

# #Lightbrary

## What is a light therapy lamp?

- A special lamp that emits levels of light similar to sunshine
- A form of treatment used by people who experience Season Affective Disorder, mild Seasonal Affective Disorder, and the winter blues

## What is Seasonal Affective Disorder?

- A type of depression also known as SAD
- Symptoms usually start in the fall and continue through the winter
- Treatment can include light therapy, psychotherapy and/or medications

## SAD symptoms can include:

- Change in appetite, in particular a craving for sweet or starchy foods
- Weight gain
- Decreased energy, fatigue or tendency to oversleep
- Difficulty concentrating
- Irritability
- Avoidance of social situations
- Feelings of anxiety or despair

## How to use the light therapy lamp

- Sit or read a book near the lamp for about 30 minutes
- Sit about 1 or 2 feet away from the lamp
- Do not look directly at the lamp, but make sure the light shines on your eyes
- Most people will get the best benefit from bright light in the morning
- Considered most effective if used daily

## Safety

- To find out if light therapy is right for you, please check with your doctor
- Use the light therapy lamp at your own risk; it should not be seen as a cure
- Light therapy is generally considered safe; any side effects are usually mild
- Some people may experience nausea, headaches, eye strain, or feel “edgy” at first
- People with bi-polar disorder should consult a doctor before using light therapy
- People with certain medical conditions (such as retinal disease, macular degeneration or diabetes) or on certain medications (such as thioridazine, lithium or melatonin) should have eye exams before beginning light therapy
- If you are experiencing mental health issues and need support, please talk to a doctor