

Bright Light Lamp/Desk Lamp VITALIT

2-in-1 ergonomic LED lamp: Desk Lamp and Bright Light Lamp with touch controls and USB port

Ergonomic benefits

In Desk Lamp use:

- real high illuminance up to 10,000 lx (at 30 cm distance 2,500 lx)
- 4-step dimming
- 4 steps for colour temperatures 3,000/4,300/4,600/6,500 K
- convenient USB port for charging mobile phones and other electronic devices

In Bright Light use:

Bright Light is used to

- increase work efficiency and vitality
- diminish general passivity and depression
- decrease fatigue, exhaustion and various sleep disorders

VITALIT

- is a wellness device
- has real high illuminance up to 10,000 lx (at 30 cm distance 2,500 lx)

Many people suffer from lethargy and depression during the dark winter season. This condition is known as SAD (Seasonal Affective Disorder). Scientific research has shown that as the amount of natural light decreases, the body may physiologically respond to these “unfavourable living conditions” by adjusting certain hormone levels and biological activities.



VITALIT in Desk Lamp use

SUB SAD or the Winter Blues is a milder form of SAD affecting a considerably larger number of people.

The effects of these adjustments may include:

- Intense fatigue, exhaustion and various sleep disorders
- Increased appetite leading to weight gain
- General passivity and depression
- Decreased work efficiency and loss of vitality

On a sunny day the strength of light is approximately 50 000 – 100 000 lux, whereas indoors it is as little as 100-200 lux. An effective bright light session requires the eyes to be exposed to at least 2 500 lux. Via the retina and the optic nerves the light affects the brain's light sensitive region (suprachiasmatic cell kernel), which adjusts the body's physiological cycles in accordance with the rhythm of day and night. The light reduces the amount of the sleep hormone melatonin, secreted by the pineal gland. Melatonin is a key factor in the regulation of alertness and sleep cycles, but also in the prevention of SAD. Bright light helps you alleviate these problems and regain vitality. The bright light device is designed to help a person who suffers from lethargy and depression. This condition is known as SAD (Seasonal Affective Disorder) or milder form of SAD called SUB SAD. If the symptoms are severe, VITALIT should be used under medical supervision.

Other benefits

- Energy saving 12 W LED



VITALIT in Bright Light use, light from side of user



USB port for charging mobile phones and other electronic devices

Technical specification

Light source	12 W integrated LED
UV radiation	Light with no UV radiation
Illuminance	Max 10,000 lx (2,500 at distance 30 cm)
Materials	ABS plastic and steel
Touch controls	ON/OFF, dimming, colour temperature
Dimming	4-step adjustment
Colour temperature	4-step adjustment: 3,000/4,300/4,600/6,500 K
Dimensions	<ul style="list-style-type: none">– Height 470 mm– Lamp head 75 x 300 mm– Base 180 x 220 mm
Cord	1.8 m
Degree of protection	IP20
Weight	1.3 kg
Guarantee	2 years