

What is Bright Light Therapy?

Bright Light Therapy uses safe, intense doses of light to treat disorders that can occur due to light deficiency. Light acts like an essential nutrient and daily exposure can have a major impact on your well-being.

Many people simply don't get enough light and this deficiency can lead to Seasonal Affective Disorder, the winter blues or other disorders. Tested, clinically proven Bright Light Therapy systems have been shown to be an effective, non-invasive treatment option for many suffering from the effects of light deprivation.

Who can benefit?

Up to 48 million North Americans suffer from Seasonal Affective Disorder or the milder Winter Blues. Bright Light Therapy is the **#1 Recommended Treatment!**

Clinical studies have also shown Bright Light Therapy to help with:

- Circadian Sleep Disorders
- PMS and Antepartum Blues
- Jet Lag and Shift Work Adjustment
- Non-seasonal Mood Disorders

What are the benefits?

- Increased energy
- More positive moods
- Improved sleeping patterns



Treatment time only
20 - 30 minutes each day.

“ I encourage anyone feeling low, sad or depressed to give it a try. It's just such an easy, painless, safe remedy for a serious problem. ”

—Paula Neal, Burlington, ON

What is BrightZone™ technology?

BrightZone™ technology is the technology engineered and tested by Day-Light to provide both the appropriate field of illumination and the 10,000 LUX experts recommend for maximum therapeutic benefit.



Comes with built-in stand and carry-handle.
Adjustable legs control the height and angle of the light.

Why Day-Light Classic?

- Clinically proven
- Meets stringent Bright Light Therapy standards
- Trusted by leading researchers
- Features BrightZone™ technology
- Equipped with a convenient carry handle and built-in stand
- Five-year limited warranty



Why Day-Light Sky?

- Clinically proven technology
- Meets stringent Bright Light Therapy standards
- Features BrightZone™ technology
- Smaller and more discreet for home or office
- Versatile - Bright Light Therapy system and a task lamp
- Five-year limited warranty



Adjustable height for therapeutic use or everyday task lighting.