



Our exclusive Wind Down light spectrum is designed to help your body and mind naturally unwind in the evening. And, unlike regular LEDs, our lighting is made to sync with your natural circadian rhythms.

- **For use in lamps and lighting fixtures**
- **Ideal for rooms you use primarily during evening hours**

## For Best Results

Think of Brilli like a vitamin that supplements your sunlight exposure. You will notice some benefits immediately, and some over time.

- **Wind Down bulbs should be used throughout the evening. You should begin to experience the benefits after 20 minutes.**
- **Make sure you're within 10 feet of the light so it comes in contact with your eyes.**
- **Use Wind Down bulbs at the dimmest setting for a more relaxing effect.**
- **We recommend using Charge Up and Wind Down light bulbs separately for maximum effectiveness.**



Dimmable



Full  
Spectrum



Base Size  
E26



Max Volts  
120



Damp  
Locations