

SAD Light Therapy - Day Light

Light means life!

Light and its intensity influence many of the processes of life. If we do not get enough lights, we will experience the effects of light deprivation as being unpleasant, and as adversely affecting our quality of life.

In autumn and winter, the seasons with the least sunlight increased symptoms resulting from light deprivation may be experienced. Even standard artificial lighting in buildings cannot compensate for a shortage of natural light. The consequences of this may be depression, lack of drive, interrupted sleep and melancholia – the typical autumn/winter blues – symptoms.

Light therapy offers you a convenient and effective way of compensation for the lack of light without resorting to medication.



- ✓ Light therapy (up to 10000 light intensity) to give positive effects on your mood and health in general.
- ✓ Includes folding tripod and wall mounting device

Tube: 2 X 36W energy-saving light tubes (expected lifetime approx. 8000hours of operation)

Power: 220/240V, Certificate: Medical CE / ROHS, Product Size: 34 X 10 X 48cm