

NORTHERN LIGHTS NLT-BOX

Northern Light Technologies Boxelite OS 10000 Lux Light Therapy Lamp User Manual

Model: NLT-BOX

Brand: NORTHERN LIGHTS

Product Information and Usage Guide

1. INTRODUCTION

The Northern Light Technologies Boxelite OS is a high-quality light therapy lamp designed to provide 10,000 lux of full-spectrum, UV-blocked light. This device is intended to support natural mood and energy enhancement, particularly beneficial during periods of reduced natural light. Its adjustable design allows for personalized use in various settings.

This manual provides essential information for the safe and effective operation, setup, and maintenance of your Boxelite OS light therapy lamp. Please read all instructions carefully before use and retain this manual for future reference.

2. IMPORTANT SAFETY INFORMATION

- **Electrical Safety:** Ensure the lamp is connected to a grounded power outlet. Do not operate with a damaged cord or plug. Keep the power cord away from heated surfaces.
- **Water and Moisture:** Do not use the lamp near water or in excessively humid environments. Avoid spilling liquids on the device.
- **Eye Protection:** While the Boxelite OS blocks UV light, avoid staring directly into the light source for prolonged periods. Position the lamp so the light enters your eyes indirectly.
- **Medical Disclaimer:** This product is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult with a healthcare professional before starting light therapy, especially if you have pre-existing eye conditions, skin sensitivities, or are taking medications that increase light sensitivity.

- **EMF:** The Boxelite OS features very low electromagnetic fields (EMF).
- **Children and Pets:** Keep the device out of reach of children and pets to prevent accidental damage or injury.
- **Ventilation:** Ensure adequate airflow around the lamp. Do not cover the ventilation openings.

3. PACKAGE CONTENTS

Carefully unpack your Boxelite OS and verify that all components are present:

- Boxelite OS Light Therapy Lamp Unit
- Adjustable Stand/Legs (pre-attached or separate, depending on model variation)
- 8-foot Grounded Power Cord
- User Manual (this document)



Image: The Boxelite OS lamp displaying its dimensions (12" x 19" x 3"), weight (8 lbs), 72-watt power, 8-foot grounded power cord, 20,000-hour tube duration, and the location of the On/Off switch.

4. SETUP AND ASSEMBLY

- 1. Unpacking:** Remove all packaging materials. Inspect the lamp for any signs of damage. If damaged, do not use and contact customer support.
- 2. Stand Assembly (if required):** If the stand legs are not pre-attached, carefully attach them to the main unit using the provided knobs. Ensure all connections are secure. The design allows for two main stand configurations: one for upright use at a fixed angle, and another for horizontal use with adjustable rotation.
- 3. Placement:** Place the Boxelite OS on a stable, flat surface such as a desk or table. Ensure there is enough space around the unit for proper ventilation.
- 4. Adjusting Angle and Elevation:** The lamp features an adjustable panel angle and 5 elevation settings. Loosen the side knobs to adjust the angle of the light panel to your preferred position. Tighten the knobs firmly to secure the angle. This allows the light to be directed effectively without needing to stare directly into it.



Image: Side view of the Boxelite OS lamp, illustrating its adjustable stand mechanism. The black frame and white light panel are visible, with adjustment knobs on the side.



Image: Front view of the Boxelite OS light therapy lamp, showcasing its large white light-emitting panel and stable black stand.

5. OPERATING INSTRUCTIONS

1. **Connect Power:** Plug the 8-foot grounded power cord into the lamp's power inlet and then into a standard electrical outlet (110-270 Volts, 50 or 60 Hz compatible).
2. **Power On:** Locate the On/Off switch on the right side of the front panel. Flip the switch to the 'On' position. The lamp will illuminate immediately.
3. **Positioning for Therapy:**
 - Place the lamp approximately 10-14 inches (25-35 cm) from your face. At this distance, the lamp

delivers the recommended 10,000 lux of light.

- Position the lamp slightly to the side, so the light reaches your eyes indirectly. You should not stare directly into the light. You can engage in other activities like reading, working, or eating while using the lamp.
- Adjust the angle and height of the lamp using the side knobs to ensure comfortable and effective light exposure.

4. Recommended Usage:

- Typical usage is 20-30 minutes per day. Individual needs may vary.
- The most effective time to use the lamp is generally in the morning, shortly after waking up.
- Avoid using the lamp too close to bedtime, as it may interfere with sleep patterns.

5. Power Off: When finished, flip the On/Off switch to the 'Off' position.



Image: A person working on a laptop at a desk, with the Boxelite OS light therapy lamp positioned to their side, illustrating typical usage.

6. MAINTENANCE

- **Cleaning:**

- Always unplug the lamp before cleaning.
- Wipe the exterior surfaces with a soft, dry cloth. For stubborn marks, a slightly damp cloth can be used, followed by immediate drying.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish or the light panel.

