



LIGHTING
SCIENCE®

HealthE™

GoodNight®

HEALTHE™ SLEEP-ENHANCING LED



Looking for a better nights sleep? Did you know that using regular, incandescent light bulbs in your bedroom can easily get in the way of a deep, restful sleep? Why continue to spend money on costly sleep aids? It's time for a better solution. The GoodNight® LED lamp uses patented spectrum technology that was originally developed in collaboration with NASA to support the circadian rhythms of the astronauts while on the International Space Station. The GoodNight®'s proprietary light spectrum allows for the production of the sleep hormone, melatonin, which supports your body's natural circadian rhythm. So when you're ready to sleep, your body is too.

For Best Results: Turn off any other artificial lighting and electronics. Use the GoodNight® LED lamps for at least one hour before going to bed. Please turn off the GoodNight® lamp before going to sleep, as the best sleep is always attained in a cool, dark room.

· **Helps to Naturally Regulate Your Circadian Rhythm:**

GoodNight®'s patented technology encourages your body to produce melatonin, a hormone needed for restful sleep and proper regulation of your circadian rhythm

· **Patented Spectrum Supports a Deep, Restful and Natural Sleep:** Minimizes the types of light energy known to cause sleep disruption

· **Healthy All Natural Solution:** Safe, natural and effective way to allow your body to naturally produce melatonin, a hormone necessary to fall asleep. No more costly pills or sleep therapy

· **Standard E26 Base:** Fits most household lamps



PRODUCT SPECIFICATIONS

SPECIFICATIONS ¹	LS A19 60WE SLP G1 BX	LS A60 60WE SLP 220 G1 BX
Color Temperature	2400 K	
Output (Lumens)	650	750
Equivalent Source Standard	60 WE	
Input Voltage	120 V	220 V
Power Consumption	9.5 W	10 W
Power Factor	≥ 0.9	
Dimmable	Yes	
Product Dimensions (LxWxH in/cm)	4.6 in / 11.68 cm	
Weight (lbs/g)	0.1 lbs / 0.045 g	
Base	E26	E27
Warranty	5 Year Limited	
Environment	Dry	
Certifications	UL, FCC	CE, 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	A19	60WE	SLP - GoodNight	120 - 120 V	G1	BX - Box
	A60			220 - 220 V		

example: LS A19 60WE SLP G1 BX



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