

DID YOU KNOW?



SAD only occurs in 1-3% of adults and it is more prevalent in women

Seasonal Affective Disorder



What is SAD?

Seasonal Affective Disorder is a type of depression that occurs at a specific time of the year, typically between fall and winter months when there is less natural sunlight.



What are the symptoms?

SAD patients have symptoms such as:

- Low mood
- Loss of interest
- Difficulties with concentration
- Loss of energy and fatigue

- Patients with regular depression tend to experience a loss of appetite, weight, and sleep.
- Patients with SAD however, experience increased sleep and an increased appetite.
- SAD patients also experience intense daytime drowsiness, despite the increase of sleep duration.



Light therapy mimics natural outdoor light and it can cause a change in our brain chemicals that are linked to mood.

How is it treated?

- SAD can be treated with light therapy (phototherapy). This involves individuals sitting in front of a light box between 30-120 minutes per day.
- It is found to be most effective when done in the morning, and when it done continuously for the duration of the winter.

What are the causes?

Circadian Rhythm

A biochemical imbalance can occur in the brain when there is less daylight in the day. This can disrupt your body's internal clock, leading to feelings of depression.

Serotonin levels

Reduced sunlight can cause a drop in serotonin levels, which are neurotransmitters that affects your mood.

Melatonin levels

Reduced sunlight can cause an increase in melatonin, which play a role in sleep patterns and mood.

How to cope

Exercise regularly:
Exercise increases serotonin levels.

Confide in someone:
Talk to those you feel close with.

Activities:
Do things that bring you joy.

Seek help:
If symptoms become too difficult to deal with on your own, speak to a mental health professional.