

"Luminette?
My tip to kick
start my day"



ADVANTAGES

- Lets you be active during sessions.
- As effective as a 10,000 lux lamp, according to an independent study (*Viola et al., 2014, Journal Sleep Research Sup*).
- Suitable for those who wear glasses or contact lenses.
- Featuring an adjustable nosepiece to fit any face.

RECOMMENDED FOR

- Lack of energy.
- Winter blues.
- Seasonal depression.
- Sleep disorders.
- Jetlag.
- Problems resulting from night work.

CLASSIFICATION

Compliant with European Directives 93/42/EEC on the manufacture of medical devices and classified as a risk-free device as defined by Standard IEC62471 on LED safety.



luminette®

PORTABLE, EFFICIENT LIGHT THERAPY!

When winter approaches, do you get the feeling that the gloomy weather affects your mood?

Do you have problems going to sleep or waking up?

Are you low on energy?

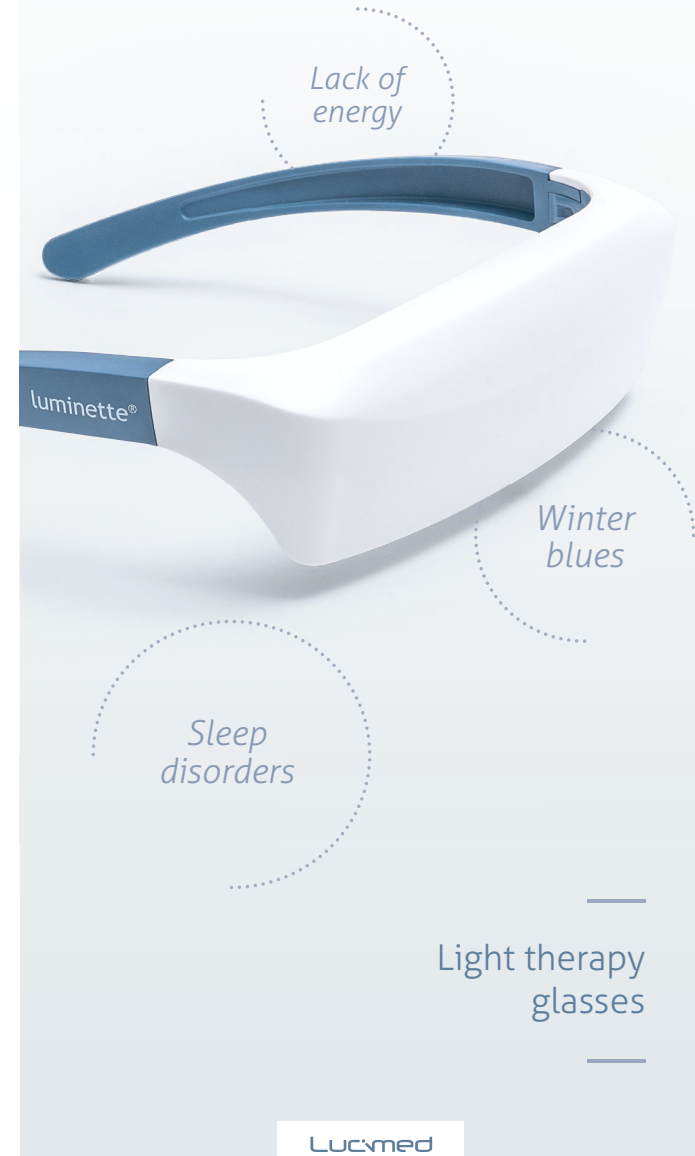
Are you looking for a compact, efficient light therapy device?

Are you active and dislike the idea of sitting in front of a light source?

LUMINETTE® IS MADE FOR YOU!

Boasting a unique optics system resulting from Belgian scientific research, Luminette® gives you the light you need without the constraints of a classic light therapy lamp.

Like a regular pair of glasses, Luminette® stays at a constant distance from the retina, no matter how much you move, and without dazzling you: you can go about your business (*reading, cooking, office work, housework...*) during your session!



LUCIMED
All you need is light

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AUTHORIZED RESELLER

design by **inkstudio**.be

LUCIMED

WINTER BLUES

It is estimated that 10 to 15% of the population suffers from seasonal depression or "winter blues". The following symptoms start to appear in September, and progressively decrease when bright weather returns: lack of energy, sleep problems, chronic fatigue, increased appetite leading to weight gain, reduced libido...

Applied in the morning, light therapy can help you return to the vitality of summer days.

SLEEP CYCLES

Certain people have a sleep cycle that is advanced or delayed from the normal time.

