

# WINTER BLUES

Seasonal Affective Disorder (SAD), also described as Winter Blues, is a type of depression that occurs and re-occurs during the fall and winter months<sup>1</sup>.

## What are the causes of Winter Blues?

Winter Blues is believed to be caused by decreasing amounts of sunlight and colder temperatures as the fall and winter progress.<sup>2</sup> Statistics indicate this disorder occurs in about 5% of adults, with up to 20% having some symptoms of the condition<sup>3</sup>.



Women are four times more likely than men to suffer from Winter Blues<sup>4</sup>.

## Common treatment for Winter Blues

Light therapy has been found to have an anti-depressant effect in 70% of people with Winter Blues.<sup>5</sup>

### Light device options

A number of light devices are available for sale with different light colours and ways of administering the light – do your research as not all light devices are equal. Light devices generally emit a very bright light up to 10,000 lux. This brightness is required for the light to reach your eyes from the light device to where you are sitting.<sup>6</sup>



Light boxes or SAD lamps require you to sit close to the unit for approximately 60 minutes, depending on the product<sup>7</sup>.

### What is lux?

Lux is a measure of light intensity.

Data: <http://en.wikipedia.org/wiki/lux>



Full moon on a cloudless night  
1 lux



Family living room  
50 lux



Office interior lighting  
~500 lux



Overcast Daylight  
1000 lux



Full Daylight  
~25,000 lux

## Why is Re-Timer a better solution?

Re-Timer is a wearable light device that emits a UV free green light. Lux of Re-Timer is less than a regular light box emitting 506 lux on the high setting. This is sufficient, given the proximity of light to the wearer's eye. It's the convenient option that fits with your lifestyle.

## Why green light?

Re-Timer emits a soft green light, proven through research to be an effective wavelength in reducing winter blues.<sup>8</sup>

Wear Re-Timer for 30 minutes per day immediately after waking.



## RE-TIMER™

Re-Timer is a convenient option that fits with your lifestyle. Its portability allows you to make breakfast, tea or coffee, and get ready for work - all while treating winter blues.

Learn more at [www.re-timer.com](http://www.re-timer.com)

### References:

- [http://www.medicinenet.com/seasonal\\_affective\\_disorder\\_sad/page2.htm](http://www.medicinenet.com/seasonal_affective_disorder_sad/page2.htm)
- 1st (US State), 3, 4th, 4, 4th, 5, 4th
- <http://www.health.harvard.edu/blog/seasonal-affective-disorder-bring-on-the-light-201212215663>
- <http://www.mooddisorders.ca/faq/seasonal-affective-disorder-sad>
- Oren, D, et al. P.1991. "Treatment of seasonal affective disorder with green light and red light". The American journal of psychiatry, vol. 148, no 4, pp.509-511.

