

# SULMO3

## LIGHT NUTRITION™ Experience natural color that influences well being

We believe all choices have a positive or negative effect and the light you choose to fill your space can be a light of positivity. The Sulmo3 aperture features a unique patented gasket design adding powerful mediums of light and more importantly, natural color to your space, all while having the least power to suppress your melatonin levels.

Our high color rendering process transforms the traditional LED methods and neutralizes the harmful blue light effects. Infusing the diodes with high R9 (reds), Ovid Lighting has more healthy colors than most other lighting manufacturers. Combined with Soft Glow™ dimming, our LEDs have the least power to suppress your melatonin levels, ensuring better sleep and relaxation while providing near perfect color and a natural environment during the day. Ovid Lighting just looks and feels better. Let us know if you agree.

### The OVID Difference

- + The highest red infused LED light (94 - R9) that has the least power to shift circadian rhythm and suppress melatonin offering the healthiest light
- + Light Nutrition™ infused 95 CRI
- + Soft Glow™ dimming for better relaxation and sleep
- + Engineered to influence well being and human emotion
- + Healthy, natural and vivid in colors with true color reproduction and superior color dimming transition
- + Plastic free packaging contributing to a sustainable environment

### Specifications

Model: Sulmo 3 LED Adjustable Downlight  
 CRI: 95+  
 R9: 94  
 Voltage: 120V AC  
 Warranty: 3 Year Plus

### Features

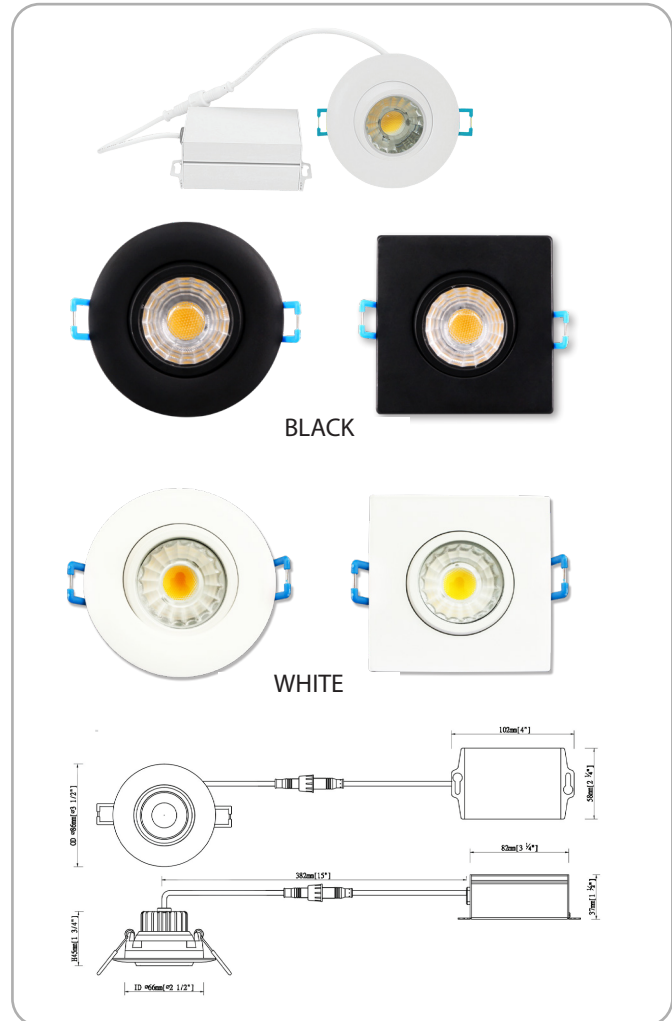
- + Light weight
- + Light nutrition infused
- + High candle power light punch
- + 1 3/4" thin - install where ceiling space is limited
- + Corrosion resistant
- + Air tight seal
- + Damp and wet location approved
- + IC and 0.12 CFM airtight for minimal heat loss
- + Die cast aluminum alloy for optimal heat dissipation
- + Oil based spray painted with scratch resistance
- + Compact 6W design producing 570 lumens
- + Superior 4 SDCM binning for optimal color consistency
- + 100% recyclable aluminum material
- + Driver inside connection box - no junction box needed
- + Directional beam - great for sloped ceilings

### Mounting

Cut hole in ceiling and snap fixture in opening with attached spring clips.  
 Ceiling clearance required:  
 2 1/2" for Romex  
 3 1/2" for BX installations

### Ordering Guide

Round, White, 3000K - 1800K  
 Round, Black, 4000K - 3000K  
 Square, White, 3000K - 1800K  
 Square, Black, 4000K - 3000K  
 Driver included



# SULMO3

## Unique Design

Gimbal with 30° tilt and 360° rotation, yet air-tight without housing needed. Fits where no other recessed fixture can. Patent pending.

## Body

Durable, die cast aluminum alloy for optimal heat dissipation.

## Paint

Oil based spray painted - scratch resistant and smooth finish.

## LED

COB custom packaged with LM80. Strict binning to ensure consistent light color.

## Connection Box

Saves contractors labor installation on every job.

## Air Leakage Test

Air infiltration and air exfiltration was conducted in accordance with ASTM E283- 2004 (R2012). The test was performed using a pressure difference of 75 Pa (1.57 psf).

## Testing

Every single driver is powered for a minimum of 24 hours together with the fixture that is shipped with.

## CRI

Industry leading 95 CRI for near perfect color rendering.

