

## Using daylight therapy lamps to combat the winter blues

**Ulm, 27 February 2020 – daylight is essential. If we do not get it, especially during the autumn and winter months, production of the happy hormone serotonin is reduced, impacting our sense of well-being significantly. Beurer offers different daylight therapy lamps in order to combat autumn and winter depression. The fact that those affected can benefit from non-pharmaceutical treatment, such as light therapy, has also now been confirmed by the latest results of the preliminary HTA report commissioned by the Institute for Quality and Efficiency in Healthcare (Institut für Qualität und Wirtschaftlichkeit im Gesundheitswesen, IQWiG).**



When the sun shines for shorter periods in the darker months of the year and people spend more time inside, the effects of a lack of light may become apparent. Patients complain about subdued mood, a lack of drive or a loss of interest, joylessness, needing to

sleep more or weight gain. According to the IQWiG, autumn and winter depression occurs more frequently in northern countries than in southern regions. Surveys in Austria and Switzerland have shown that around 2.5% of the population there is affected each year. For the HTA report, the scientists evaluated 21 random, controlled studies on light therapy with a total of 1,441 adults, and discovered significant indications of the short-term benefit of daylight therapy lamps on depression-related symptoms. This confirms that light therapy can have a positive impact when it comes to the degree of severity and reducing depression in the autumn and winter. The [complete report](#) has been published on the IQWiG website.

### Recharge your batteries with daylight therapy lamps

To give yourself a boost and compensate for the effects of a lack of light, you can use daylight therapy lamps to counteract the winter blues. Beurer provides a wide range, including the compact TL 20 and TL 30 models for

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your desk, the TL 50 and TL 70 in a modern, round design, the TL 80 and TL 90 with a particularly large illumination surface, or the 2-in-1 TL 100 daylight therapy lamp with mood light function and innovative app connection.

The Ulm-based health specialist is also expecting to launch another device on the market in March 2020. The **TL 45 Perfect Day** daylight therapy lamp is the ideal illumination system for an active day. The product has a light intensity of 10,000 Lux (distance of 20 cm) and three colour temperatures. It supports different working and resting phases during the day using the Therapy, Active and Relax modes.



Therapy mode  
6,500 kelvins  
For more energy



Active mode  
5,000 kelvins  
For concentration



Relax mode  
3,000 kelvins  
For relaxation

In this way, the TL 45 simulates the natural course of the sun and ensures a regulated day-night rhythm. Thanks to the light therapy, the product can therefore promote a fresh start first thing, concentration when at work throughout the day, or help finish the day off feeling relaxed. With its touch operation and the energy-saving LED technology, the daylight therapy lamp is particularly user friendly and the perfect aid at home or at work.

Further information on the topic of daylight can be found at: [www.beurer-tageslicht.de](http://www.beurer-tageslicht.de).

## About Beurer

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today the long-standing company leads the way in several product fields in this segment; the company is the market leader in Europe in the area of flexible heating and the market leader in Germany for blood pressure monitors and massage products. Beurer is also one of the leading European suppliers of personal scales. This portfolio is constantly being developed further in all areas and offers products for use at home. It includes personal scales, kitchen scales, luggage scales, air cleaners, air dehumidifiers, air washers, thermo hygrometers, aroma diffusers, blood pressure monitors, blood glucose monitors, mobile ECG devices, hearing amplifiers, pulse oximeters, nebulisers, clinical thermometers, a sleep sensor, wake-up lights, a snore stopper, brightlights, infrared lamps, TENS/EMS devices, massage products (foot massage, Shiatsu massage, massage chairs, massage cushions, fasciae massage, compression leg therapy), a relaxing aid, hair removal devices (classic, IPL, laser), FaceCare and HairCare products, a cellulite releaZer, cosmetics mirrors, manicure/pedicure sets, a BabyCare line, basal thermometers, activity sensors, an activity watch and heart rate monitors. USB ports and *Bluetooth*<sup>®</sup> enable an increasing number of Connect products to connect to the growing Beurer app world and/or software. The family-run company operates a global distribution network in more than 100 countries and currently has a workforce of around 1000. Further information is available at [www.beurer.com](http://www.beurer.com).