

# WHY SO SAD?

## How a simple dose of light really can cure the winter blues – or Seasonal Affective Disorder

### Sunshine machines that could lighten your mood

**VILUX 100 £189.95**

THIS is very lightweight and easy to move. It can stand on the floor or table. 10,000 lux at 50cm. **9/10**

Mail order: 0800 052 8228, [www.allergymatters.com](http://www.allergymatters.com).

**RONDO £124.95**

If you have only mild symptoms or don't want anything over-bright, this round light gives a warm glow. It can be placed like a modern light on a side table. 5,000 lux at 35cm. **8/10**

Mail order: 0800 052 8228, [www.allergymatters.com](http://www.allergymatters.com).

**PHYSIOLIGHT £549**

THIS sleek, stainless steel light box is very high-powered, providing 10,000 lux at 80cm. It stands on the floor or desk and has a 120-minute timer. **8/10**

Mail order: 0800 052 8228, [www.allergymatters.com](http://www.allergymatters.com).

**LITEBOOK £199**

TINY and portable but extremely powerful (right), it uses LED lights to appear brighter than its 5,000 lux at 20cm measurement suggests. Not suitable if you have cataracts or are very sensitive to bright light. **7/10**

Mail order: 0800 052 8228, [www.allergymatters.com](http://www.allergymatters.com).

**SATELLITE £233**

THIS looks more like an angle-poise lamp — good if you do not want it to be conspicuous. It can be pointed down towards the desktop for normal lighting or angled to face you to receive the full 10,000 lux at 50cm. **7/10**

Mail order: 01954 211 955, [www.outsidein.co.uk](http://www.outsidein.co.uk).

**BIOBRITE DELUXE LIGHT VISOR £240**

WORN like a sun visor, once the battery is fully charged you wear it while doing other things or having your breakfast. The light source (3,000 lux) is fixed close to your face, so you can't get distracted and walk away. **8/10**

Mail order 01954 211 955, [www.outsidein.co.uk](http://www.outsidein.co.uk).

**THE BRITE BOX £199**

THIS comes in a briefcase design (right), folding and clipping together with a strong carrying handle. It has two screens, providing a large area and control over the light direction. You should need to use this one for only 30 minutes — there is



an in-built timer. 10,000 lux at 50cm. **7/10**

Mail order: 01453 752 218, [www.healthy-house.co.uk](http://www.healthy-house.co.uk).

**SAD LIGHT BY RIO £79 (ONLY SOLD INCL. VAT)**

PRODUCES only 1,041 lux at 50cm and doesn't reach the minimum lux requirement. **3/10**

Stockists: 01242 720 345.

**LUMIE BODYCLOCK SUNRAY £59.95**

A CROSS between a bedside light and an alarm clock. It uses your natural response to sunrise to help synchronise your sleep/wake pattern. Far more pleasant to wake to a sunrise imitation than a traditional beep-beep in the dark. **8/10**

Stockists: 01954 211 955, [www.outsidein.co.uk](http://www.outsidein.co.uk).