








Information for this guide based on data submitted by device manufacturers. Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by manufacturers. All light therapies may not be included. Email sroy@medqor.com to be considered for the next update.

Company	Compass Health Brands	Full Spectrum Solutions	Lucimed SA	Northern Light Technologies
Device	 TheraLite	 VariLum 30w LED Circadian Desk Lamp	 Luminette	 LiteUP
Website	www.compasshealthbrands.com	www.fullspectrumolutions.com	www.myluminette.com	www.northernlighttechnologies.com
Price	\$74.99	\$199 (desk lamp); \$299 (floor lamp)	\$199	\$250
Warranty (years)	1 (limited)	3	2	7
Weight (grams)	460	4,536	68	4,500
Dimensions (cm)	23.4 x 13.5 x 5.3	base: 20.6 x 17.2 x 2.0; head: 24.6 x 14.0 x 53.3; height: 53.3	17.8 x 2.5 x 15.2	30.5 x 35.5 x 6.4; height with legs: 55.9
Housing Body Material	high-impact polycarbonate	anodized aluminum with soft touch finish	PVC	metal
Power	100-240V power adapter	120V AC (36w AC/DC Adaptor)	rechargeable AAA batteries via micro-USB	110V-277V
Watts Used	20	30	5	96
Temperature (Kelvin)	4,000	3,000 – 5,500	6,000	5,000
Light Source	LED	LED emitters	LED	2 x 48 watt fluorescents
Light Color	white	variable	blue-enriched white light	white
Light Bandwidth (nm)	400-800	400-700	468	full spectrum
Lifetime of Lamps (hours)	10,000	50,000	not provided	20,000
Color Rendering Index	80	93+	not provided	N/A
Intensity (lux)	10,000	10,000 (at 45 cm)	500, 1,000, and 1,500 options	10,000
Suggested Treatment Range (cm)	22	45	3.5	40
FEATURES	UV-free	X	X	X
	Portable	X	X	X
	Dimmable		X	X
	Diffuser Screen		X	X
	Wide Treatment Field	X	X	X
	Treatment Reminder Alarm			X (via app)
	Treatment Timer			X
	On/Off Button	X	X	X
	Pause Function			X
	Built-in Clock			
Additional Information	Height and angle adjustable. Projects light from above as recommended by experts. Clinically proven technology.	Color tunable from 3,000k to 5,500k via touch-sensitive controls. Cool-touch panels on the head for adjustments. Can be used for bright light therapy and as high-quality reading or crafting lamps producing 10,000 lux at 18" and 5,000 lux at 24". Optional Qi Wireless Charging base (with integrated USB charging port) for use with compatible devices. Available in white and black finishes.	Wearable light therapy device. MyLuminette smartphone app available.	Long heavy-duty grounded power cord. Multiple stand options (metal). Can be wall mounted (includes screws and anchors). Made in Canada.

Company	Novalogy Inc	Philips	Re-Time Pty Ltd
Device	 AYO	 Somneo Sleep and Wake-up Light (HF3650/60)	 Re-Timer
Website	www.goayo.com	www.philips.com	www.re-timer.com
Price	\$299	\$199.99	\$199
Warranty (years)	1	2	1
Weight (grams)	32	900	75
Dimensions (cm)	1.5 x 0.6 x 0.2	22.4 x 22.0 x 12.0	20 x 14 x 5.5
Housing Body Material	high-quality plastic with rubberized parts	not provided	polycarbonate frame
Power	Wearable: integrated rechargeable li-ion polymer battery, 3.7V, 100mAh; Case: rechargeable li-ion polymer battery, 3.7V, 500mAh	100-240 VAC	Integrated rechargeable li-ion polymer battery, 3.7V, 200mAh; USB cable for charging battery
Watts Used	250 µW/cm ²	18	0.1
Temperature (Kelvin)	~6,500	not provided	N/A
Light Source	4 LEDs, light diffuser technology	LED	LED
Light Color	blue-turquoise	25 brightness setting: white, orange, yellow, and amber	blue-green
Light Bandwidth (nm)	470	not provided	450-550
Lifetime of Lamps (hours)	>10,000	not provided	>10,000
Color Rendering Index	~95	not provided	N/A
Intensity (lux)	~120	320 (max)	506
Suggested Treatment Range (cm)	~1.5	not provided	2
FEATURES	UV-free	X	X
	Portable	X	X
	Dimmable	X	X
	Diffuser Screen	X	X
	Wide Treatment Field	X	X
	Treatment Reminder Alarm	X (via app)	
	Treatment Timer	X (via app)	X
	On/Off Button	X (via app)	X
	Pause Function	X (via app)	X
	Built-in Clock	X (via app)	X
Additional Information	Sleek and comfortable. Adjustable nosepiece. Fully guided and controlled by a mobile app with programs for better sleep, energy, and travel. Wireless charging—comes with rechargeable and protective hard-shell case. Winner of the Red Dot Reward for Product Design 2018 in the category of Medicine and Life Science. Comes with a USB cable for charging the case, capacitive and light sensors, as well as personalized guidance provided by the mobile app.	Combines benefits of sunrise simulation with a guided wind-down feature that is designed to help calm the body and mind through light-guided breathing at bedtime for a relaxed transition to sleep. 92% of users say Wake-up Light wakes them up pleasantly (Blauw Research 2008, N=477); 88% of users say that Wake-up Light is a better way to wake up than how they did before (Blauw Research 2008, N=477); 92% of Philips Wake-up Light users find it easier to get out of bed (Metrixlab 2011, N=209).	Developed as a result of 25 years of research by sleep psychologist Professor Leon Lock. Comfortable, convenient, and independently tested for eye safety to the standard CEI IIEC 62471.



Leah Hanson
Rhythmlink International, LLC



GET YOUR ELECTRODES/SENSORS QUESTIONS ANSWERED BY THE EXPERT!

Sleep Review acknowledges Rhythmlink International, LLC for its sponsorship of the Electrodes/Sensors expert.

Sponsored By:


sleepreviewmag.com/expert-insight/electrodessensors



Want your byline in Sleep Review?

Email sroy@medqor.com with your areas of expertise

Sleep Review
magazine