

1 Precautions

Research shows that light therapy is very safe. There are no problems with ultraviolet (UV) light as Pharos emits only a tiny amount, far less than normal daylight. However, please check with your doctor first if you have a major eye problem.

If you have any problems whilst using Pharos, or if you've been using the light for a week but haven't noticed any effects, please speak to your doctor.

IMPORTANT: the guidelines in this leaflet are not medical directions for treating any condition. If your doctor has suggested using light therapy, follow their instructions and discuss any effects with them.

2 Safety

- Keep the unit away from water and damp.
- Keep the wire away from heated surfaces.
- Children using the light box, or playing near it, should be supervised.

3 Getting started

- You can sit Pharos on a table, on a work surface or mount it on a wall. You can also fix it to many flat-screen TV brackets using the standard 75mm Vesa mount at the back.
NOTE: research indicates that light coming from above works best so you might like to consider the adjustable Pharos stand as an accessory.
- Position your Pharos at 43cm with the plastic screen pointing towards your face.
- Plug in and switch on.

It's OK to look directly at the light but you don't need to stare at it. This means you can use Pharos whilst you are watching TV, reading, etc. but the light must reach your eyes to have any effect. Dark glasses, tinted lenses or falling asleep will all limit the effects of light therapy. You should notice positive benefits after using Pharos for three or four days in a row.

4 How long?

Everybody's different but, if you use Pharos at 43cm as suggested, around 45 minutes is usually enough. If you're more comfortable with it further away then less light will reach your eyes and you'll need to use it for longer. The furthest you can be from the unit and still receive enough light to have an effect is 110cm, but you will need to use it for 1 or 2 hours. If you find your eyes ache slightly, try sitting further away or switch off for a while.

5 When?

It depends on your sleep cycle. If you find it difficult to wake up in the morning, switch on as soon as you get up; on the other hand, if you fall asleep too early use Pharos in the late afternoon or early evening. If you've no time in the mornings, or can only manage a short session, then it's fine to top-up in the afternoon or early evening. Once you've found a pattern that's right for you, try to use it around the same time every day. It's best not to use the light late in the evening as you may find it difficult to get to sleep.

6 How often?

Once you notice the difference, you'll get into the habit of using your Pharos daily. Most people can skip a day here and there, or even the occasional long weekend, as long they catch up afterwards. Your body will soon tell you if you've missed some light therapy sessions and you should use your Pharos for three or four consecutive days to make them up.

You can monitor your progress with the questionnaire in this leaflet.

7 When should I start?

It's best to tackle SAD as soon as possible. Look out for early signs - often in September or October - and if you start to feel lethargic, anxious or irritable or have flu-like symptoms, then start using your Pharos. If you learn to use the light early on then you should never dread the winter months again.

8 Problem solving

The bulbs will slowly lose their brightness so, to maintain maximum output, we recommend you change them after about 500 hours of use.

The light doesn't come on or is suddenly much less bright

- Switch off and unplug the light box. Let it cool if necessary.
- Lay it on a flat surface and use a palette knife, or something similar, to gently lever out the screen. This is easiest halfway along one of the blue sides.
- With the cover off, plug in and switch on the light box and note which bulb is not working: it takes three minutes for the bulb to reach full brightness.
- Switch off, unplug and allow the light box to cool again if necessary.
- Check that the bulbs are firmly connected in the sockets. If you have to adjust them, plug in the light box and switch on afterwards to see if this has worked.

The bulbs are firmly in place but it hasn't fixed the problem

- Switch off and unplug the light box. Let it cool if necessary. The bulb is glass so wear tough gloves to protect your hands.
- Note which way round the bulb is fitted - the manufacturer's details are on one side, the other side is plain.
- Ease the bulb up and out of the metal support clip. At the socket end, push the red button down firmly and slide the bulb up and out of the socket.
- Replace the bulb the other way round to see if this makes a difference. Slide the four pins down into the socket until they click into place.
- Push the other end of the bulb back into the support clip.
- If the bulb still doesn't work, try swapping them around to make sure it's actually the bulb that is faulty and not the connection.
- Press the plastic window back into the case.
- Do NOT remove the reflector as you may get an electric shock.
- NOTE: you can still use Pharos with one faulty bulb but you will need to get closer or use it for longer.

I've replaced the bulbs but it's still not working

Try replacing the fuses. The correct fuse in a normal 13amp plug is 3amps. However, if your Pharos keeps blowing fuses, there is a problem and you should contact us.

If you have any other problems with your Pharos, please call Lumie on 01954 780500 before sending the unit back for repair.

This questionnaire is designed to help you assess how much the lights are helping. It is based on the standard tool used by doctors. Not everyone will have every symptom but your total score should go down over the weeks. You might like to talk it over with your doctor or another person in your household.

Compared with when you are well, how have you felt during the past week?

0 = no different 1 = a little bit 2 = somewhat 3 = quite a lot 4 = definitely, badly

DEPRESSION SYMPTOMS CHART					
I have been...	before using the light	after 1 week	after 2 weeks	after 3 weeks	after 4 weeks
down and depressed					
less interested in doing things					
less interested in sex					
less interested in eating					
losing weight					
difficulty getting to sleep					
sleeping badly, waking at night					
waking too early					
feeling a failure					
feeling that life is not worth living					
tense, irritable, worried about things					
convinced I'm ill, excessively worried about my health					
thinking or speaking more slowly					
fidgety, restless, can't keep still					
feeling cut off from what's going on, as if in a dream					
paranoid, suspicious					
preoccupied, easily distracted					
physically tired e.g. heavy limbs, headaches, aching back/muscles					
other physical symptoms e.g. stomach problems, sweating, urinating frequently, dry mouth, cramp, heart palpitations, hyperventilating					
morning is worse than evening					
evening is worse than morning					
Standard depression score					
feeling unsociable, avoiding people					
gaining weight					
wanting to eat more than usual					
ACTUALLY eating more than usual					
craving sweet and starchy foods					
sleeping too much, feeling more tired than I should be					
worse in the afternoon or evening, then better at least an hour before bedtime					
Supplemental depression score					
TOTAL standard and supplemental score					

lumie



OPERATING INSTRUCTIONS

Pharos COMPACT

WARRANTY

This unit is covered under warranty against any manufacturing defect for 3 years from the date of purchase. This is in addition to your statutory rights. If you are returning your Pharos for service, it must be in its original packaging including internal pieces. Please call us for further advice.

TECHNICAL SPECIFICATION

Specification subject to change without notice.
Lumie Pharos COMPACT (model PHC)
220-240Vac 50/60Hz 110W
Lamp 24W CFL 2G11 base CRI >80 CCT 4000°K
Operating temperature 0 - 35°C
Safety - EN60601
Class IIa Medical device



Lumie Careline 01954 780500
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Lumie is Europe's leading specialist in light therapy. Our products are based on evidence from the latest scientific studies and we are specialists in sleep science, circadian rhythms and SAD (Seasonal Affective Disorder).
If you have any suggestions that you feel could help us improve our products or services, or if there are problems you think we should know about, then please tell us.

Contact us

OPERATING INSTRUCTIONS

Pharos COMPACT

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Introduction

Congratulations on buying a Pharos. Four high-power bulbs and large window size make the Pharos range quick to use and the most efficient way of getting the light therapy you need to alleviate SAD (Seasonal Affective Disorder). In clinical trials, 85% of diagnosed SAD sufferers found that using a light box greatly improved their moods and made them feel more positive and energetic.

Please read these instructions carefully to get the most out of your Pharos.