



# Aurora LightPad Mini USER GUIDE

*BRIGHT LIGHT BOXES FOR BRIGHTER LIVES*

## Read All Safety Guidelines Before Using Your Mini LightPad

Observe these safety guidelines to avoid potential hazards that could result in personal injury or damage to your Mini LightPad.

- 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 Mini LightPad, 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 Mini LightPad to water or other liquids.
- Do not place any objects on top of the Mini LightPad.
- Do not disassemble. An Alaska Northern Lights authorized service representative should perform all other maintenance.

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## **Thank You for Purchasing the Mini LightPad**

You have just purchased the very best LED light box on the market today! The Mini LightPad is a proven light therapy aid in combating 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 Mini LightPad 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.

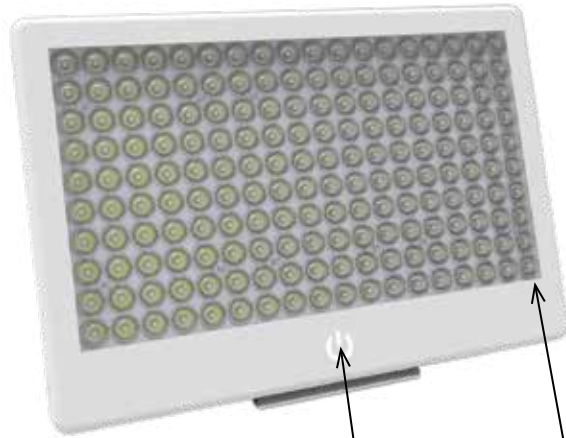
Visit [www.alaskanorthernlights.com](http://www.alaskanorthernlights.com) now to:

- Learn more about your Mini LightPad
- Learn more about light therapy
- Download an insurance form

# MINI LIGHTPAD FEATURES

## Product Specifications:

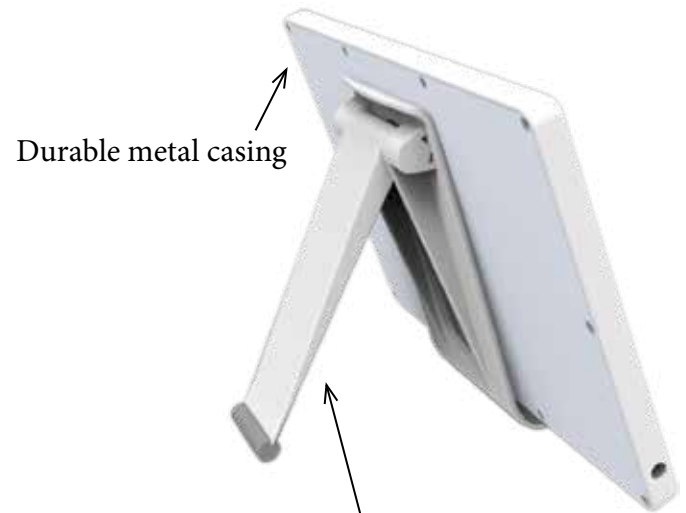
- 7 Year Warranty
- Medical Grade
- No Harmful UV Light
- Proven Light Therapy Aid



