

## TO USE/SET THE INSPIRATION™ AS A DAWN SIMULATOR

For best results, use the dawn simulator functions for the morning wake-up. Place the lamp on your bedside stand and use the light at an angle to your face or over your pillow. This unit simulates the light of a summer dawn by increasingly raising the intensity of light prior to the alarm time. This helps you wake up gradually and complete your sleep cycle naturally. The back-up alarm is also included to ensure that you do wake up when you first use it.

Please note that everyone has different level of sensitivity to the light in the morning. Some people may need less time than others to wake up when exposed to the light. Try different settings (e.g. 30, 60 or 90 min.) until you find the perfect natural awakening time for yourself.

## TO USE/SET THE INSPIRATION™ AS A LIGHT THERAPY DEVICE

For optimal light therapy results, please place the lamp on a table, sit about 20 inches away from the light to get the exposure of 10,000 LUX. Rotate the lamp head and allow the light to bathe over your face. Your eyes need to be kept open, but you do not need to look directly into the light. If you find yourself feeling sensitive to the bright light when first using it, adjust intensity (brightness) and duration (timer) settings.

It is recommended to use the unit from 15 to 30 minutes daily, combining dawn and light therapy sessions, immediately after your morning wake-up.

## TO USE/SET THE INSPIRATION™ AS A READING LAMP

You may read by the lamp after the light therapy sessions have ended. Or you can read it during the night time. It can be used as a regular reading lamp by focusing the light onto your reading material. The Inspiration uses LED bulbs that do not strain eyes for long period of intensive reading or studying. Different from soft incandescent light or flickering fluorescent light, LED light is much more comfortable and entertaining to use.