

# MORSL Happy Lamps!

Light therapy lamps, or Seasonal Affective Disorder (SAD) lamps, mimic outdoor natural light. Late fall and winter months tend to lack sunshine, this can affect individuals in different ways – including lowering mood, lowering energy and oversleeping. Over time, these lights are intended to improve mood and overall sense of wellbeing in those affected.



## Tips:

The use of these lights is best accompanied by sleep hygiene:

- Aim for 7-9 hours of sleep each night
- Try to fall asleep and wake up at the same time each day
- Avoid naps, but if you can't help it make sure to keep your sleep schedule consistent

How to Use These Lamps:

- Use the lamp for 1 hour at 16 inches, or 30 minutes at 12 inches away from you each day, preferably first thing in the morning. The lamp, if used too late in the day may disturb your ability to fall asleep.
- Use the light regularly at about the same time each day.
- Do not look directly at the light. However, position the lamp so that the light reaches your eyes. Do not wear dark glasses while using light.

Please Note:

- If you have been told you must wear sunglasses in bright light, if you have a history of eye problems or diabetes, please consult a health-care professional before using the lamp.
- If you take prescription medications, check with your pharmacist to see if any of them might make you more sensitive to sunlight.
- If you have been diagnosed with bipolar disorder (either type I or II), or experienced a manic or hypomanic episode, use the lamp for a maximum of 30 minutes a day and in the morning only.
- If you become very irritable and / or begin sleeping less than 5 hours each night, discontinue use of the lamp.
- Bright light can sometimes cause eye and / or skin irritations and headaches.
- If irritation occurs, stop using the lamp immediately.
  - After irritation disappears, start using the lamp again at 5 minutes a day and try it at distances you are comfortable with. Gradually increase exposure time and shorten the distance until you achieve the distance and duration indicated in the instructions.

Enjoy your happy lamp!  
We hope it makes life brighter!

