



Sunrise System[®]

Sunrise System - Have a Brighter Day



www.morningsunrise.com

SRS 300

WARNING To reduce the risk of fire or electric shock, do not expose this appliance to rain or moisture.

CAUTION* Use of controls or adjustments or performance of procedures other than those specified may result in hazardous radiation exposure.



* A Caution Marking is located on the bottom of this appliance.

CAUTION - TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK). NO USER-SERVICING TAKE PRODUCT TO QUALIFIED SERVICE PERSONNEL



The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated 'dangerous voltage' within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric to persons.



The exclamation mark within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.

IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with a damp cloth.
7. Do not block any of the ventilation openings. Install in accordance with the manufacturers instructions.
8. Do not place near any heat sources such as radiators, heaters, stoves or other apparatus (including amplifiers) that produce heat.
9. Do not disregard the safety purpose of the polarized or grounding - type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong is provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked upon or pinched, particularly at plugs, convenience receptacles and the point where they exit from the apparatus.
11. Only use attachments / accessories specified by the manufacturer.
12. Unplug the apparatus during lightning storms or when unused for long periods of time.
13. Refer all servicing to qualified service personnel. Servicing is required when the apparatus has been damaged in any way, such as power supply cord or plug damage, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, the apparatus does not operate normally or has been dropped.

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Sunrise System 300

Introduction

Thank you for purchasing the Sunrise System i-Lite (SRS 300), an easy-to-use, compact light box from the makers of the best selling Sunrise System dawn simulator range. Regular use of the Sunrise System i-Lite may be helpful for people who experience the symptoms of Seasonal Affective Disorder (SAD) during the winter months or natural low light levels. In addition to the uplifting 10,000 Lux from the bright energy saving bulbs, the wellness benefits of regularly using a Sunrise System light box may improve disrupted sleep patterns. Use the i-Lite at a distance of at least 1 metre (3 feet), it is not necessary to face the light continuously.

To enjoy the full benefits of your Sunrise System i-Lite please read this guide carefully, particularly the safety information below and on page 4.

Safety

Light therapy for the treatment of SAD (seasonal affective disorder) and regularisation of sleep patterns is recognised as a safe and effective way to improve vitality and low mood during the winter months and at times of low daylight levels. In order to ensure that this product is suitable for your use we recommend that you take the following precautions:

- Check with your doctor or sleep consultant prior to using any light box
- Check with your optician that the use of light box of up to 10,000 lux is suitable for you
- Check with your doctor if you are taking any medication for an illness which indicates that you should avoid bright or fluorescent light

Product Features

- Compact, easy-to-use light box emitting up to 10,000 Lux at 20cm
- Energy saving light bulbs using less power than conventional bulbs
- Two 24W bulbs give 5900k (Kelvin) bright light output
- 5900k (Kelvin) colour temperature within the natural daylight range
- Long life replaceable energy saving bulbs
- CRI (colour rendering index) > 97 providing a good daylight simulation
- Lightweight, quiet product designed to be used at home or in a work environment
- Practical and contemporary British design

IMPORTANT Safety Instructions

- **NEVER** immerse the product, plug or power cable in water; never use near water. To reduce the risk of electric shock do not expose this product to rain or moisture.
Not suitable for use outdoors.
- Do **NOT** connect any other power supply to the Sunrise System i-Lite (SRS 300)
- **NOT** suitable for use with small children.
- AVOID close or prolonged use of light boxes. Use for short periods at a distance of at least 1 metre (3 feet) away.
- Do **NOT** cover ventilation slots.
- **ONLY** use the correct light bulbs suitable for this model: CF-L 24W, 5900 Kelvin
Replacement bulbs are available from www.morningsunrise.com
- **FOLLOW** the instructions in this guide when replacing a light bulb.
- **DISCONNECT** the product from the mains power supply before attempting to change the light bulbs.

Setting Up the Sunrise System i-Lite

The first time the Sunrise System i-Lite is unpacked you will need to remove the packing material protecting the product and gently clean it with a soft cloth to remove any dust. Plug the correct mains cord for your country into the back of the i-Lite and plug the other end of the cord into the mains socket. The On/Off switch (marked 0 / I) is located on the back of the product.

Using the Sunrise System i-Lite

Bright light is recognised as effective at alleviating the symptoms of Seasonal Affective Disorder (SAD) or the milder 'winter blues' that some people experience during low natural light levels and through the autumn and winter months. Symptoms such as low mood, tiredness, lack of energy, disrupted sleep patterns, lethargy and alertness can be improved by 30 - 90 minutes of light therapy across the day.

The Sunrise System i-Lite is simple to use and compact enough to use at work on a desk or at home. Its contemporary British design is stylish even when not in use. For times when it is not possible to spend time in bright sunshine the use of the Sunrise System i-Lite with its 10,000 Lux (at 20cm) for 30 - 90 minutes in split sessions can be sufficient to improve symptoms. It is not necessary or recommended to stare directly at the bright light, continue with your normal daily activities within the vicinity of the light (positioned at least 3ft / 1 metre away) or take the time to use relaxation techniques to further reduce your stress levels and improve your day.

The Sunrise System product range includes five dawn/dusk simulators - some models with sound. The use of dawn simulation to wake up gently with light can be a really good way to start your day and regulate sleeping and waking patterns prior to boosting light levels with a Sunrise System i-Lite.



