




Company	CAREX	Helight	Lucimed
			
Portable Light Therapy	TheraLight	Helight Sleep	Luminette glasses
Website	carex.com/products/carex-theralite-mood-and-energy-enhancing-bright-light-therapy-lamp	helight.com	myluminette.com
Description	Compact size for confined spaces and travel use. Height & angle adjustable to easily direct the light. Blocks 100% of UV to keep your eyes and skin protected	A patented red light sleep therapy device.	White-enriched blue light: unlike many devices that use monochromatic blue or green light, Luminette delivers a white light spectrum enriched with blue, providing a more natural lighting experience; Indirect illumination: light is projected from above the eyes, mimicking sunlight and significantly reducing glare compared to devices that emit light directly into the eyes; Natural top-down emission: the downward direction of the light replicates how sunlight naturally reaches the eyes, enhancing comfort and effectiveness; Compatible with prescription glasses: thanks to its positioning above the visual field, Luminette can easily be worn together with corrective glasses, unlike devices placed in front or below the eyes; unobstructed vision: the design keeps the user's field of view clear, allowing normal daily activities during use.
Form Factor	Table top	Table top	Wearable
Light Color	white	red	blue-enriched white
Light Bandwidth (nm)	400-800	630 (+/-15)	460–470 (main peak), with 450–650 broad emission spectrum
Intensity (lux)	10,000 (@ 10")	800 (@ diffusor surface)	500/1,000/1,500
Timer Feature	No	Yes	Yes
Dimensions (cm)	23.4 × 5.3 × 13.5	7 x 7 x 4.5	17 x 15 x 3
Weight (g)	680	169	53
Price	\$53.99	\$139	\$199 ●

Information for this guide is based on data submitted by light therapy marketers. Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by marketers. All therapy marketers get one listing at no charge. Email editor@sleepreviewmag.com to be considered for the next update.



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