Seasonal affective disorder (SAD) is a type of depression that has a seasonal pattern. It is sometimes called the “winter blues”.

SAD is a common occurrence for those of us who live in the northern hemisphere.

The symptoms often begin in the autumn as the days start getting shorter. They’re most severe during the winter months.

The two main symptoms of the winter blues are a low mood and a lack of interest in life. You may also be less active than normal and sleep more.

In most cases, symptoms begin to improve in the spring before eventually disappearing.
**Light box therapeutic use**

- Sit close to the light box, with lights on and eyes open.
- Orient the head and body toward the light without looking at it directly.
- Only 15 minutes a day show positive results to mood and demeanor.
- You can use from 15 minutes to three hours, once or twice a day, depending on individual needs.
- You can also use the lamp preventatively before you begin to experience the effects of decreased sunlight.

**SAD Facts**

- 2 to 3% of people in Canada will experience SAD in their lives
- 4X more women are affected with SAD than men
- 20 - 30 years old are more susceptible to SAD

**Light therapy works!**

Research undertaken by the *American Journal of Psychiatry* showed that light therapy for SAD provides a positive effect on the condition – showing that light therapy works.

SAD lamps are available to use in the Health Living Annex’s Zen Den during opening hours, from 8:30 am – 4:30 pm M-F. Let us share our light with you!

**References**

https://cmha.bc.ca/documents/seasonal-affective-disorder-2/
https://amiquebec.org/sad/