



## BRIGHT LIGHT THERAPY

A BRIGHT LIGHT DEVICE EFFICIENTLY COMPENSATES FOR LACK OF NATURAL LIGHT IN THE DARK SEASON. WITH BRIGHT LIGHT THERAPY, INCREASINGLY MANY PEOPLE HAVE MANAGED TO BEAT THE WINTER BLUES. BRIGHT LIGHT DEVICES ARE A PLEASANT WAY TO BRIGHTEN YOUR DAY. BRIGHT LIGHT DEVICES HELP KEEP THE CIRCADIAN AND OTHER RHYTHMS RELATING TO THE BODY CLOCK STABLE. IT HELPS PEOPLE WITH WAKING PROBLEMS AND IN STAYING ALERT DURING THE DAY.

### DO YOU SUFFER FROM LACK OF LIGHT?

DURING THE DARK SEASON, MOST PEOPLE SUFFER FROM THE SYMPTOMS OF WINTER BLUES, WHICH IS TRIGGERED BY THE SHORTNESS OF DAYLIGHT HOURS.

AROUND 12 PERCENT OF FINNS SUFFER FROM SAD (SEASONAL AFFECTIVE DISORDER). THE LESS SEVERE FORM OF SAD IS SUB-CLINICAL SAD, WHICH IS ALSO MUCH MORE COMMON, WITH AROUND 27% OF FINNS EXPERIENCING IT. ONLY 10% OF FINNS FEEL THAT SEASONAL CHANGES HAVE NO IMPACT ON THEIR ALERTNESS.

SYMPTOMS OF SUB-CLINICAL SAD OR THE WINTER BLUES INCLUDE:

LACK OF ENERGY, DAYTIME TIREDNESS, SOCIAL WITHDRAWAL, ANNOYANCE, SADNESS, CRAVING FOR CARBOHYDRATES, AND WEIGHT GAIN.

## BENEFITS OF BRIGHT LIGHT THERAPY

A BRIGHT LIGHT DEVICE EFFICIENTLY COMPENSATES FOR LACK OF NATURAL LIGHT IN THE DARK SEASON.

BRIGHT LIGHT THERAPY IS A QUICK, EASY, AND SAFE METHOD TO BRIGHTEN YOUR DAY.

BRIGHT LIGHT THERAPY HAS BEEN STUDIED AND USED TO TREAT THE WINTER BLUES FOR OVER 30 YEARS. STUDIES SHOW THAT BRIGHT LIGHT THERAPY RELIEVES WINTER BLUES SYMPTOMS BY 60-90%.

STUDIES ALSO SHOW THAT BRIGHT LIGHT THERAPY HELPS INCREASE DAYTIME ENERGY LEVELS AND ALERTNESS AND MAINTAIN GOOD WORK FLOW AND MOTIVATION.

BRIGHT LIGHT THERAPY HELPS MAINTAIN A STABLE CIRCADIAN RHYTHM AND MAKES WAKING UP EASIER DURING THE DARK SEASON.

## USING A BRIGHT LIGHT DEVICE

INNOLUX BRIGHT LIGHT DEVICES ARE EFFICIENT AND EASY TO USE.

BRIGHT LIGHT THERAPY IS NATURALLY "HANDS-FREE", SO IT TAKES UP NONE OF YOUR VALUABLE TIME: YOU CAN READ, EAT BREAKFAST, WORK, OR EVEN WATCH TV AT THE SAME TIME.

DEPENDING ON THE TYPE OF BRIGHT LIGHT DEVICE YOU CHOOSE, THE MOST EFFECTIVE DISTANCE FROM IT IS 40-145 CM.

YOU CAN FEEL THE BENEFITS EVEN AFTER ONLY 15 MINUTES OF USE. THE THERAPY IS MOST EFFICIENT FIRST THING IN THE MORNING.