

Frequently Asked Questions

How is the M2 different than the P1 and P2?

The M2 is an upgrade from the P2. It also has an internal rechargeable battery. It is a Lithium Ion battery as the P2 has a Nickel Metal Hydride battery. The M2's battery will last about 40% longer than the P2's battery. The M2 also comes with an international adaptor with interchangeable plugs for international travel. The intensity on the M2 also changes by 25% increments, while the P2 and P1 use 10% increments.

How long does it take to charge the battery on the M2?

To ensure a full charge we suggest charging the battery overnight.

How long will the battery last on the M2?

The battery power should last for 3-6 sessions, depending on how long your sessions are.

How do I replace the battery on the M2?

The battery shouldn't need to be replaced. If something goes wrong with it during your 2-year warranty, we will replace the unit for you.

Is it okay to leave my M2 plugged in all the time?

Yes. Leaving the light plugged in won't damage the unit, neither will leaving it unplugged.

My M2 is in 'demo' mode. How do I fix it?

With the power on, hold down the power button until the word 'DEMO' disappears. Then recharge your unit overnight.

How do I replace the bulbs in my goLITE?

The goLITE is made of 66 blue LED bulbs. LEDs are supposed to be very reliable having a life span of about 5,000 hours. Most people use the goLITE between 15-30 minutes a day. This means the light should last between 15 and 30 years. If you only use your light for part of the year, then it should last a lot longer.

If any of the bulbs go out during your 2-year warranty, then we will replace your unit for you. If no bulbs have gone out within that 2-year period, then it is likely that they won't go out for a very long time. If any of the bulbs go out after the 2-year warranty, then we cannot replace your unit. But, if only a few of the lights go out, the efficacy of the light is not changed.

My goLITE stopped working. I can't get it to turn on. What can I do?

We are sorry you are having problems with your goLITE. If it worked one day and not the next, it might be your adaptor. To see if it is your adaptor, plug your unit into a socket you know that works, but do not press the 'POWER' button. Press the '+' button and the time should come on. Then, press the 'LIGHT' button. Look to see if the symbol of a plug appears to the left side of the time. If it does appear, then it is your adaptor that isn't working.

If your product is still under the 2-year warranty, then we will gladly send you a new adaptor. If your product is past warranty, then you can purchase an adaptor for \$15 plus \$5 shipping. Or, you can use a generic 9v adaptor, as long as it fits into the goLITE.

If you do the above and the symbol does not appear and your unit does not work, or if you plug your unit in and it works there must be something else that is wrong. If you are still under warranty, then you can return it to the place of purchase. If the place of purchase cannot exchange the light for you, or you bought it directly from Apollo, then we can replace the unit for you.

How is the goLITE different from the other lights?

The goLITE uses a newer technology than the 10,000-lux (full-spectrum) light. Ten years ago, a research study was started at Jefferson Medical University to find out what it is in the full spectrum light that helps

with mood relief, depression, and getting your sleep cycle back on track. They found that the effective light wave is the blue light wave. For this reason, the goLITE only uses the blue light wave.

Because you are getting the right kind of light you need, you actually use the goLITE for about half the amount of time that you use a 10,000 lux light.

The goLITE is also not as bright as a full-spectrum light, creating less strain on your eyes.

The goLITE is also more portable than other light therapy units, being 6x6x1 an weighing 8.4 oz.

Is blue light dangerous?

The goLITE produces a low-intense blue light therapy at approximately 470 nm, and is not dangerous in any way. In fact the specific bandwidth technology of the goLITE is even safer than conventional 10,000 lux light therapy. Sometimes people get confused, because they hear about the 'Blue Light Hazard.' However, this is referring to intense light at wavelengths close to ultraviolet light. The goLITE does not produce any of these wavelengths. The goLITE, as with all Apollo products, has passed a stringent ocular hazard safety analysis, and is safe to use.

How many lux does the goLITE have?

Your goLITE produces the equivalent therapeutic response of a 10,000 lux light box. This is because the goLITE produces the same level of the effective bandwidth of light as 10,000 lux. Although the goLITE produces 250 Lux, it is at least equivalent to 10,000 lux in regard to the effective bandwidth of light.

Also, because you are getting the right kind of light you need, you actually use the goLITE for about half the amount of time that you use a 10,000 lux light.

Can I use my light unit as a reading light?

You can use your light as a reading light, but you want to make sure other lights are on in the room. When your light unit is the only light source, it creates a lot of contrast in the room, which can put strain on your eyes.

Are there any side effects from using the goLITE?

Although side effects are not very common, they can be frustrating. The good news is that even though you may have reacted negatively to the light, it is not bad news. This means your body has responded to the light, and you just need to adjust the light in order to receive the desired effect.

I just used my light and it made my symptoms worse. What should I do?

Even though you may have had a negative response to the light, it is important to remember that your body did respond, you just need to adjust the time of day that you use the light. For example, if mornings are difficult, you should use the light in the morning. However, if morning light makes your symptoms worse, you could try using the light a couple hours later and then use it an hour earlier each day, until you are using it when you need to.

What do I do if the light makes me wake up too early?

