

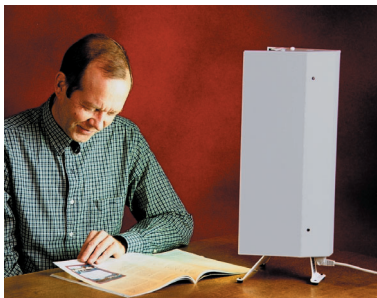
Spectrum 9000M

Light Therapy Lamp

Spectrum 9000M is an efficient light therapy lamp providing a high quality bright light with an even light distribution and no inconvenient glare, all with a modest power consumption. This is accomplished by a close interaction of light sources, electronics and the lamp's overall design. The lamp creates a high frequency, flicker free, near daylight type of light and no harmful UV-light.

The Spectrum 9000M is designed for treatment of SAD, sleep disorders and jet-lag and for resetting the body's internal clock for night work. The lamp is suitable for G.P. doctors, health institutions, work-places and for domestic use.

The lamp's small footprint leaves plenty of table space for reading, doing suitable work or having a meal or a nice cup of tea during the light treatment. The lamp can also easily be placed besides a PC screen.



Illumination and recommended daily treatment time:

Ca distance from front glass:	Illumination:	Daily treatment time:
26 cm	20 000 Lux	15 min.
42 cm	10 000 Lux	30 min.
62 cm	5 000 Lux	1 hour
88 cm	2 500 Lux	2 hours

The table shows how illumination increases as you come closer to the lamp and how daily treatment gets shorter the closer your face is to the lamp. The figures are average measurements with light sources as specified. Variations may be expected. Illumination over 10 000 Lux should be applied with care.

Supply voltage: 230-240 volts - 50 Hz
 Power connection: Power cord w. earth.
 Power: 2 x 36 watts
 Fuses: 2 x 0.63AT/250V
 Ø5 x 20 mm
 Ballast: Electronic,
 High frequency
 Materials: Painted steel.
 Aluminium mirror reflector.
 Acrylic front glass, clear.
 Protection class: IP20.
 Insulation class: Class I.
 Weight: 4,5 kg incl. light sources and power cord.
 W x D x H: ca 21 x 21 x 56 cm.
 Colour: White.
 Daylight sources mounted:
 2 x DLL 36/11-860
 Colour temperature: 6000 Kelvin
 Alternative light sources are options.



The lamp comes with user's guide, power cord and light sources mounted, ready to use. Light sources and fuses can be changed without the use of a tool.

A booklet on light therapy, written by prof. MD PhD Björn Bjorvatn with the Univ. of Bergen/ Bergen Sleep Disorder Center comes with each lamp. Spectrum 9000M is recommended by prof. Bjorvatn.

2 years guarantee on all parts and labour except fuses.



Spectrum 9000M complies 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 9000M risk analysis: EN ISO 14971:2001; "Medical devices - Application of risk management to medical devices".



Type tested and approved by NEMKO. Factory inspections by NEMKO. MDD Risk Class I.

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.

Manufacturer and distributor:

Tynset Elektronikk

Tomtegata 5, N-2500 Tynset, Norway

Tel.: +47 62 48 03 14. Fax: +47 62 48 08 42.

e-mail: kundepost@tynsetel.no

Please contact us directly or visit our web pages:

www.tynsetel.no

We ship all over Norway and worldwide.

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