






# Light Therapy Comparison Guide

Information for this guide based on data submitted by product manufacturers. Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by manufacturers.

Company	Full Spectrum Solutions	The Litebook Company Ltd	Northern Light Technologies	Philips Consumer Lifestyle	Physician Engineered Products Inc
<b>Product Name</b>	 BlueMax 70w Dimmable Light Therapy Desk Lamp	 The Litebook Elite	 LUXOR	 Philips Wake-up Light HF3485	 Feel Bright Light
<b>Website</b>	www.fullspectrumolutions.com	www.litebook.com	www.NorthernLightTechnologies.com	www.lighttherapy.com	www.feelbrightlight.com
<b>Price</b>	\$169-\$199	\$199	\$195	\$99.99	\$199
<b>Warranty</b>	Lifetime warranty	2-year warranty; 60-day money-back guarantee	7-year warranty	2-year warranty, 45-day money-back guarantee	Lifetime warranty
<b>Type</b>	Desk	Portable/handheld	Desktop	Bedside lamp	Portable (hat visor mounted)
<b>Weight</b>	12-14 lbs	0.7 lbs	5.3 lbs	3.5 lbs	0.1 lbs
<b>Overall Dimensions (H x W x D)</b>	18" tall with neck bent. Lamp head: 12"L x 6.5"W. Base: 8.5"L x 7"W x 1.5"H	5" x 5" x 1"	13" x 15" x 15"	7.7" x 7.5" x 11.8"	4" x 2.5" x 1.5"
<b>Housing Body Material</b>	High-quality constructed metal	ABS plastic	Metal	Plastic	Molded plastic
<b>Power Supply</b>	Regular 120 volt grounded connection	AC adapter/built-in rechargeable lithium ion battery	120 volt	AC adapter	110/220 AC power supply for rechargeable lithium polymer battery
<b>Watts Used</b>	Varies (ranges from 20W to 70W)	2.4W	45W	N/A	0.42W
<b>Kelvin Temp</b>	5,900K	5,000K	4,000K	N/A	N/A
<b>Light Source</b>	Fluorescent	LED	Fluorescent	Halogen	LED
<b>Light Color</b>	Full spectrum (white)	Blue-enriched white	White	White	Blue-green
<b>Light Bandwidth</b>	400-750 nm	400-740 nm	N/A	N/A	450-580 nm; peak at 500 nm
<b>Lifetime of Lamps</b>	10,000 hours	Up to 100,000 hours	6,000 hours	4,000 hours	30,000 hours
<b>Color Rendering Index</b>	96	84	85	N/A	N/A
<b>Intensity (lux)</b>	10,000 and 5,000	Equivalent to 10,000 lux	10,000	Up to 250	8,000 or 10,000
<b>Suggested Treatment Range</b>	18" @ 10,000 lux; 28" @ 5,000 lux	12"-24"	12"	N/A	1"-1.5" from eyes
<b>Features</b>	<b>UV-free</b>	Yes	Yes	Yes	Yes
	<b>Portable</b>	No	Yes	No	Yes
	<b>Dimmable</b>	Yes	No	No	Yes
	<b>Diffuser Screen</b>	N/A	Yes	Yes	No
	<b>Wide Treatment Field</b>	Yes	No	Yes	No
	<b>Treatment Reminder Alarm</b>	No	No	No	No
	<b>Treatment Timer</b>	No	Yes	No	No
	<b>On/Off Button</b>	No	Yes	Yes	Yes
	<b>Pause Function</b>	No	No	No	No
<b>Built-in Clock</b>	No	No	No	Yes	
<b>Cautions</b>	None	Those with a history of eye disease, or if diagnosed with or taking prescription medications for SAD, depression, or mood or sleep disorders, should consult a health professional.	None	None	The Feel Bright Light may appear very bright in low light conditions. Do not use in low light or when operating equipment or vehicles.