If morning light makes you wake up too early, either decrease the time length, or use the light later in the morning. If you are normally a morning person, and morning light makes you wake up too early the next day, then you should try evening or both morning and evening light.

I've used the light for a week or so, and I don't notice a response or complete response?

About 50% of those who need morning light find that they don't really respond well until they use both morning and evening light. If you want to add evening light, try using it at about 50% of the intensity of the morning light.

What should I do if I get a headache or have nausea after using the light?

Headaches and nausea are not common, and they are easily overcome. First, headaches are most often the result of contrast and eye strain. Stop using the light for a couple of days, and then start again at half the

intensity (or twice the distance). You can also use the light for half the time and gradually increase 5 minutes each day. Within a few days, you will be back to the regular schedule without any noticeable side effects.

I feel anxious or jittery when I use my light:

Over-stimulation reactions to light therapy, such as anxiousness or jitteriness are not common, but easily resolved. Because you may be hypersensitive to light therapy, stop using the light for a couple of days. Then start out at only 2 minutes for the first day or two. Then gradually add 2 minutes each day until you are noticing a good response. The good news is that those who are sensitive responders generally need less time and/or intensity than normal.

I heard light therapy works better if the light is coming from above eye level. Is that true?

Having the light tilted downward can make the light a little more effective, but it isn't a significant difference. The important thing is that the light reaches your retina. If you are concerned about having it above eye level, the hinge on the goLITE allows you to tilt it downward if you wish to place it on a shelf, etc.

How do I know when to use the light?

When you receive your light, the user's manual will tell you to go to a website (http://www.apollohealth.com/apps/circ_assess_survey.html), where you will take an assessment test. This assessment test will tell you what time and how long to use the light.

If I have Macular Degeneration is it still ok to use a goLITE?

There is no evidence that the goLITE at this intensity can cause or contribute to macular degeneration. Macular degeneration is the result of several decades (50-60 years) of exposure to UV and near UV light found in sunlight. The goLITE produces no UV or near UV, and 1/20th of the blue light found in sunlight. In other words, the goLITE would have to be 20times brighter in order to be a risk for macular degeneration or other eye disease.

Some of the lights on my goLITE have gone out. What do I need to do to get it replaced?

We apologize for the inconvenience this has caused you. The LED bulbs have a life span of at least 5,000 hours, so between 15-30 years—depending on how often you use the light.

All of our lights are covered under a 2-year warranty. Please [contact us](#) for instructions on how to get your light repaired or replaced.

How do I set the Timer?

Press & release the 'TIMER' button. When you release the button, the word 'TIMER' will start to flash. Immediately start pressing either the '+' or '-' button to change the number of minutes. This must be done quickly because the light will turn on after 3 seconds if there is no activity after releasing the 'TIMER' button.

How much power does the goLITE use?

The goLITE uses less than 10 Watts of power while in use (1.1 Amps at 9 Volts). Rechargeable models (P2, M2) and the external battery pack use significantly less while in charging mode.

Am I supposed to look directly at the light?

You aren't supposed to look directly at the light. It needs to be set in your peripheral vision, with the light washing your face. The important part is that the light gets to your eyes. You need to be in a position that your face is within the beam of light coming from your light box, but it is not necessary (or recommended) that you stare directly at the light box.

What happens if I miss a treatment?

If you miss a treatment every once in a while, then you will be fine. Try not to miss more than one or two days in a row. If you skip treatments on a regular basis, then it may take longer for your treatment to be effective.

I am on a light sensitive (photosensitizing) medication, is it okay for me to use the light?

Although the goLITE does not produce the wavelengths that photosensitizing medications react to, we recommend that you avoid using any light therapy, and avoid direct sunlight until not using photosensitizing medication.

There are times in the middle of the day when I feel depressed or tired. What can I do?

You can do what we call a "boost". During the day, when you start to feel down or tired you can use your light for 8-10 minutes to get an energy boost. When you do this, make sure you use the light 1-2 feet further away from you than you do for your regular treatment. With the light being this far away, it isn't strong enough to shift your body clock, but it will suppress Melatonin production and increase Serotonin production, which will give you more energy. You can do this process every 3-4 hours through out the day, as needed. But, don't use the light 3 hours before you plan on going to bed, otherwise it will keep you awake.

What do I do if I sleep in on the weekends?

If you sleep in for an hour, then just use your light as usual. If you sleep in for about two hours, then you will want to use your light for a little bit longer than your normal session. If you sleep in longer than two hours, then you can skip the treatment for that day. It is okay if you miss a treatment here and there, but I wouldn't miss more than one or two days in a row.

Use the light for just 1-2 minute increments and see how you feel. If you have any concerns about health issues, please contact your doctor. After using the light, if you have any questions, please contact Apollo again.

Will my insurance company pay for the light?

We don't deal directly with insurance companies. You would have to purchase the light and then put a claim in to your insurance company. About 70% of insurance companies will cover the light. You may want to contact them before your purchase to see if they will cover it. Please [contact us](#) if you need additional information to give to your insurance company.

You will also want to get a prescription from your doctor.

What is your warranty?

We have a 2 year warranty on our light units.