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Troubleshooting Tips

How do I change the lightbulbs in the SRS 300?

The SRS 300 uses replacement bulb type CF-L 24W, 5900 Kelvin which are available from www.morningsunrise.com or a reputable electrical retailer.

Always disconnect the product from the mains prior to opening it.

1. Unplug the product and remove the four screws on back using a compatible screwdriver.
2. Unpack the replacement light bulb(s).
3. Cut the retaining cable ties which may have been used to secure the bulbs inside the light box during transit. Remove the failed lightbulb(s) and dispose of responsibly at a light bulb recycling collection point.
4. Insert the new light bulb(s) and snap gently into the light bulb holder.
5. Assemble the SRS 300 casing and replace the four screws.
6. Plug in the SRS 300 to test.

Sunrise System Support

You can contact the Sunrise System team and find out more about the benefits of using a Sunrise System by visiting our website: www.morningsunrise.com
You will also find a Q&A section on our website and information about the full range of Sunrise System products.

Limited Warranty

The Sunrise System i-Lite has 3 years limited warranty. Fluorescent light tubes are not included within the three year warranty. Gullwing Ltd. warrants to the end user that this light box will be free from defects in materials and workmanship in the course of normal use for a period of three years from the date of purchase of new Sunrise System i-Lite. This warranty does not include the light bulbs/tubes. Gullwing Ltd. does not accept liability for improper or unintended use of the product. This warranty does not cover damage caused by misuse, modification, accident, fair wear and tear or use of incorrect power cable/supply. Should you have a problem with your Sunrise System, please get in touch with your retailer or contact Sunrise System customer service via our website.

Technical Specifications



Sunrise System 300 Compliance

RoHS and WEEE compliant.

Technical Specifications

General: For use in indicated country - see box

Dimensions: 150mm (width) x 365mm (height) x 160mm (depth)

Supply voltage: 110 - 240V AC 50 - 60HZ

Operating temperature: -10 to +50C

Power factor: >=0.99

Power usage: 48W

Light bulb wattage: 2 x 24W CFL Low mercury bulbs supplied with product

Tube length: 310mm

Input current: 0.533A (Max)

CE marked.

Compliance

This equipment complies with the requirements of the Medical Device Directive 93/42/EEC

Electrical Safety EN 60601-1:2006

EMC EN 60601-1-2:2007

This product is certified as a Class I Medical Device.

For information on the Sunrise System product range please visit our website.

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The Sunrise System product range:

Sunrise System 100 (models SRS 100UK, SRS100EU, SRS 100US)

The Sunrise System 100 connects to and controls your own bedside lamp creating a natural way to wake up with light. Other features include; multi-language easy to read display, security mode, night light, seven day alarm, sunrise and sunset simulation are easily programmable to suit your lifestyle. Colour: silver.



Sunrise System 150 (models SRS 150UK, SRS 150EU, SRS 150US)



The Sunrise System 150 connects to and controls your own bedside lamp creating a natural way to wake up with light and/or radio/sound/music. Other features include; MP3 function enabling you to wake/relax to your own recorded sounds or music, AM/FM radio, weatherband radio (US model only). Choose from 3 different MP3 wake up modes, colour change display (select a colour or set to random), multi-language easy to read display, security mode, night light, seven day alarm, sunrise and sunset are easily programmable to suit your lifestyle. Supplied with a free SD card with pre-recorded nature sounds. Colour: bronze.

Sunrise System 210 (models SRS 210UK, SRS 210EU, SRS 210US)

The Sunrise System 210 dawn simulator has an integral lamp creating a natural way to wake up with light. Other features include; multi language easy to read display, security mode, night light, seven day alarm, sunrise and sunset simulation are easily programmable to suit your lifestyle. Supplied with a low energy tungsten halogen light bulb. Colour: silver.



Sunrise System 260 (models SRS 260UK, SRS 260EU, SRS 260US)



The Sunrise System 260 dawn simulator has an integral lamp creating a natural way to wake up with light and/or radio/sound/music. Other features include; MP3 function enabling you to wake/relax to your own recorded sounds or music, AM/FM radio, weatherband radio (US model only), choose from 3 different MP3 wake up modes, colour change display (select a colour or set to random), multi-language easy to read display, security mode, night light, seven day alarm, sunrise and sunset are easily programmable to suit your lifestyle. Supplied with a free SD card with pre-recorded nature sounds and a halogen, dimmable light bulb. Suitable for use with a regular tungsten E12 or E14 bulb or low energy tungsten halogen light bulb. Colour: silver.

Sunrise System 320 (model SRS 320 low voltage)

The Sunrise System 320 dawn simulator has an integral LED light box emitting up to 10,000 lux. It is the only light box with a Sunrise System dawn simulator enabling use during the day and for a gentle wake up/relax with light. Other features include; multi-language easy to read display, security mode, night light, seven day alarm, set light level and duration to suit your preference, sunrise and sunset are easily programmable to suit your lifestyle. An energy efficient product, the SRS 320 is suitable for use in most countries and is supplied with multi-region power supply. Colour: silver.



For further product information and downloadable user guides visit the Sunrise System website at: www.morningsunrise.com



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