

Mayo Clinic Minute: How change in sunlight can affect your mood

Many parts of the U.S. – and the world — will soon "fall back" as daylight saving time ends and clocks fall back one hour. That means an extra hour of sleep – and earlier sunrises and sunsets.

How does less sun affect your mood and level of energy? Dr. Jesse Bracamonte, a family medicine physician at Mayo Clinic, says sunlight can influence the levels of neurochemicals in the brain.

Video

Audio

	"People can feel more tired with less light due to the neurochemical or brain hormonal changes that occur with a change of season or less light. A common chemical that regulates that is called serotonin."
	But what happens when you have less exposure to the sun and your serotonin levels are off?
1:24 – 1:34 Jesse Bracamonte, D.O. Family Medicine Mayo Clinic	"Your mood may be off, your sleep may be off, the way you regulate your mood cycle — whether you're happy or you're feeling a bit down — can be off. And that can have a downstream effect to sway how you feel."
	Mayo Clinic's Dr. Jesse Bracamonte says there are things you can do to feel better.
	"To avoid the sluggish days, things you can do, exercise. Get plenty of rest. Make sure you have a balanced diet such as with fruits and veggies, drinking an adequate amount of water and getting sunlight when you can."

	And consider a light therapy lamp. They are designed to simulate natural sunlight.
	"In many cases, I do recommend light therapy for people who aren't getting enough sun to help with mood and balance those neurochemicals out. It's one of the treatments for improving moods, particularly during the gloomy season."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

VIDEO LINKS:

Light therapy

<https://newsnetwork.mayoclinic.org/n7-mcnn/7bcc9724adf7b803/uploads/2021/01/Light-Therapy-broll.mp4>

REST – woman getting into bed

<https://newsnetwork.mayoclinic.org/n7-mcnn/7bcc9724adf7b803/uploads/2022/03/B-Roll-Sleep-Young-woman-Sleeping.mp4>

Exercise – indoor tennis

<https://newsnetwork.mayoclinic.org/n7-mcnn/7bcc9724adf7b803/uploads/2022/05/Tennis-broll.mp4>

Healthy food – fruit

<https://newsnetwork.mayoclinic.org/n7-mcnn/7bcc9724adf7b803/uploads/2022/09/B-Roll-Hispanic-Woman-Making-Fruit-Salad.mp4>