



# Full Spectrum Solutions

## UltraLux Dawn Simulator

Welcome to a new way of waking up, with UltraLux.

UltraLux can help wake you up on dark mornings and with jet lag or those winter blues, night shift work, or any time you need to wake up while it is still dark! The UltraLux Dawn Simulator works by turning on your lamp over a period of about 30 minutes, simulating a morning sunrise and helping you wake up in a more natural way.

### INSTRUCTIONS FOR USE:

1. Plug your lamp into your UltraLux Dawn Simulator.
2. Make sure the lamp is turned on, otherwise it will not light up in the morning.
3. You may use up to a 100 watt light bulb in your lamp; however we recommend a 40 - 60 watt bulb better to simulate a morning sunrise.
4. Use only incandescent light bulbs with your UltraLux Dawn Simulator. A fluorescent or sensor light will not operate properly and may damage the unit. Do not use a switched outlet.
5. Plug your UltraLux Dawn Simulator into the wall outlet 8 hours before you want your sunrise to BEGIN.  
Example: for a 6:00 am wake up, plug the 8-hour delay UltraLux Dawn Simulator unit in at 9:30 p.m. the night before. Sunrise will BEGIN at 5:30 am the next morning; it will be at full brightness at 6:00 am when you are ready to awaken.
6. You only need to do step #5 one time. You will automatically have a 30 minute sunrise in your room the next morning and every morning thereafter until you unplug your UltraLux Dawn Simulator.
7. With the UltraLux Dawn Simulator your lamp will brighten and dim twice, quickly, when you plug it in to indicate it has been activated.
8. With the UltraLux Dawn Simulator your lamp will remain on for an ADDITIONAL HOUR after each sunrise.
9. If you want to turn the UltraLux Dawn Simulator off, simply turn off your lamp, but REMEMBER to turn the lamp back on when you need the sunrise the next time.
10. If you are not going to be using UltraLux for an extended period of time, it is best to unplug the unit.
11. If there is an interruption in power or if you unplug the unit, you must reset your UltraLux Dawn Simulator by repeating step #5.

### PLEASE NOTE:

UltraLux Dawn Simulator IS NOT an alarm. It will only supplement your normal method of waking up, NOT replace it.

### Hints and Tips

1. Experiment with light placement. We prefer a location at the head of the bed below eye level.
2. Always use NeoLite full spectrum incandescent bulbs to more closely match the dawn's glow.
3. Is your room dark? It needs to be for you to notice when "sunrise" happens! If you sleep during the day or your room is quite bright at night, maybe some heavy curtain would help.
4. Try setting your timer at the same time as sunrise on the longest day of the year. That way you will never notice the days getting shorter and that winter is approaching. But remember to reset the time at the end of daylight savings or you will be ready to get up 1 hour too early.

If you think of any other helpful tips, let us know and we will pass your ideas on to other UltraLux users.