

#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 Seasonal Affective Disorder, mild Seasonal Affective Disorder, and the winter blues

What is Seasonal Affective Disorder?

- A type of depression also known as SAD
- For people with SAD, symptoms usually start in the fall and continue through the winter
- Treatments 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 to be most effective if used daily

Safety

- 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
- To find out if light therapy is right for you, please check with your doctor
- Light therapy is considered to be generally safe; any side effects are usually mild
- Some people may experience nausea, headaches, eye strain, or feel “edgy” when they first start using the lamps
- Use the light therapy lamp at your own risk. It should not be seen as a cure
- If you are experiencing mental health issues that you feel you need support with, please speak to a doctor

Tell us what you think about Lightbrary!
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