

As seen in the Daily Express

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Tried & tested

The short, dull days at this time of year leave many of us suffering from the winter blues. JOHN TRIGGS looks at six products designed to bring the light back into our lives

Light therapy boxes



Lumie Bodyclock Advanced, £99.95 (0800 052 8228 or visit www.allergymatters.com)

An alarm clock which helps beat seasonal depression by waking you up gently because it simulates the gradual increase of light at dawn. Remarkably effective. **9/10**

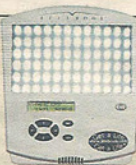


Bright Spark 5,000lux, £115 (01954 211955 or visit www.outsidein.co.uk)

Its cylindrical shape makes it more portable and versatile than the others. It can even be fixed to the top of a computer monitor. **8/10**

The Litebook, £211.91 (0800 052 8228 or visit www.allergymatters.com)

A mobile light box about the size of a portable CD player. Perfect for those who need to take their light with them and useful for beating jet lag. **7/10**



Philips Brightlight, £200 (Boots or call 0845 601 0354 for stockists)

More stylish than most light boxes with an adjustable dimmer switch so you can change the intensity if it's getting too much. **8/10**



Apollo2 10,000lux, £212.00 (01954 211955 or visit www.outsidein.co.uk)

The original light box designed to help people suffering from the winter blues or seasonal affective disorder (SAD). Bright light decreases the levels of sleep-inducing melatonin in our

brains and increases the amount of serotonin, the feel-good chemical.

Available in a range of finishes which look like something out of woodwork class.

7/10



Solarmax Visor, £160 (01954 211955 or visit www.outsidein.co.uk)

Shines six white LEDs into your face so you can top up on light levels while doing household chores. Shamefully unstylish and impractical. **5/10**

