

The sun as the source of life

The unit of light intensity is called 'lux'. One lux corresponds to light intensity produced by one candle at a distance of one metre. On a summer day, sunlight intensity outdoors is approximately 50,000-100,000 lux. Normally, light intensity indoors is approximately 50 – 100 lux, which is one thousand times less than the amount of natural light on a summer day.

In autumn and winter, many people feel tired and less energetic. These symptoms are due to our body's normal tendency to adapt to changing circumstances: shorter days and smaller amount of daylight. This phenomenon is called SAD (Seasonal Affective Disorder)<sup>1</sup> or Winter Depression. SUB SAD or the Winter Blues is a milder form of SAD affecting a considerably larger number of people.

| The amount of light under different conditions |                 |
|--|-----------------|
| Bright sunshine                                | 100 000 lx      |
| Bright light therapy                           | 2 500-10 000 lx |
| Well illuminated office                        | 400 lx          |
| General illumination in homes                  | 50 lx           |

Bright light affects through the eyes

Bright light affects through the eyes. The light first proceeds to the retina and from there along the optic nerves further to the light sensitive area in the brain (suprachiasmatic cellkernel) which plays an important part in regulating the body clock function. The sleep hormone melatonin, secreted by the pineal gland, is of great significance to the amount of sleep needed and the state of mental agility. Bright light reduces the secretion of melatonin.

Bright light therapy is a pleasant way to take care of oneself. INNOSOL bright light device effectively compensates the lack of natural daylight. The preferred daily exposure time is about 0.5–2 hours. The sessions are most effective in the morning. Light therapy in the evening may cause some users difficulty in going to sleep.

Depending on the device type, the maximum distance between your face and the device varies between 45 and 140 centimeters. The closer you are to the device the more effective and shorter is a single session. You don't have to look straight at the source of light, but you should keep it within your visual field throughout the session. Scientific studies show that the effects of bright light therapy are most effective when combined with simultaneous physical exercise<sup>2</sup>.



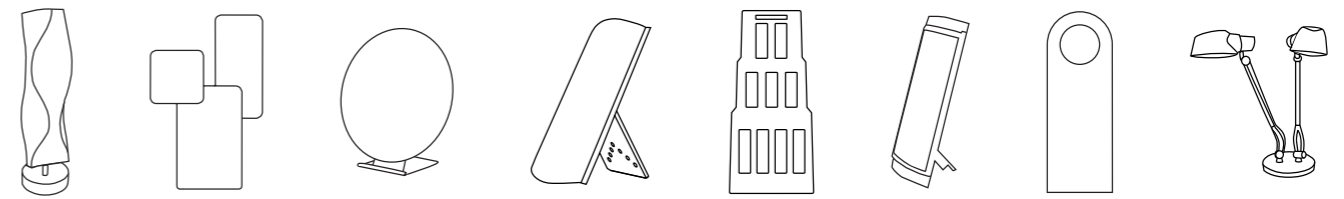
INNOSOL bright light device – effective, safe and multifunctional

Bright light therapy requires a light intensity from 2,500 lux, but all the INNOSOL bright light therapy lamps that emit at least 10 000 luxes of light. Not just any lamp that produces bright and intensive light, such as a halogen lamp, is suitable for bright light therapy. The INNOSOL bright light devices meet all the requirements set on high quality therapy. The light does not flicker and it is evenly distributed. The opaque lamp shade filters the UV emissions.

The INNOSOL bright light devices are of extremely high quality. They have been developed and tested in Finland where both seasonal changes and variations in the amount of daylight are manifest and intense. Finland is one of the world's leading countries in bright light research. These studies have been the basis for the development of INNOSOL bright light devices. Although lack of daylight is most typical of Northern Europe, the phenomenon is also familiar in other parts of the world. In Central Europe, autumns and winters are also long and daylight is scarce.

INNOSOL® -bright light therapy lamps have been certified as medical devices by Det Norske Veritas. Multifunctionality is one of the key elements in the design of the INNOSOL products. Most of the products are equipped with a dimmer that allows their all-year use. Due to the possibility of dimming the INNOSOL® design bright light therapy lamps transform from efficient therapy lamps into elegant design lamps/ lights.

<sup>1</sup> Partonen, Lönnqvist; Seasonal Affective Disorder  
<sup>2</sup> Partonen, Leppämäki, Hurme, Lönnqvist; Randomized trial of physical exercise alone or combined with bright light on mood and health-related quality of life



BRIGHT LIGHT THERAPY



light and vitality

# INNOSOL BRIGHT LIGHT THERAPY LAMPS

**INNOSOL**® Light, Vitality, and Functionality from Finland

Innojok Ltd is a pioneer on research and development of medical bright light therapy lamps. Our advanced R&D team working together with world class designers results into an unrivalled and unique range of bright light therapy lamps. INNOSOL lights make their owners feel good. All bright light therapy lamps are designed and made in Finland.

