

Norb® SLEEP® 9 Watt

THE SLEEP RIGHT LIGHT™

What is a Norb SLEEP? It's a **Nutri-Orb**, a unique "white" light with a specialized light spectrum to help you get a restful, natural night's sleep.

People respond physiologically to light (through special photo receptors in our eyes). The natural daytime light spectrum helps energize us, and the natural evening spectrum helps us produce melatonin which makes us drowsy, helps us sleep, and helps maintain healthy circadian rhythms (sleep/wake cycle). *On the other hand, ordinary light bulbs can impede melatonin production, impede our ability to sleep, and disrupt our circadian rhythms.*

The **Norb SLEEP** provides a light spectrum similar to natural evening lighting allowing you to produce melatonin, to sleep better, and feel better. You don't need to, **nor should you look into the Norb**. Simply use it as you would any other lighting product—in traditional fixtures near where you read or relax during the evening and at bedtime . . . in your TV room, bedroom, baby's room, reading lamp near your bed or evening craft or hobby area. You can even take it with you when you travel—for hotel use, and to help with jet lag. And, used in combination with **Norb SMILE**, it can have an even more dramatic impact on your sleep/wake cycle, and overall feeling of wellness. Not intended as a treatment for disease or illness.

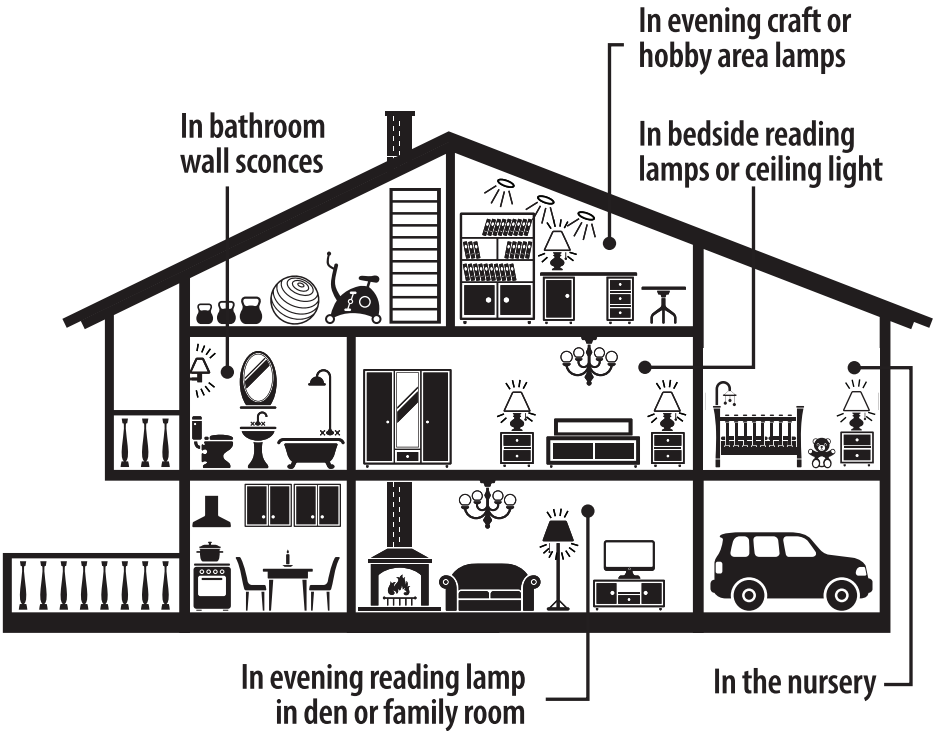
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Directions for Use Norb® SLEEP® 9 Watt

The **Norb SLEEP** should be used in the hours leading up to going to bed—while watching TV, reading, relaxing, crafting and enjoying your hobbies. You may already know this, but your body naturally makes melatonin in the evening—in response to the late day light spectrum of the sun. Ordinary light bulbs have an unnatural light spectrum that tends to impede melatonin production. The **Norb SLEEP** seeks to mimic the natural evening spectrum of the sun—allowing your system to make melatonin naturally, wind down, feel drowsy, and have a natural restful night's sleep.

Where to Place Norb® SLEEP® 9 Watt

WHERE	Use your Norb SLEEP in your bedside reading lamp, bedroom ceiling lighting, bathroom wall sconce, evening time reading lamp of your den or family room, or in your evening time craft or hobby area.
WHEN	Evening hours, pre-sleep time.
HOW	It is dimmable; use it at the lowest intensity that allows you to see clearly, be safe, and conduct your evening routine without eye fatigue or strain. Don't look into the Norb , simply use it to illuminate your space . . . as you would any other light. And, if you read in bed, turn it off as you feel yourself becoming drowsy.
SOMETHING TO CONSIDER	In addition to Norb SLEEP , you may find further benefit by adding Norb SMILE , to your illumination and wellness program.



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 NorbLighting.com

Installation Instructions

Caution: RISK OF SHOCK

- This bulb or **Norb** (nutri-orb) should not be used where exposed to water.
- Active bulb is hot to the touch and should not be handled when hot.
- Not intended for use with emergency exits.
- Turn off power before inspection, removal or installation.
- Never open—no serviceable parts inside.
- Keep away from heat sensitive and flammable materials.
- If any doubt about the installation or application of this product, please consult electrician.
- Not for use in enclosed fixtures.
- If not installed and used per instructions, may cause excess heat or harmful interference to radio communications.
- Use only on 120 Volt, 60 Hz circuits.
- Weight of device may cause instability with portable luminaries.
- Dimmable.
- Questions? Call 877-554-4065 or email info@Norb-Light.com.

WARRANTY

Bulb is warranted to perform free of defects for 3 years. If it fails, you may return it with proof of purchase, for replacement, to:

Norb Lighting, LLC 14109 Cleveland Street, Nunica, MI 49448

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

ID# 904683 Made in China

Lighting Facts Per Bulb

Brightness 520 lumens*

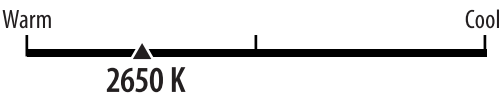
*When not dimmed.

Estimated Yearly Energy Cost \$0.72*

*Based on 2 hrs/night, 11 cents per kWh. Cost depends on rates and use.

Life Based on 2 hrs/night 25+ years

Light Appearance - Natural White



Energy Used 9 watts

Size - A19 2.25" x 3.5" standard base

Beam Angle - 220 degrees

520 Lumens - Similar to a 40w incandescent bulb

Warranty - 3 years



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