

White Paper by Norb Lighting, LLC

# NorbRELIEF: The Migraine Light's 4 Week Study

Migraine Sufferers Share Their Experience after Using NorbRELIEF Everyday for 4 Weeks

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## The Pure Green Light for Migraine & Pain Relief

**Did you know that Migraines impact 1 in 7 people worldwide, and about 80% of these people who get migraines suffer from - light sensitivity or intolerance to light- called photophobia?** NorbRELIEF is a Nutri-Orb, a unique Migraine-Reducing Green Light with a specialized **Flicker-Free/ Narrow-Green™** spectrum. This light bulb is designed to reduce the occurrence of light-induced migraines, and to reduce the pain level of existing migraine headaches. Pure green light may help with pain from fibromyalgia and neuropathy as well. **A non-invasive way to discover relief, at an affordable price.**

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## Norb Conducted a 4 Week Study to Collect Data from 4 Participants

Four migraine sufferers used the NorbRELIEF light every day for 4 weeks, actively logging their data every day. Here is what they found:

### 1. Isabelle



**Isabelle's typical migraine pattern: Chronic and persistent migraine, almost every day.** "Since November 2019, I have been in a chronic, intractable migraine state. This means the migraine pain is around 24/7, never fully letting up. I experience a 7-10 pain level on average daily. I am unsure fully what triggered this migraine attack to go chronic with no break, even after 55+ treatment options with my headache specialist. I am a very difficult case to treat."

**Isabelle used the NorbRELIEF light every day for 4 weeks.** Here is what she said after, "I use the NorbRELIEF light almost every morning and night to help my eyes adjust to full light that triggers my migraine. NorbRELIEF helped me ease into my morning without harsh lights that make my head pain worse, and helps me relax before going to bed. I pair this with my NorbSMILE during the day, instead of normal overhead lighting which hurts my eyes. NorbRELIEF allows me to do things without having to be in full darkness. It is an AMAZING resource to have in a migraine toolkit!"

**Typical Time of Day:** Every morning and night, especially in the evening, after 6:30PM until she goes to bed.

**Average Duration:** Between 2-5 hours

**Usage:** During a migraine attack

**Where?** In her bedside lamp.

**Doing what?** Watching TV, working on her computer or phone, doing art, getting ready for the day, or winding down to sleep.

**Feelings while using the light:** Calm and relaxed



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## 2. Kacie



**Kacie's typical migraine pattern: 10-20 attacks per month.** Light sensitivity is her most frequent symptom, usually triggered by hormones or irregular sleep/eating routine.

**Kacie used the NorbRELIEF light every day for 4 weeks.** Here is what she had to say, "The Relief light has been an excellent tool for someone with strong light sensitivity during migraine attacks, like myself. I've enjoyed using it just to carry out my daily routine in a more soothing environment for my achy eyes.

While my frequency of attacks have not changed, I have noticed a decrease in pain levels and an increase in productivity since using the light. I believe NorbRELIEF has been a great help for me, and plan to continue to use it regularly once the study is done. I've set up it's 'permanent home' on my bedside table so that I can easily access it during chores, relaxation, and as a way to wind down each night. I'm thrilled to use this for pain relief!"

**Typical Time of Day:** Between 9AM-12PM

**Average Duration:** Between 15 min - 1 hour

**Usage:** A mix of before, during and after migraine attacks. Started using Relief more often during migraines.

**Pain Level:** Decreased each time light was used.

**Where?** Bedroom, Kacie's 'soft office', or kitchen counter.

**Doing what?** Typically while working on the computer because she is more productive with the light. Getting ready for the day, or winding down for the night, or while eating a meal.

**Feelings while using the light:** Productive, calm, relaxed, happy



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### 3. Cooper



**Cooper's typical migraine pattern: at least once a week.**

"Once a week, sometimes more - triggered by too much screen time or light sensitivity. Can also be triggered by food."

**Cooper used the NorbRELIEF light every day for 4 weeks.**

"I have used the NorbRELIEF migraine light every day for at least an hour a day and am happy to report that I have only suffered 2 migraines since then, where I used to suffer from them on a weekly basis! It's definitely helping with the migraines.

During a migraine, using the light can usually stop the pain at a 5 or 6, where it used to hit an 8 or 9. It reduces my light sensitivity and also stops the light sensitivity the following day. I work from home and I don't get screen headaches

when I'm using the light either."

**Usage:** A mix of before, during and after migraine attacks.

**Pain Level:** Decreased when light was used.

**Where?** While working or getting ready for bed.



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## 4. Tanna

**Tanna's typical migraine pattern: at least once a week.** "My migraines have been bad for the past two years, often triggered by light. I am now on medications that have taken my migraine days down to about 4-8 migraines a month. Most of the time I am able to use meds to help. If the meds do not work, I get IV magnesium to help. I get "bad headaches" 2-3 times a week. These bad headaches can turn into a migraine if I'm not careful."

**Tanna used the NorbRELIEF light every day for 4 weeks.** "Using the Norb green light helps drastically reduce eye strain and makes my headaches less intense, therefore creating less "bad headaches" and less chance for a migraine."

**Typical Time of Day:** Mornings at 8AM-9AM, or evenings after 7PM.

**Usage:** Typically used during a headache or migraine.

**Pain Level:** Decreased each time light was used.

**Where?** Bedroom.

**Doing what?** Watching TV, scrolling on phone, reading, laying in bed

**Feelings while using the light:** Relaxing, helps eye strain, reduces tension in head and body

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## 4 Week Study Summarized

NorbRELIEF has been an influential tool for chronic migraine and persistent headache sufferers. The participants of this study, along with other reviewers and influencers in the migraine community, have made Norb's green light bulb a part of their everyday life and migraine relief routine.

- **Best practices** include using NorbRELIEF every day for a duration of 15 minutes or more - morning or night, or during a migraine or headache - without any other lights on.
- **Popular spaces** to use the Relief light are in the bedroom, kitchen, living room, work space or office.
- **Best times of day** are in the morning to help adjust to light, during the day if you feel a headache or migraine coming on, or at night to wind down, relax, and help with eye strain or head pain.
- You can put it in a shaded lamp, any standard light socket, and it is dimmable as well.

Norb's goal is to improve the quality of life for those who suffer from migraine headaches and other pain. NorbRELIEF has been **light** changing for many migraine sufferers. The Norb product line consists of other wellness lighting, including Smile, Sleep, Cozy, Relief, Focus, Bug Lite, String lights or Botanic (for plant growth). Norb continues to strive towards the design and production of healthier, more natural lighting products for better working, learning and living. **Check out Norb's entire collection on our [website](#) or [Amazon](#). Find RELIEF for yourself!**

*\*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.\**