



## LIGHT THERAPY with Luminette Glasses

Are you one of the many thousands of people each year that notice a marked change in either your overall mood, energy levels, sleep length, appetite, weight and social activities during the winter darker months?

SAD (Seasonal Affective Disorder), a debilitating condition which typically affects people during the winter months.

### How Light Therapy can help you.

The human brain uses the light/dark cycle to synchronise internal functions including mood, appetite, digestion, sleep, libido, etc. These circadian rhythms oscillate over a period of 24 hours, forming your biological clock. As well as regulating our body clock, light also greatly affects mood, increases vigilance and improves physical and intellectual activities.

### Additional health concerns helped with light therapy

- Fatigue - lack of energy
- Circadian rhythm sleep disorder
- Jet lag
- Shift Work

To learn more, visit  
[www.myluminette.com](http://www.myluminette.com)

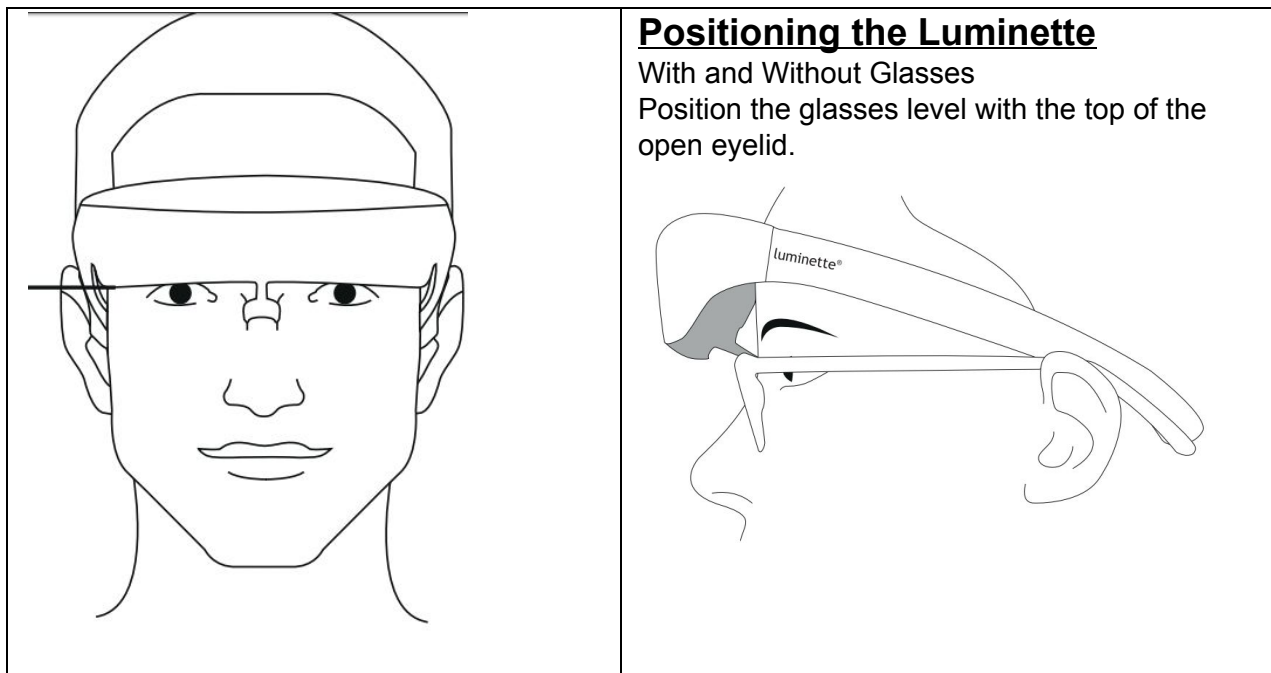
### What are symptoms of SAD?

- Depression/anxiety/irritability
- Difficulty waking
- Decreased energy/lethargy/fatigue
- Carbohydrate craving
- Increased appetite
- Increased sleep
- Weight gain
- Difficulty concentrating
- Decreased libido
- Withdrawal from family & friends

### Melatonin

Melatonin is a hormone. Normally, melatonin levels begin to rise in the mid- to late evening, remain high for most of the night, and then drop in the early morning hours. Melatonin levels rise later in the night in those with SAD compared with those who do not have SAD. Additionally, SAD sufferers have a longer duration of nocturnal melatonin secretion in winter than in summer months, while healthy controls do not.

Light therapy improves depressive symptoms by helping to equalize and normalize secretion timing.



### **Positioning the Luminette**

With and Without Glasses

Position the glasses level with the top of the open eyelid.

### **Contraindications:**

- Retinal eye diseases
- Bipolar Issues

### **Adverse Reactions?**

- Headache • Eyestrain • Nausea

...Then please make sure to decrease luminette intensity and the time using them.  
Make sure that there is sufficient ambient light surrounding you.

We have one pair of glasses per clinic and they are available for 30 min during your treatment, first come, first serve.

**5 \$ for one use, or \$20 for 5 uses. FIRST time is for FREE!**

You must be 18 years or older and cannot use them if you have cataracts, lesions of the retina or any other eye diseases or a diagnosis of being bipolar.

We suggest to use them during daylight hours.

Please ask your Acupuncturist!

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