

Spectrum H10 000-series Light Therapy Lamps



These two bright light therapy desk lamps benefit from over 10 years of experience from development, manufacturing and application of bright light therapy lamps.

Spectrum H10-050

is the best choice for G.P. doctors, health institutions, workplaces and domestic use. The H10-050 provides the brightest light and daily treatment time will therefore be shorter.

- * 4 x 36 W light sources
- * Weight incl. light sources: 3.8 kg.
- * Power consumption: Ca 144 W.



Spectrum H10-040

is the choice for those who can spend a little more time on daily treatment or who are prepared to sit a little closer to the lamp. H10-040 is suitable for domestic use, workplaces and health institutions.

- * 2 x 36 W light sources.
- * Weight incl. light sources: 3.2 kg.
- * Power consumption: Ca 72 W.



| Ca distance from lamp: | Illumination: | Daily treatment time: |
|------------------------|---------------|-----------------------|
| 25 cm | 20 000 Lux | 15 min. |
| 40 cm | 10 000 Lux | 30 min. |
| 50 cm | 7 500 Lux | 40 min. |
| 65 cm | 5 000 Lux | 1 hour |
| 95 cm | 2 500 Lux | 2 hours |

The tables show how illumination increases as you come closer to the lamp and how recommended daily treatment time gets shorter the closer your face is to the lamp.

| Ca distance from lamp: | Illumination: | Daily treatment time: |
|------------------------|---------------|-----------------------|
| 20 cm | 20 000 Lux | 15 min. |
| 35 cm | 10 000 Lux | 30 min. |
| 45 cm | 7 500 Lux | 40 min. |
| 55 cm | 5 000 Lux | 1 hour |
| 85 cm | 2 500 Lux | 2 hours |

Illumination is measured after the light sources have gained stable working temperature. The figures are average measurements with light sources as specified. Variations may be expected. Illumination over 10 000 Lux should be applied with care.

For both models:

- * Bright, flicker free, high frequency, white light, with no harmful UV-radiation.
- * Tilting function makes it possible to direct the light towards the patient's face and eyes, regardless of the patient's position or the table's height.
- * Aluminium light box reduces total weight.
- * Aluminium mirror reflector creates an even light distribution and eliminates glare.
- * Transparent acrylic front glass blocks harmful UV-light.
- * High frequency electronics creates flicker free light.
- * Light sources and fuses are easily exchanged without the use of a tool.
- * Supply voltage: 230-240 V/ 50 Hz.
- * Insulation Class I.
- * Colour temperature: 4000 K. Alternative light sources are options.
- * Light box W x H x D = 44 x 20 x 20 cm. Total height in horizontal position: 36 cm.
- * Comes with user's guide, power cord and with light sources mounted.
- * A booklet on light therapy, written by professor MD PhD Björn Bjorvatn, with the Univ. of Bergen/ Bergen Sleep Disorders Center comes with each lamp.
- * Both these lamps are recommended by prof. Bjorvatn.
- * 2 years guarantee on all parts and labour except fuses.



Spectrum H10-040 og H10-050 comply with the essential requirements for health and safety applicable in the MDD-Directive (Council Directive 93/42/EEC Concerning Medical Devices).



Product type:
Type B Medical Equipment



Approved for inflammable surfaces.

Spectrum H10 000- series risk analysis: EN ISO 14971:2001; "Medical devices - Application of risk management to medical devices".

MDD Risk Class I.



Type tested and approved by NEMKO. Factory inspections by NEMKO.

Light therapy:

Light and changes in light are the most important factors influencing the human body's internal clock. This internal clock controls the body's circadian rhythm and all circadian body functions, including the sleep pattern. Bright light therapy is therefore used for treatment of **seasonal affective disorder (SAD)** i.e. **winter depression**, certain **sleep disorders** and resetting the body clock for **night work** or **jet-lag**.

Light therapy has become a widely used treatment and gives, unlike medication, no serious side effects or addiction. Results are achieved much faster than with medication.

To achieve the desired results and to avoid unnecessary side effects it is important that the treatment is carried out correctly, based on a correct diagnosis and employing a lamp with the recommended specifications in light quality. During light therapy, the light from the lamp should enter the patient's eyes. Avoid staring into the lamp. When treating SAD, the patient is placed in front of the lamp for 1/2 to 1 hour daily (depending on the distance from the lamp) over a period of 10 to 14 days. It is also possible to use preventive light therapy against SAD, with shorter daily treatments over a longer period of time, - throughout the whole dark season if necessary.

We recommend that you consult a doctor or other health professional, so that the results will be as successful as possible.

You can read more about light therapy on our web pages, in a booklet that comes with each lamp or in the specialist literature.

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We ship all over Norway and worldwide.

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