

GoodNight® LED Bulb

SLEEP-ENHANCING A19 LAMP



Looking for a better nights sleep? Did you know that using conventional 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 technology supports the natural sleep cycle and improves the quality and length of sleep.

For Best Results: Turn off any other electrical 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 attained in a cool, dark room.

- **Helps to Naturally Regulate Your Circadian Rhythm:** GoodNight®'s patented technology allows your body to prepare for sleep, and supports your natural sleep-wake cycle
- **Customized Spectrum Supports a Deep, Restful and Natural Sleep:** Minimizes the types of light energy known to cause sleep disruption
- **High Quality Light At Night:** In addition to supporting sleep, the GoodNight light provides comfortable, warm light with high color rendering
- **Standard Medium Base:** Fits most household lamps



PRODUCT SPECIFICATIONS

SPECIFICATIONS ¹	LSH A19 40WE GN 120 SH BX	LSH A60 40WE GN E27 240 SH BX
Correlated Color Temperature	2175 K	
Output (Lumens)	600 lm	600 lm
Melanopic/Photopic Ratio (M/P)	0.33 +/-0.02	
Color Rendering Index	>=90	
Equivalent Source Standard	40 WE	
Input Voltage	110-120 V	220-240 V
Power Consumption	8.5 W	8.5 W
Power Factor	≥ 0.9	
Dimmable	Yes	
Product Dimensions (LxWxH in/mm)	4.7 x 2.4 x 2.4 in / 120 x 60 x 60 mm	
Weight (lbs/g)	0.15 lbs / 68 g	
Base	E26	E27
Warranty	3 Year Limited	
Environment	Damp	Dry
Certifications	ETL, FCC, RoHS	CE, RoHS

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 - LSGC HealthE	A19	40WE	GN - GoodNight	120	SH	BX - Box
	A60			240		

example: LSH A19 40WE GN 120 SH BX



HealthE_GoodNight_SpecSheet_RevH