

Mayo Clinic Minute: Lift your mood with light therapy

Video	Audio
	Want to flip the switch on feeling down during the winter months? Dr. Craig Sawchuk suggests giving light therapy a try.
Craig Sawchuk, Ph.D. Psychology Mayo Clinic	"Light therapy is one of our effective treatments that is actually really easily tolerated. Rarely do people have side effects of it. And it's a pretty portable type of intervention that we can do."
	Light therapy is thought to affect brain chemicals linked to mood and sleep, easing symptoms of seasonal affective disorder.
	Dr. Sawchuk recommends using a 10,000-lux light within the first hour of waking up for about 20 minutes.
	"That tends to be about the sweet spot of exposure to that light. You want to make sure that the light is sitting probably about an arm's length, or so, in front of you. You don't have to stare directly at the light, but you want to keep your eyes open. So you could be doing things like having breakfast or a cup of coffee, watching TV, you know, working online or scrolling through things."
	Continue light therapy into the spring or whenever your mood starts to naturally improve.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.