• **Delayed phase**

So-called "night owls" have a hard time getting up in the morning, but are often full of energy at night. If this is your case, you need morning light to advance your sleep phase

• **Advanced phase**

So-called "morning people" tend to wake up early, but have a hard time staying awake in the evening. If you want to enjoy your evenings, use Luminette in the evening 2 hours before your desired sleep time

JETLAG

Jetlag is the consequence of rapidly crossing several time zones, usually by plane, and results in disturbing biological cycles: insomnia, drowsiness... By advancing or delaying your internal biological clock, light therapy can help you regain a better quality of life.



"With Luminette, I restore my energy level without changing my habits"

LIGHT THERAPY

The human brain uses the light/dark cycle to synchronize internal rhythms such as energy level, appetite, digestion, sleep, libido, etc. These circadian rhythms oscillate over a 24-hour period, making up our biological clock.

The brain secretes melatonin, also called the "sleep hormone", as soon as night falls so we can sleep. But when day breaks, in the presence of light, it stops secreting.

In some people, a lack of light can lead to a deregulation of these rhythms and cause a lack of energy and/or sleep problems.

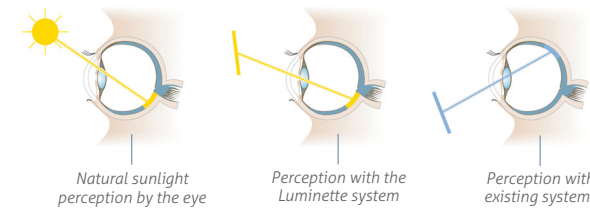
Light therapy has been recognized since 2005 (American Psychiatric Association) as the most effective therapy to make up for a lack of light and to fight problems with the biological clock such as: advanced or delayed sleep phase, jetlag or night work.

LUMINETTE®

The effectiveness of a light therapy lamp depends a lot on how regularly it is used. In practice, it is sometimes difficult to remain sitting facing a light therapy lamp (generally for 30 minutes).

Luminette® is portable and lightweight (63g), letting you go about your business without being dazzled, while providing ideal treatment at all times!

Thanks to an innovative optical mechanism, the flow of light gets into the eyes in a natural way, as the sun does, and reaches the lower part of the retina, an area particularly rich in photoreceptors (which are involved in the beneficial action of light).



An independent study¹ has shown that Luminette is as effective as a classic 10,000 lux light therapy lamp.

USE

Duration of use: 30 minutes/day

Times to use the device:

Indication	Morning	Evening
Lack of energy	•	
Winter blues	•	
Delayed sleep phase	•	
Advanced sleep phase		•
Night work		•

¹Beneficial effect of morning light after one night of sleep deprivation: Light glasses versus light box administration, Viola et al., 2014, Journal Sleep Research Sup.

For jetlag, there is no standard time to use Luminette®. Contact us for more information.

- **Powered** by an adaptor and USB cable (included).
- **Low** battery signal.
- **Timer** to help ensure recommended session time.
- **Suitable** for those who wear glasses or contact lenses.

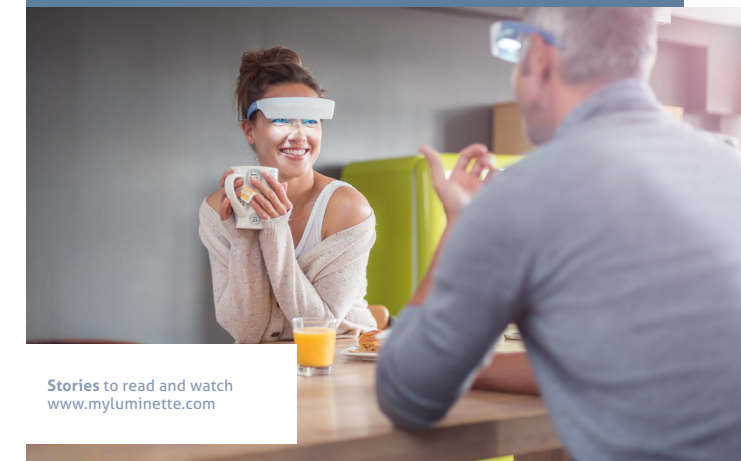
SAFETY

Since 2007, Luminette® has been marked as CE Medical and is inspected every year by an independent control organization (SGS) that makes sure that it respects the European directive for medical devices: 93/94 CEE. Luminette® is also classified as a risk-free device with regard to Standard IEC 62471.

The spectrum used by Luminette is free from UV and infrared light.

Luminette® was designed to allow for regular, extended use. It has been enjoyed by more than 20,000 users since its creation in 2006.

Using Luminette® is not recommended for those who suffer from retinal lesions or age-related macular degeneration.



Stories to read and watch
www.myluminette.com