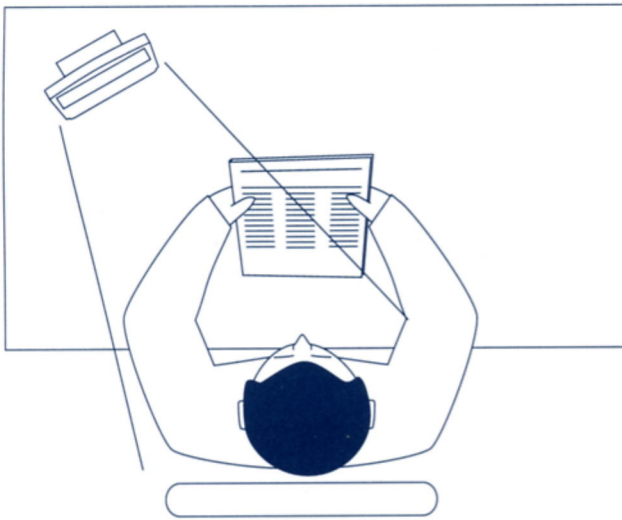


## RECOMMENDED USAGE

- Typical usage time is 15-60 minutes/day.
- Optimally, the Litebook should be used first thing in the morning, as early as convenient.
- The Litebook should be positioned approximately 12-24 inches (30-60 cm) from your face, and should be offset slightly from center to reduce glare (SEE DIAGRAM BELOW).
- The Litebook's light beam must be directed at your eyes, and your eyes must be open to achieve benefit.
- Typically, you will recognize when you've received a sufficient light supplement -- most often by feelings of heightened alertness, energy, and/or mood.
- Refer to the diagram below for proper positioning of the Litebook.

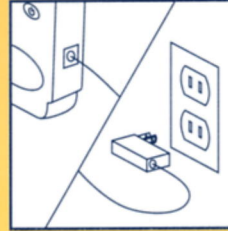


## GENERAL INFORMATION

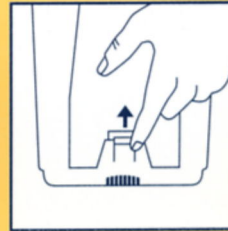
- The Litebook is an effective tool for providing natural light. It is useful for people who are deprived of sufficient sunlight at certain times, and in certain parts of the world.
- The Litebook's unique portability allows the user the freedom to continue with daily activities while enjoying additional light -- as well as the convenience and economy of a compact, efficient light.


## FOUR EASY STEPS

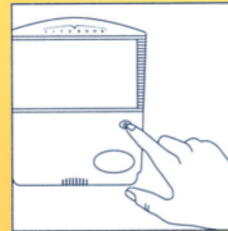
1. Plug the AC adapter into the Litebook and into an electrical outlet.



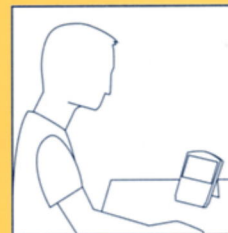
2. Pull out the stand from the rear of the Litebook, as shown.



3. Turn on the Litebook by pressing  (on/off).



4. Begin Treatment.



If your Litebook™ isn't cooperating,  
call: 1-877-723-5483 or  
e-mail: [service@litebook.com](mailto:service@litebook.com).