5" H x 7.5" L x 0.5" D  
Wt. 1 lbs.  
120 Volt AV  
60 HZ

Intensity/  
Power Control

LED light panel

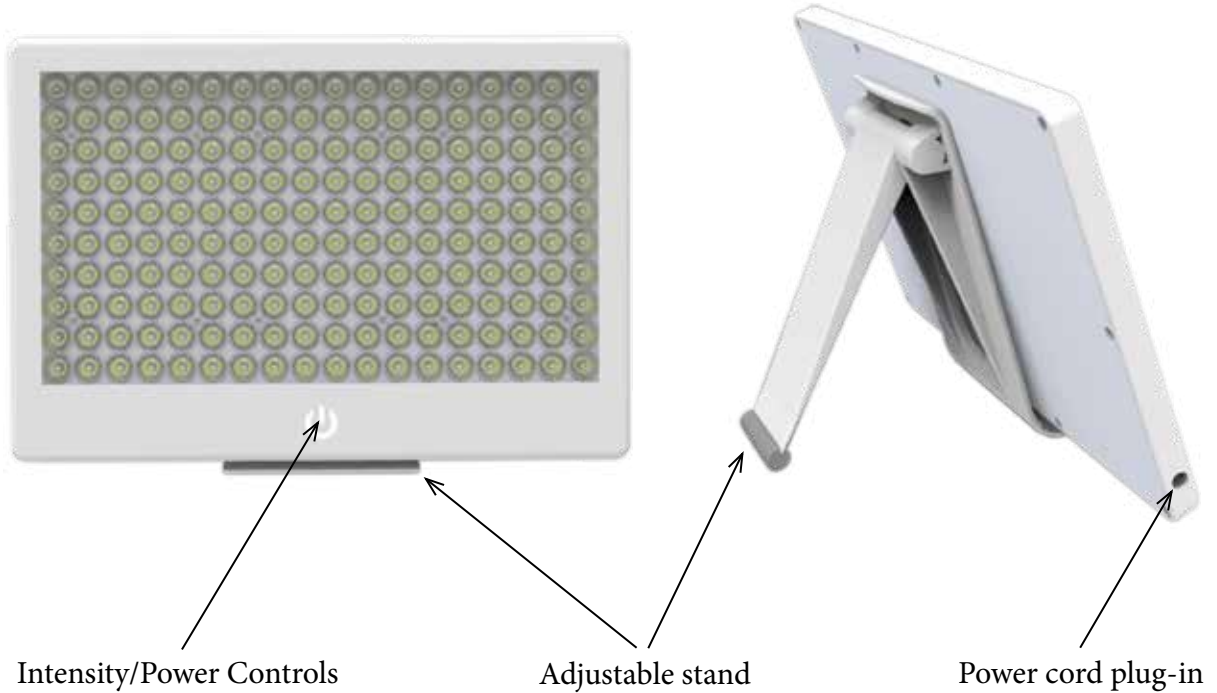


Durable metal casing

Adjustable stand

# USING YOUR MINI LIGHTPAD

## Usage Instructions:



# RECOMMENDED USAGE OF YOUR MINI LIGHTPAD

## How To Use Your Mini LightPad

We recommend starting light therapy by staying approximately 40 inches from the light 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 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 of energy. If not, try adding five minutes a day to your time spent by the light.

Consult 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. Since everyone's circadian rhythm is unique, Mini LightPad users may need light at different times of day for maximum effectiveness.

### On/Off Touch Controls

To power on/ off your Mini LightPad, hold and press down on the power button for 3 seconds. Once the unit is on, tap the power button to control the intensity of light. There are 3 levels of light intensity.

The light intensity, once set by the user, will remain stored in the flash memory. If the Mini LightPad is powered off and then re-powered on, the light intensity will go back to the last intensity used.

## Frequently Asked Questions

*Are there any major side effects?*

The Mini LightPad is completely safe. Some people have initially experienced anxiety, headaches or early awakening. Most of these symptoms disappear with 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 use the Mini LightPad more than once a day?*

For most people, using the Mini LightPad 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.

*Do I have to take my glasses off when I use the Mini LightPad?*

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

*Can I get a sunburn from using the light?*

No. The Mini LightPad uses white LED lights that do not produce UV light.

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

The LED bulbs do not have UV output, so there is no risk of burning or damage to the skin or eyes. Double check with the pharmacy or your physician to make sure that it is the UV rays that you are to avoid.



## Frequently Asked Questions

### *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 Mini LightPad. Also, if you are experiencing any temporary eye problems, wait until the problems subside before using the Mini LightPad.

### *Why not use blue or red light therapy?*

If you have an eye condition, eye disease or think you may be at more risk for developing macular degeneration, you should definitely avoid blue light. Blue light is more energetic than white light, which has raised concern with ophthalmologists because blue light can damage the retina and increase the risk for macular degeneration.

### *Does a light box give me Vitamin D?*

No UV light is needed for Vitamin D production, and the Mini LightPad is UV free. Any light box you choose should be UV free. This can be a problem for those using a lightbox, but we recommend talking to your physician about Vitamin D supplements.

### *Do you bill my insurance company directly?*

No. After you have purchased your light box, you can submit your receipt, completed insurance form and doctor's prescription for reimbursement to your insurance company.

### *Can children use light therapy?*

Yes. Although it is uncommon, some children get SAD, and it's perfectly safe for them to use light therapy.

## 7 Year 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. 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.



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**Toll Free: 1-800-880-6953**

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

**[www.alaskanorthernlights.com](http://www.alaskanorthernlights.com)**



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: GIFTLIGHT**

Not valid with any other offer