



How to Position the Northern Light Technologies BOXelite O/S Light Box

a— Adjust the height so your eye level is about $\frac{1}{3}$ to $\frac{1}{2}$ from the bottom edge of the screen when you look forward with your head up. Your position will depend on your chair and table height, and the length of your torso. Use the knob and slots at the sides of the box (e^*) for adjustments.

b— Tilt the screen forward to about 30° from the vertical position by slightly loosening the knobs (e^*).

c— When looking straight forward, your eyes should be about 14 inches (35 cm) from the screen to receive the 10,000 lux light level. Don't sit closer or bend in. Stay relaxed: your head and body can move about flexibly. Keep room lights on.

d— Focus downward toward the table surface during the light therapy session. Don't look directly at the screen. Have breakfast, read, write, use your laptop or phone, and so on.

