



Propeaq light therapy for

WINTER BLUES

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LIGHT THERAPY AND WINTER BLUES



Mood problems during autumn, winter and early spring are each year for many people a recurring source of irritation and trouble. More than 1.2 million people in the Netherlands suffer in a greater or lesser degree from these problems. About 900,000 of those suffer from winter blues.

Winter blues is not severe but very annoying, and occurs in all walks of life. Race, skin color or social status play no role in this phenomenon. However women aged 13 to 55 years have a greater susceptibility to the development of winter blues.

Fortunately there is an effective method that offers a solution for people susceptible to or suffering from winter blues: light therapy with Propeaq light glasses.

LIGHT THERAPY AND PROPEAQ

30 Minutes

The wall clock may tell you it's time to get up, but your body's internal clock says you should be resting. Bright light in the morning resets your circadian clock.

Using Propeaq light therapy is very simple.

Wear the light glasses for 30 minutes a day, and the effects of winter blues will greatly diminish. Should the symptoms return, then simply repeat the method.

- Use Propeaq for 5 to 10 days in a row
- Wear the light glasses for 30 minutes after getting up in the morning

Extra effect

For extra effect wear the Propeaq light glasses at the start of the evening for another 30 minutes. This way you can lengthen the day, and maximize your blue light.

Important notice: Don't use light therapy after 22.00 thus avoiding the possibility of adjusting your sleep routine.

To see how to use the light glasses and free Propeaq app read the Quick Start Guide.

Find the Quick Start Guide on: [www.propeaq.com / en / support](http://www.propeaq.com/en/support)



WINTER BLUES

The mood symptoms and energy issues during the fall, winter and early spring can be subdivided depending on the severity of the complaints: winter depression, and its milder variant, the winter blues. People who suffer from winter blues have trouble starting the day, are tired and sometimes moody.

Common complaints are:

- tiredness
- feeling gloomy
- sleeping (too)much, sometimes more than 10 hours per day
- Overeating, especially carbohydrate- rich foods
- gaining weight
- irritability

The complaints usually exist for several years already. The symptoms begin during the fall, intensify in winter and disappear during the spring. People who suffer from winter blues (according to the applicable criteria) are not ill, but do have health problems.

CAUSE OF WINTER BLUES

The cause of the winter blues is still unknown. Winter blues occurs when there is little daylight and the symptoms often decrease significantly as a result of light therapy. That's why it is logical to assume that the disorder involves a response to the reduction in the amount of light in the fall, winter and early spring.

A lot of research is and will be done to find the factors responsible for this reaction. This research contains looking for causes in the retina, causes in the biological clock, molecular causes, hormonal disruption and causes on the level of interactions between cells.

For now some causes can be ruled out. It is, for example, unlikely that the hormone melatonin (which is involved in year rhythms of animals- such as reproduction) plays a significant role: giving extra melatonin nor withdrawing self- produced melatonin has no noticeable effect on the symptoms of the winter blues.



LIGHT THERAPY

Although it is not known exactly why it works, it is scientifically proven that light therapy is effective in suppressing winter blues. Light therapy is a relatively new treatment in health care. It is a cure where bright bluish light, without Ultra Violet UV or IR, is applied through the eyes. The advantage of light therapy with the Propeaq is that the method is effective against the winter blues and very easy to undergo. It is not addictive and very safe.

A cure of 5 or 10 days Propeaq light therapy for 30 minutes in the morning is enough to greatly reduce the effects of winter blues. If the symptoms return, the method can simply be repeated.

Usually after a few days of light therapy people notice a difference in their well-being. They feel more energetic and fit. Yet it is important to finish the whole treatment for the best results.

Disrupted sleep routine

If there is a disrupted sleep/wake -rhythm, light therapy in the morning can be combined with red glasses in the evening. Reddish light stimulates the production of melatonin, that often is not sufficient in case of a disrupted sleep/wake-rhythm.



SIDE EFFECTS

Side effects

Light therapy has hardly any side effects, and they rarely occur. Nevertheless, it is useful to refer to the most important ones. Some people may experience:

- some degree of headache
- tired, dry or watery eyes
- slight dizziness

Generally these symptoms diminish after a few days and eventually disappear completely.

When to avoid light therapy altogether

Light therapy is a safe method. It is however advisable to consult an eye specialist before starting light therapy if one takes certain medications or has an eye disease. Drugs that give an increased sensitivity of the eye should be combined with light therapy. People with a manic-depressive disorder can only use light therapy if they are carefully observed and supervised. This because of the risk of the occurrence of a manic episode. Consult the doctor if necessary.



Your solution for winter blues

