



LIGHTING
SCIENCE®

HealthE™

GoodDay® BR30/BR40

HEALTHE™ LED LAMP FOR DAYTIME ALERTNESS, ENERGY AND FOCUS



Our patented GoodDay® LED lamp promotes alertness and enhances performance by maximizing light energy to help regulate hormone and energy levels throughout the day. This technology was first developed in collaboration with NASA to support the circadian rhythms of astronauts on the International Space Station. The GoodDay is a great, all-natural way to get a boost of energy.

For Best Results: Use the GoodDay® LED lamps from morning to late afternoon, anytime you need to be at peak performance, and whenever it's important to be alert and focused. GoodDay® is ideal for home, office and work environments where exposure to natural sunlight during the day is limited.

- **Feel More Alert and Focused:** Our patented GoodDay® technology is scientifically proven to improve focus and boost energy and performance
- **All Natural Solution:** Safe and effective way to get an energy boost—similar to the effects of being outside in the sunshine
- **Ideal for Everyday Use:** Boosts energy, increases alertness, improves mental focus and alleviates symptoms of Seasonal Affective Disorder (SAD)
- **Increased Performance:** Contains a composite of light energy optimized to improve alertness and performance
- **Standard E26 Base:** Fits most household lamps



PRODUCT SPECIFICATIONS

SPECIFICATIONS ¹	BR30	BR40
Color Temperature	6500 K	6500 K
Output (Lumens)	1050	1050
Efficacy (LN/W)	78	78
Equivalent Source Standard	75 WE	75 WE
Input Voltage (V)	120 V	120 V
Power Consumption	13.5 W	13.5 W
Power Factor	≥ 0.9	≥ 0.9
Dimmable	Yes	Yes
Product Dimensions (LxWxH in/cm)	5.11 x 3.73 x 3.73 in / 12.98 x 9.47 x 9.47 cm	6.48 x 4.91 x 4.91 in / 16.46 x 12.47 x 12.47 cm
Weight (lbs/kg)	0.42 lbs / 0.19 kg	0.81 lbs / 0.37kg
Base	E26	E26
Warranty	5 Year Limited	5 Year Limited
Environment	Dry	Dry
Certifications	UL, FCC	UL, FCC

¹ Specifications and values supplied are nominal and are subject to change without notification

ORDERING INFORMATION

FAMILY	PRODUCT	WATTAGE EQUIVALENT	COLOR TEMPERATURE	VOLTAGE	SERIES	PACKAGING
LSH - LSLP HealthE	BR30	75WE - 75 WATT EQUIVALENT	AA - GoodDay (5000K)	120 - 120 Volt	G2	BX- BOX
	BR40					

example: LSH BR30 75WE AA 120 G2 BX



HealthE_GoodDayBR_SpecSheet_RevG