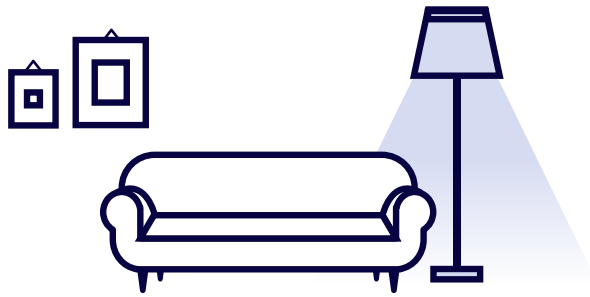


Buyer's Guide to Home Lighting for Seasonal Affective Disorder (SAD)



Light Therapy Light Bulbs

What To Look For:

- Full-spectrum light or daylight bulbs
- Strong blue color lighting
- Smooth lines on light spectrum graph on the package
- At least 90 CRI (color rendering index)
- A color temperature of at least 5,000K
- UV light filtration

Light Therapy Lamps

What To Look For:

- Labels marked specifically for Seasonal Affective Disorder
- Details regarding clinical testing on the package
- Full-spectrum lighting
- At least 10,000 lux
- Built-in filter to protect from UV light
- Size that fits your ideal space and needs

Disclaimer: Consult with your doctor to see if light therapy is right for you before making purchases.