal holes in the bulb socket.



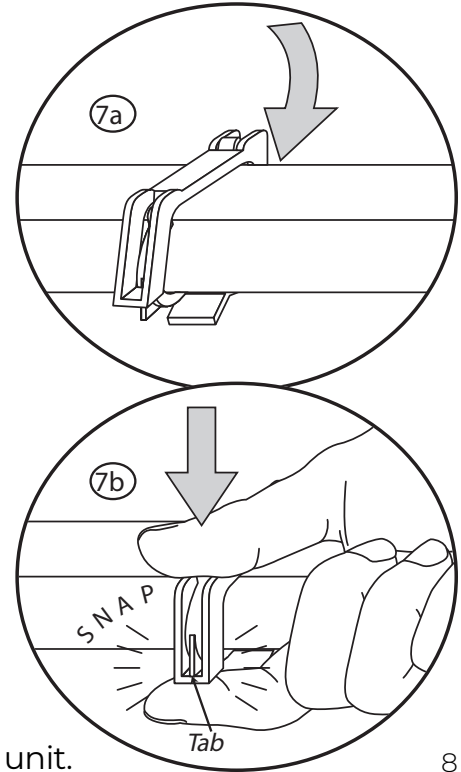
5. Gently connect the bulb into the socket until you feel it fully insert.

6. Repeat the process for the second bulb.

ASSEMBLY INSTRUCTIONS

IMPORTANT: Read before installation

- 7a.** Install top half of the clear plastic bulb holder (these are taped inside the light box next to the sockets) 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.
- 7b.** 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.
- 7c.** Repeat the process for both bulbs.
- 8.** Slide the diffuser cover back in place, rough side out. Replace the white metal end strip over diffuser cover and reinstall the screws.
- 9.** Plug unit into a 120-volt outlet.
- 10.** Turn unit on by depressing red button on top of unit.



How to Use Your NorthStar 10,000

We recommend starting your first week of using your NorthStar 10,000 by staying approximately 40 inches from the light for 15 minutes in the morning withing the first two hours of waking up.

Over the course of a week, move closer to the light, until you are two feet or 24 inches (10,000 LUX), and increase the time spent in front of the light building to 30 minutes each time.

You can adjust the distance and duration based on personal comfort and preference.

Are there any side effects?

Some users may initially notice mild eye strain or headaches. If this occurs, reduce session time or increase distance from the light.

Do I need to remove glasses?

No, standard eyeglasses or contacts can be worn during use.

Does this device emit UV light?

No. The NorthStar 10,000 is a fluorescent bright light that does not emit UV light.

Can children use the NorthStar 10,000 Light Box?

The device may be used under adult supervision. For specific concerns, consult a healthcare professional.

Warranty

Your NorthStar 10,000 Light Box includes a 7-year limited warranty covering defects in materials and workmanship under normal indoor use. Bulbs are covered for 1 year and the electronic ballast is covered for 5 years.

This warranty does not cover:

- Damage due to misuse or improper handling
- Damage from external conditions
- Normal wear and tear

For warranty service, contact customer support for return authorization before sending any product.

IMPORTANT NOTICE

This product is intended for general wellness use only. It is not intended to diagnose, treat, cure, or prevent any disease.

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GIVE THE GIFT OF LIGHT!

Receive **\$20 off** the next light box purchase. Offer can be used by you, family member or friend. Give the Gift of Light and spread the word!

Promo Code: GTGOL

Not valid with any other offer