## Light Nutrition

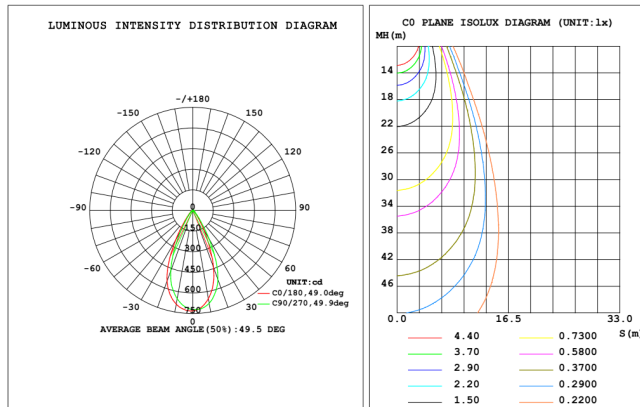
Engineered to eliminate eye strain and block blue light, providing better sleep and healthy light using a high infusion of red (R9) in the color spectrum.

## Specifications

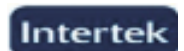
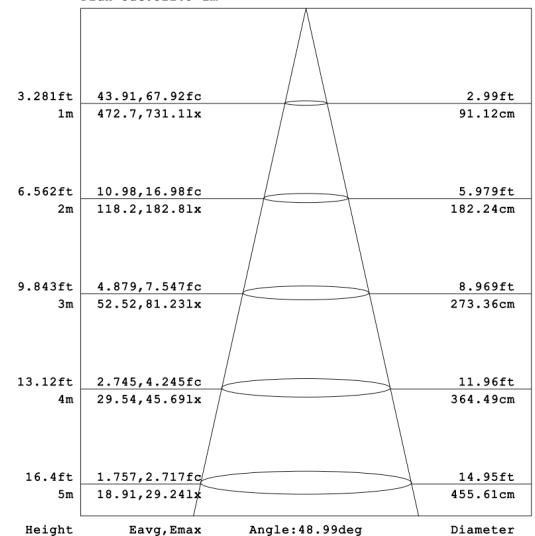
Applications	Basement, showers & soffit lighting
Energy Used	8W
Color Temperature	soft glow 1800k-3000k & 3000k-4000k
Light Output	550 lm
Halogen Equivalent	50W
Beam Angle	40° beam with 30° tilt and 360° rotation
CRI	95
Driver Input	120 AC 50/60 Hz
Power Factor	0.98
Dimming	Reverse phase ie. MAPRO, RRDPRO
Approved Locations	Insulated IC, damp & wet locations
Air Tight	Yes
Ambient Temperature	-40 F (-40 C) to 104 F (40 C)
Projected Light	50,000 hours
Certification	cETLus, Energy Star
Warranty	3 Year
CBCP	1727
Infiltration	0.11 cfm
Exfiltration	0.13 cfm
Average Air Leakage	0.12 cfm
Cut out	2 3/4"
Binning	4 SDCM binning for optimal color consistency
Gasket	Patent pending design, licensing options may be available

## Photometric Data

DATA OF LAMP			PHOTOMETRIC DATA Eff: 65.45 lm/W		
MODEL	LY3G 30K	I <sub>max</sub> (cd)	731.4	S/MH (C0/180)	0.70
NOMINAL POWER (W)	8	LOR (%)	100.0	S/MH (C90/270)	0.78
RATED VOLTAGE (V)	110	TOTAL FLUX (lm)	512.13	η UP, DN (C0-180)	0.0, 48.4
NOMINAL FLUX (lm)	512.128	CIE CLASS	DIRECT	η UP, DN (C180-360)	0.0, 51.6
LAMPS INSIDE	1	η up (%)	0.0	CIBSE SHR NOM	0.75
TEST VOLTAGE (V)	110.5	η down (%)	100.0	CIBSE SHR MAX	0.80



Flux out: 322.9 lm



## Begin the OVID experience

We take color seriously. Although we may be a bit biased, we believe our products tap into the powerful mediums of light and more importantly color to influence your well being. We are proud to be engineered in California with our team focused on color, from superior color dimming transition, to true color reproduction! Our plastic free mission is also 100% customer satisfaction. One last thing - we would like to invite you to join our OVIP club and receive exclusive discounts and win free stuff. Visit us online and register to stay connected to the Ovid community.

## See the OVID difference



### INNOVATION IN COLOR

highest red infused LED lighting

### HEALTHY LIVING

enhanced relaxation and sleep

### SOCIAL RESPONSIBILITY

100% plastic free packaging

## Tips prior to sleep

When it comes to blue light and digital eye strain exposure, experts recommend the following essential tips for overall health and better sleep:

- + Avoid any digital screens within two to three hours prior to bedtime.
- + Ensure a min of 95 CRI LED lighting in the bedroom with Soft Glow™ which allows not only light levels to drop but kelvin temp from 3000K down to 1800K within 60 to 90 minutes prior to bedtime, which is dim enough that it will not suppress melatonin prior to bedtime and allows relaxation for the body and time for kids to unwind and enjoy a book before bedtime!
- + Try to keep a regular sleep-wake cycle.
- + Expose yourself to bright light and if possible sunlight during the day to boost your ability to sleep at night. The exposure helps train your body clock and alertness during daylight.
- + Sleep better with kiwi, it contains serotonin which has been shown to increase sleep quality.

## RECOMMENDED SLEEP\* FROM THE AMERICAN ACADEMY OF SLEEP MEDICINE AND THE SLEEP RESEARCH SOCIETY:

Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including nap)
Pre-school	3-5 years	10-13 hours per 24 hours (including nap)
School Age	6-12 years	9-12 hours per night
Teen	13-18 years	8-10 hours per night
Adult	18-60 years	7 or more hours per night

\*visit [ovidlighting.com](http://ovidlighting.com) for more information