

Presse Release

Soak up the light to combat the winter blues – with daylight therapy lamps from Beurer

Ulm, 7. November 2025 – In the grey, dark autumn and winter months, natural daylight is often lacking. The result can be a drop in mood, accompanied by tiredness, lack of motivation, and sleep problems. An easy way to counteract this winter blues is light therapy with a daylight therapy lamp from Beurer.

Whether in the office, working from home, or relaxing at home – Beurer daylight therapy lamps bring back the missing light into everyday routine. The principle: Usage can reduce the production of the sleep hormone melatonin while simultaneously promoting the release of serotonin. This increases energy levels and personal well-being. For a lasting effect, usage over at least seven consecutive days is recommended.



Wide range of daylight therapy lamps

With a wide range of products for a modern and healthy lifestyle, Beurer always offers the right solution: from the compact Daylight Therapy Lamp [TL 35](#) for the desk, to the [TL 45 Perfect Day](#) with three colour temperatures, to the powerful Daylight Therapy Lamp [TL 95](#).

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About Beurer

Beurer was founded in Ulm in 1919 and now leads the way in several product categories. The family business is synonymous with a modern and healthy lifestyle, which is reflected in the claim "healthy. life. style." for the Beurer brand. Originally a manufacturer of heat pads and heated underblankets, Beurer has grown into an expert, full-range supplier offering more than 500 products. Today, the traditional company offers various products for use at home across its product categories of Health, Wellbeing, Beauty, Personal Care, Home, Fitness, Baby and Pet Care. These include medical devices such as blood pressure and blood glucose monitors, clinical thermometers, pulse oximeters, nebulisers, insect bite healers and products for pain therapy. The product range also covers the areas of flexible heating, weight, air, massage and recovery. What's more, Beurer offers various beauty products in the categories of facial care, body care, hair care, hair removal, manicure & pedicure, as well as a men's grooming range and electric toothbrushes in the Personal Care category. Beurer offers a range of fitness products in its "Antelope by beurer" product group. The Baby category contains products adapted to the needs of children, babies and their parents. With "Love Your Pet by beurer", Beurer offers a wide range of products for pets. The "Connect" product group includes a wide range of apps that can be combined with Beurer products and make people's everyday routine easier. Around 1800 employees worldwide and a distribution network spanning more than 100 countries contribute to the company's ever-growing success. You can find more information at www.beurer.com.