- **Bulb Replacement:**

- The fluorescent tubes in your Boxelite OS have an estimated lifespan of 20,000 hours.
- Over time, the light output may gradually decrease. If you notice a significant reduction in brightness or a change in light quality, it may be time to replace the bulbs.
- Replacement bulbs can be purchased directly from Northern Light Technologies or authorized retailers. Refer to the product specifications for compatible bulb types.
- For detailed bulb replacement instructions, please refer to the manufacturer's website or contact customer support.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Lamp does not turn on.	No power, loose connection, faulty switch.	<ol style="list-style-type: none">1. Ensure the power cord is securely plugged into both the lamp and the wall outlet.2. Check if the wall outlet is functional by plugging in another device.3. Verify the On/Off switch is in the 'On' position.4. If the issue persists, contact customer support.
Lamp flickers or hums.	Rare, as the electronic ballast prevents this. Could indicate a bulb or ballast issue.	<ol style="list-style-type: none">1. Ensure bulbs are seated correctly (refer to bulb replacement guide on manufacturer's website).2. If flickering/humming persists, contact customer support.
Stand feels wobbly or unstable.	Loose assembly, uneven surface.	<ol style="list-style-type: none">1. Re-tighten all assembly knobs and screws for the stand.2. Ensure the lamp is placed on a completely flat and stable surface.3. Verify all stand components are correctly installed according to assembly instructions.

8. SPECIFICATIONS

- **Model:** NLT-BOX
- **Light Output:** 10,000 Lux at up to 14 inches (35 cm)
- **Light Type:** Full Spectrum, UV-blocked
- **Power Consumption:** 72 Watts
- **Power Input:** 110-270 Volts, 50/60 Hz (automatic selection)
- **Power Cord:** 8 feet, grounded
- **Dimensions (approx.):** 12 inches (W) x 3 inches (D) x 19 inches (H)
- **Weight (approx.):** 9 Pounds (4.1 kg)
- **Bulb Lifespan:** Approximately 20,000 hours
- **Construction:** Quality Metal
- **Features:** Adjustable panel angle, 5 elevation settings, electronic ballast (flicker-free, hum-free), very low EMF.
- **Origin:** Made in Canada

9. WARRANTY AND SUPPORT

Northern Light Technologies products are manufactured to high-quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or visit the official Northern Light Technologies website.

For technical support, replacement parts, or any questions regarding your Boxelite OS light therapy lamp, please contact Northern Light Technologies customer service:

- **Website:** www.northernlighttechnologies.com
- **Contact Information:** Refer to the website for current contact methods (phone, email, support forms).

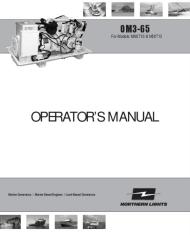
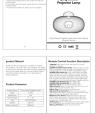
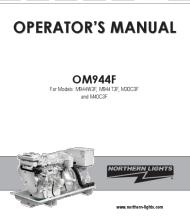
When contacting support, please have your product model (NLT-BOX) and purchase date available.

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This manual is subject to change without notice.

Related Documents - NLT-BOX

 <p>PARTS MANUAL</p> <p>P844-3 For Models: L844D, M844W3, M844LW3, NL844W3, NL844LW, M20CRW3</p> <p>Northern Lights P844-3 Parts Manual for L844D, M844W3, M844LW3, NL844W3, NL844LW, M20CRW3</p>	<p>This parts manual provides detailed component information and part numbers for Northern Lights and Lugger generator sets and engines, including models L844D, M844W3, M844LW3, NL844W3, NL844LW, and M20CRW3. Essential for maintenance and repair.</p>
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 <p>OPERATOR'S MANUAL</p> <p>Northern Lights • Marine Diesel Engines • Land Based Generators</p> <p>OM3-65 Generator Sets</p>	<p>Northern Lights OM3-65 Operator's Manual: M65T13 & M50T13 Generator Sets</p> <p>Comprehensive operator's manual for Northern Lights OM3-65 marine generator sets, covering models M65T13 and M50T13. Includes operation, maintenance, safety, and troubleshooting information.</p>
 <p>Northern Lights Projector Instruction Manual - Flying Saucer Lamp</p>	<p>User manual for the Northern Lights Projector, also known as the Flying Saucer Projector Lamp (Bluetooth Version). Provides instructions, precautions, product parameters, and remote control functions for model K-1106.</p>
 <p>OPERATOR'S MANUAL</p> <p>OM944F For Models: M944W3F, M944T3F, M30C3F and M40C3F</p> <p>NORTHERN LIGHTS</p>	<p>Northern Lights OM944F Operator's Manual: Operation and Maintenance Guide</p> <p>Comprehensive operator's manual for Northern Lights OM944F series marine diesel generator sets (M944W3F, M944T3F, M30C3F, M40C3F). Covers operation, safety, maintenance, troubleshooting, and specifications.</p>
 <p>OPERATOR'S MANUAL</p> <p>OM3-80 For Models: M80A13, M150A13</p> <p>NORTHERN LIGHTS</p>	<p>Northern Lights OM3-80 Operator's Manual for M80A13, M150A13</p> <p>Comprehensive operator's manual for Northern Lights OM3-80 generator sets, covering models M80A13 and M150A13. Includes detailed safety guidelines, operational procedures, maintenance schedules, troubleshooting tips, and technical specifications for optimal performance and longevity.</p>
 <p>PARTS MANUAL</p> <p>P944-3 For Models: M944W3, M944W3G, M944W3F, M944W3FG, M30CW3, M30C3F, M40C3, M38C3F, M944T3, M944T3F, M944T3FG, NL944D3, and NL944T3, providing comprehensive part identification and diagrams for maintenance and service.</p> <p>NORTHERN LIGHTS</p>	<p>Northern Lights P944-3 Parts Manual Generator Set Components</p> <p>Detailed parts manual for Northern Lights P944-3 generator sets. Covers models M944W3, M944W3G, M944W3F, M944W3FG, M30CW3, M30C3F, M40C3, M38C3F, M944T3, M944T3F, M944T3FG, NL944D3, and NL944T3, providing comprehensive part identification and diagrams for maintenance and service.</p>