

Let's Be Clear

Daavlin Light Therapy Solutions for Seasonal Affective Disorder



S.A.D. Solutions are the **Answer**

Personal light therapy devices to bring the sun indoors to you...
helping you feel energized, bright and sharp.

S.A.D. Solutions • For Seasonal Affective Disorder

Travelite

10,000 LUX at a treatment distance of 10 - 12 inches		
Height	13 in	(33 cm)
Wide	7 in	(17.8 cm)
Depth	2.6 in	(6.6 cm)
Weight	2.5 lbs	(1.1 kg)



Brighter Days PLUS

10,000 LUX at a treatment distance of 10 - 12 inches		
Height	10.6 in	(26.9 cm)
Wide	8.2 in	(20.8 cm)
Depth	3.1 in	(7.8 cm)
Weight	1.8 lbs	(0.8 kg)



Proven Effectiveness

Great strides have recently been made in the field of light therapy. Clinical studies now show that a wavelength of 460nm is equally effective in treating depression spurred by S.A.D. as some commonly prescribed pharmaceuticals.

These lights are perfect for home, office, or any location. Daavlin is pleased to be able to offer some of the highest quality, most popular, and affordable S.A.D. light therapy devices on the market.

Seasonal Affective Disorder (S.A.D.)

Seasonal mood variations are believed to be related to the amount of natural light a person receives, and in the fall and winter the symptoms for those with S.A.D. can mimic mild chronic depression or even a major depressive disorder. At times, patients may not feel depressed, but rather they lack energy to perform everyday activities.

Light therapy uses a device which emits far more lumens than a normal lamp. This bright white, "full spectrum" light at 10,000 lux is very effective when the patient is sitting 30–60 cm in front of the unit. The patient's eyes should be open (but not staring directly at the light source) for about 30–60 minutes.

Patients using light therapy can experience improvement during the first week, but increased results are evident when continued throughout several weeks. Most studies have found it effective without use year round but rather as a seasonal treatment lasting for several weeks until frequent light exposure is naturally obtained.



For further information please contact Daavlin:

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