



This lamp is designed to mimic spring and summer light levels.

Instructions for Use:

- Sit approximately 40-50 centimeters away, for 20-30 minutes.
- The light needs to shine on your eyes, but do not stare directly at the bulb.
- Adjust the angle of the lampshade downward, ensuring that you can still see both tubes.
- Please turn the lamp off when you are finished using it to preserve the bulb.

About Seasonal Affective Disorder:

Light therapy lamps are one mode of treatment for Seasonal Affective Disorder (SAD), also known as the “winter blues”. Please consult a health-care professional before using the lamp if you :

- Have been told you must wear sunglasses in sunlight,
- Have a medical condition including retinal disease, macular degeneration, bipolar disorder or diabetes,
- Or are taking certain medications (including, but not limited to, melatonin, thioridazine or lithium).

If you are unsure whether using the lamps is contraindicated due to a medical condition or medication you are taking, please consult your doctor first. If you experience discomfort, stop using the lamp and contact your doctor. The use of light therapy lamps should not be viewed as a substitute for seeking medical advice. Use of the lamps is at your own discretion. The University of Toronto Libraries are not liable for any health issues related to use of the lamp.

Additional Resources:

- From the Mayo Clinic: <http://mayoclinic.in/2zumuDB>
- From Northern Light Technologies: <http://bit.ly/2IM9XVR>

Feeling distressed?

Resources for students, staff, and faculty are available at: <http://safety.utoronto.ca>.

Toronto Public Health provides crisis services for the general public: <http://bit.ly/2Ahs2OT>

Questions? Please contact nk.gill@utoronto.ca

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