

# SUNDESK 3



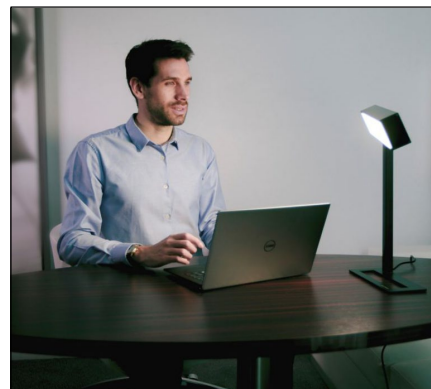
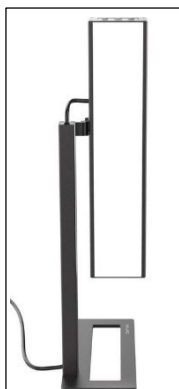
Ideal for combating the decrease in light, often the cause of winter blues, this light therapy lamp has been specially designed for work spaces at home or in the office.

It is adjustable thanks to its articulation:

- either in light therapy lamp mode directed towards the face (intense white or blue light just as effective)
- either in desk lamp mode with a softer white light directed towards the worktop after his daily light therapy session.

The combination of 2 types of leds will bring you an optimal and flexible light quality in accordance with the latest light recommendations:

- **POSITION I**  
enriched white light on the most effective blue wavelengths in the "max" position for your light therapy session; the white light becomes warmer (orange-yellow color) when you reduce the intensity for comfort.
- **POSITION II**  
specific soft blue light and just as intense as intense white light. Indeed, our melanopsin ganglion cells, whose role is essential in the regulation of our biological clock, are very sensitive to blue wavelengths (460 to 485 nm). So blue monochromatic light can be as effective as much more intense white light).
- **POSITION III**  
back-up desk light throughout the day after your light therapy session (30 to 60 min per day).



## Technical features:



[Vidéo LUMISUN](#)

## Dimensions:



- Power supply: 25 W
- Insulation: Class II (double insulation)
- Overvoltage category II
- Cord length: 3m22
- Class II A medical device: CE0459
- CE marking issued by the French notified body attesting to its compliance with directives 93/42 / EEC and 2007/47 / EEC relating to European medical devices
- It is also certified without any risk for the eyes: risk class 0 or "no risk" according to European standard EN62471 (standard relating to photobiological risks).
- Without any UV emission
- It can therefore be used safely

SAP no.	Color	Energy consumption KWh/1000 h	Lux	Source's lifetime	Warranty	Net weight	EAN code
400149954	Black	19,5	10 000	>30000h	2 ans	1,6 Kg	3760189700203

# UNILUX ADVICE

## 1- For who?



### **I find it hard to fall asleep at night**

With the development of the internet and video games, more and more cases of phase delay are identified among young people, resulting in vigilance and very reduced performance during the day.

### **I work during the night**

... Like 20% of the working population in Europe. Very often this leads to disturbances in sleep and alertness.

### **I work in an under-lit or confined office**

A study carried out by CEREN (\*) noted that 85% of the offices were under-lit compared to the European standard EN 12464-1 (lighting of indoor workplaces).

(\*) Center for Economic Studies and Research on Energy in France. Study carried out on more than 2000 workstations.

### **I get the blues as soon as the days get shorter ...**

The evolution of our societies considerably reduces our time of exposure to natural daylight and confines us more and more inside artificially lit premises. As a result, many of us lack light as we approach fall and our performance, desires and mood deteriorate.

### **I am exposed to jet lag**

... Causing a desynchronization of my biological clock. Jet lag (jet lag) concerns people who cross several time zones quickly.

### **I live in a retirement home / EHPAD**

Light is the first synchronizer of our biological clock.

### **I am active and healthy**

From fall, light therapy will allow me to keep my punch and my dynamism.



## 2- Recommendations

### **When and for how long?**

Ideally, light therapy sessions should be scheduled at the beginning, middle and end of the day depending on the symptoms to be corrected (example: insomnia, phase delay, night work, etc.).

To guarantee effective sessions with SUNDESK lamp:

Mode 1: Bluish white light option maximum intensity:

30 min to 30 cm / 45 min to 50 - 70 cm

Mode 2: Light option with predominantly blue maximum intensity:

45 min at 30 cm / 60 min at 50 cm

### **The moment ...**

The best time to use it is in the morning, then you can lower the intensity level throughout the day. You can split your exposure in the morning or possibly in the afternoon, always avoiding the 2 hours before bedtime so as not to block the secretion of melatonin which prepares us for sleep. In some cases (phase advance, night work or certain types of jet lag like preparing for a trip to the USA) exposure is recommended in the evening.