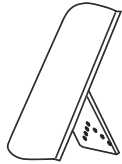
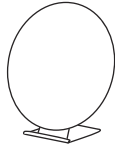


INNOSOL BRIGHT LIGHT THERAPY LAMPS



BRIGHT LIGHT THERAPY



light and vitality



INNOSOL BRIGHT LIGHT THERAPY LAMPS

The sun as the source of life

Sunlight and warmth are the basic conditions of life. They make plants flourish and provide us all with the necessary energy and vitality. Man is a part of nature and the biological properties of our body have developed accordingly. In summer, the intensity of light is at its maximum because days are significantly longer and brighter than in late autumn and mid winter.

The unit of light intensity is called 'lux'. One lux corresponds to light intensity produced by one candle at a distance of one metre. On a summer day, sunlight intensity outdoors is approximately 50,000-100,000 lux.

The amount of light under different conditions

Bright sunshine	100 000 lx
Bright light therapy	2 500-10 000 lx
Well illuminated office	400 lx
General illumination in homes	50 lx



When the amount of daylight decreases

Beautiful summer days will inevitably turn into autumn. At its best, early autumn can still be a pleasant time. We hope that the bright summer days will help us get through the dark winter months. In autumn and winter, we spend a great deal of time indoors. Normally, light intensity indoors is approximately 50 – 100 lux, which is one thousand times less than the amount of natural light on a summer day.

What symptoms does lack of light cause?

In autumn and winter, many people feel tired and less energetic. Lack of light may also cause sleep disorders. Some people's appetite may increase leading to weight gain. Some may even experience depression. These symptoms are due to our body's normal tendency to adapt to changing circumstances: shorter days and smaller amount of daylight. This phenomenon is called SAD (Seasonal Affective Disorder)¹ or Winter Depression. SUB SAD or the Winter Blues is a milder form of SAD affecting a considerably larger number of people.

With bright light therapy, you feel energetic all year round

Today, efficiency is expected from us throughout the year. We cannot sink in a "winter torpor" as our ancestors did. We must find effective means to keep up our positive spirits and activity. For this, we have bright light therapy which helps an increasing number of people overcome SAD.

User experiences show that regular bright light therapy helps you maintain your work efficiency. Office workers and their employers in particular have learned to know the benefits of bright light therapy. Shift workers have found bright light therapy to be an excellent means to balance their irregular daily rhythm². Likewise, correctly timed bright light therapy speeds up your recovery from jet lag considerably.



INNOSOL BRIGHT LIGHT THERAPY LAMPS

Bright light affects through the eyes

The light first proceeds to the retina and from there along the optic nerves further to the light sensitive area in the brain (suprachiasmatic cellkernel) which plays an important part in regulating the body clock function.

The sleep hormone melatonin, secreted by the pineal gland, is of great significance to the amount of sleep needed and the state of mental agility. Bright light reduces the secretion of melatonin.

Bright light therapy is safe and easy

Bright light therapy is a pleasant way to take care of oneself. All you need is an INNOSOL bright light device that effectively compensates the lack of natural daylight.

The preferred daily exposure time is about 0.5–2 hours. The sessions are most effective in the morning. Light therapy in the evening may cause some users difficulty in going to sleep.

Depending on the device type, the maximum distance between your face and the device varies between 45 and 115 centimetres. The closer you are to the device the more effective and shorter is a single session. You don't have to look straight at the source of light, but you should keep it within your visual field throughout the session. Thus, light therapy does not take your valuable time as you can read, have breakfast or watch television at the same time.

Bright light therapy and healthy habits

Regular exercise and a balanced diet are an essential part of your wellbeing. Scientific studies show that the effects of bright light therapy are most effective when combined with simultaneous physical exercise³. For example, you can place the INNOSOL bright light device in the vicinity of your training equipment, e.g. an exercise cycle.

INNOSOL bright light device – effective, safe and handy

Bright light therapy requires a light intensity from 2,500 up to 10 000 lux. Not just any lamp that produces bright and intensive light, such as a halogen lamp, is suitable for bright light therapy.



The INNOSOL bright light devices meet all the requirements set on high quality therapy. The light does not flicker and it is evenly distributed. The opaque shade that covers the entire light surface filters UV emissions. A sufficiently long distance from the device guarantees you a pleasant therapy session. The surface luminosity of the INNOSOL bright light devices is as low as possible to minimise dazzling.

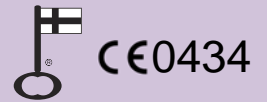
The INNOSOL bright light devices are of extremely high quality. They have been developed and tested in Finland where both seasonal changes and variations in the amount of daylight are manifest and intense. Finland is one of the world's leading countries in bright light research. These studies have been the basis for the development of INNOSOL bright light devices.

Although lack of daylight is most typical of Northern Europe, the phenomenon is also familiar in other parts of the world. In Central Europe, autumns and winters are also long and daylight is scarce. INNOSOL bright light devices have in Finland thousands of satisfied users, and we export bright lights to more than ten countries.

1 Partonen, Lönnqvist; Seasonal Affective Disorder
2 Eastman, Martin; How to use light and dark to produce circadian adaptation to night shift work
3 Partonen, Leppämäki, Hurme, Lönnqvist; Randomized trial of physical exercise alone or combined with bright light on mood and health-related quality of life

INNOSOL BRIGHT LIGHT THERAPY LAMPS

INNOSOL bright light therapy lamps are certified by Det Norske Veritas DNV0434 as Class 2A Medical Devices. They are approved by the Electronic Inspectorate of Finland SGS FIMKO. All models are equipped with electronic ballast 230 V / 50 Hz and the light of the fluorescent tubes is pure white (4000 K). The light is flicker free and comfortable to the eyes. INNOSOL lamps are made in Finland and they have two years guarantee.



FI approved by the Electric Inspectorate of Finland (FIMKO)



INNOSOL Aurora –
bright light in a design lamp
Weight: 2,0 kg
Dimensions: height 69 cm, Ø20 cm
Light source: 1x70W, with dimmer
Therapy area: Therapy circle Ø85 cm



INNOSOL Rondo brings
the sun into your life
Weight: 2,5 kg
Dimensions: Ø40 cm, depth 12 cm
Light source: 1x2D55W
Therapy distance: 50 cm



DESIGN EERO AARNIO

INNOSOL Origo –
finnish design in a bright light
Weight: 3,5 kg
Dimensions: height 80 cm, Ø24 cm
Light source: 2xL55W,
with dimmer
Therapy distance: 55 cm



INNOSOL Mesa –
effective for demanding light therapy

Mesa 2x80	Mesa Mega 2x80
Weight: 5,5 kg	Weight: 5,5 kg
Dimensions: 65x43x11 cm	Dimensions: 65x43x11 cm
Light source: 2xL80W	Light source: 2xL80W
Therapy distance: 105 cm	with dimmer
	Therapy distance: 115 cm



INNOSOL Boston Twin –
bright light in a desk lamp
Weight: 3,5 kg
Dimensions: 56x23 cm
Light source: 2x24W
Therapy distance: 42 cm



INNOSOL Lucia – compact and beautiful

Lucia 2x36W	Lucia 2x55W
Weight: 3 kg	Weight: 3,5 kg
Dimensions: 55x30x11 cm	Dimensions: 65x30x11 cm
Light source: 2xL36W	Light source: 2xL55W,
Therapy distance: 62 cm	with dimmer
	Therapy distance: 84 cm