## INNOSOL® Design “bright light therapy with Design”

Award winning pure Finnish design combined with powerful therapy function, dimmable INNOSOL Design bright lights unite these two elements in a beautiful form.



### INNOSOL Origo – bright light in a playful form

Weight: 3,5 kg  
Dimensions: height 80 cm, Ø24 cm  
Light source: 2x55W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 65 cm 2500 lx\*  
33 cm 10 000 lx



### INNOSOL Kubo – an award-winning bright light

Weight: 3,3 kg  
Dimensions: 59x38x22 cm  
Light source: 2x36W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 43 cm 2500 lx\*  
22 cm 10 000 lx



### INNOSOL Manhattan – Sculptural bright light in an urban form

Weight: 3,5 kg  
Dimensions: height 64x29x14cm  
Light source: 2x55W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 72 cm 2500 lx\*  
36 cm 10 000 lx

# INNOSOL BRIGHT LIGHT THERAPY LAMPS

INNOSOL® bright light therapy lamps are certified by Det Norske Veritas DNV0434 as Class 2A Medical Devices. They are approved by the Electronic Inspectorate of Finland SGS FIMKO. All models are equipped with electronic ballast 230 V / 50 Hz and the light of the fluorescent tubes is pure white (4000 K). The light is flicker free and comfortable to the eyes. INNOSOL® lamps are made in Finland and they have two years guarantee.

## INNOSOL® Home and office “for increasing everyday energy levels”

Award winning Home and Office range is cost-efficient, good-looking and user friendly. It is all you need for intense light therapy at home and office. INNOSOL Rondo and INNOSOL Sunny were awarded as winners of SAD lights range by European Consumers Choice Awards 2010.

### INNOSOL Rondo

brings the sun into your life

Weight: 2,5 kg  
Dimensions: Ø40 cm, depth 12 cm  
Light source: 1x55W 2D  
Luminosity: 10 000 lux  
Therapy distance: 50 cm 2500 lx\*  
25 cm 10 000 lx



### INNOSOL Sunny

Weight: 2,5 kg  
Dimensions: Ø40 cm, depth 12 cm  
Light source: 2x26 W TC-D/E  
Luminosity: 10 000 lux  
Therapy distance: 42cm 2500 lx\*  
21 cm 10 000 lx



### INNOSOL Aurora – bright light in a design lamp

Aurora 2x36  
Weight: 2,0 kg  
Dimensions: height 69 cm, Ø20 cm  
Light source: 2x36W TC-L  
Luminosity: 10 000 lux  
Therapy distance: 45 cm 2500 lx\*  
23 cm 10 000 lx



### Aurora 2x36 DIM

Weight: 2,0 kg  
Dimensions: height 69 cm, Ø20 cm  
Light source: 2x36W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 45 cm 2500 lx\*  
23 cm 10 000 lx

### INNOSOL Lucia 2x36 – compact and beautiful

Weight: 3 kg  
Dimensions: 55x30x11 cm  
Light source: 2x36W TC-L  
Luminosity: 10 000 lux  
Therapy distance: 62 cm 2500 lx\*  
31 cm 10 000 lx



### INNOSOL Boston Twin – bright light in a desk lamp

Weight: 4,2 kg  
Dimensions: 56x23 cm  
Light source: 2x22W energysaving bulb  
Luminosity: 10 000 lux  
Therapy distance: 42 cm 2500 lx\*  
21 cm 10 000 lx



\*Bright light therapy requires a light intensity from 2500 lux

## INNOSOL® Power “effective for demanding therapy”

INNOSOL Power devices are the most advanced bright light therapy lamps on the market. Sophisticated technical solutions and constant R&D ensure unrivalled therapy distance for effective treatment.



### INNOSOL Mesa – effective for demanding light therapy

Mesa 160  
Weight: 5,1 kg  
Dimensions: 64x40x11 cm  
Light source: 2x80W TC-L  
Luminosity: 10 000 lux  
Therapy distance: 120 cm 2500 lx\*  
60 cm 10 000 lx

Mesa Mega 160 DIM  
Weight: 5,1 kg  
Dimensions: 64x40x11 cm  
Light source: 2x80W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 140 cm 2500 lx\*  
70 cm 10 000 lx



### INNOSOL Lucia 2x55DIM – compact and beautiful

Weight: 3 kg  
Dimensions: 65x30x11 cm  
Light source: 2x55W TC-L, with dimmer  
Luminosity: 10 000 lux  
Therapy distance: 102 cm 2500 lx\*  
51 cm 10 000 lx

## INNOSOL light therapy rooms

We are happy to assist you to design complete light therapy rooms equipped with our Jasmina lights. We will guide you through the process and offer our consultancy to calculate needed amount of Jasminas at a given space and specifications. Jasmina is available in following sizes: 350mm, 435mm, 580mm, 800mm and 1080mm (diameter).



Photo: Sanalux / MMX: Jonathan Gröger

