

For immediate release

February 15, 2018

SAD? Halton Hills Public Library now offers light therapy lamps to help combat the winter blues

HALTON HILLS, ON – Halton Hills Public Library today announced the arrival of Light Therapy Lamps to brighten up the dreary days of winter.

For many people, the first signs of shorter days in fall can be stressful. For no apparent reason, feelings of depression, irritability and lack of energy can appear out of nowhere in late fall and disappear as quickly as they came in spring.

If you feel this way every year, you are not alone. The culprit could be Seasonal Affective Disorder. Symptoms can run the gamut from general malaise throughout the winter months to full-blown depression.

“Some people are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring. This condition is called “Seasonal Affective Disorder,” or SAD.” – Canadian Mental Health Association

The exact cause of SAD is still unknown. Theories include a drop in the brain’s serotonin levels (the feel-good chemical in your brain) due to lack of sunlight, or imbalance of melatonin, which regulates sleep levels. Whatever the cause, it can be debilitating and even embarrassing to admit to family and friends. Telling someone, a doctor or other medical professional, can make such a difference.

One of the aids to this disorder has been around for some time, and has seen real success. This is called, “light therapy”. Research has shown that 60 – 70 percent of patients with SAD improve with daily exposure to bright, artificial light.

For the first time, the Halton Hills Public Library has obtained light therapy lamps and is offering them free of charge for community use.

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“We are excited to provide these devices to our patrons,” said Lee Puddephatt, Community Librarian. “Many of us get the winter blues to some extent, and it’s great to be able to offer this supportive technology. While they are here, people can look for a great read or movie, or engage in social interaction as well...all these things can help to lift spirits during the darker months.”

Patrons may enjoy the benefits of light therapy for 20-30 minutes while reading a book, a magazine, or using a computer. The lamps are available at both branches in Acton and Georgetown. They are for in-library use, on a first-come, first-served basis.

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About the Halton Hills Public Library

The Halton Hills Public Library (HHPL) provides free access to a wide-range of books, music, movies, online courses and so much more. Professionally-trained Library staff go beyond Google in the search for information. Every week, approximately 5,200 people come through the Library’s doors, in addition to the more than 7,500 who visit electronically. For more information on programs, services, hours of operation and access to the online catalogue, visit www.hhpl.on.ca.

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