

Red Light Therapy Can Help Your Seasonal Affective Disorder

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Winter is a tough time for a lot of people. It can be hard to get outside, and when we go to the office before the sun comes up and leaves after it sets, it's even harder to get sunlight. The winter blues get the best of us, and most days we don't even want to get out of bed. If you are looking for a way to help your Seasonal Affective Disorder (SAD) and boost your mood, red light therapy is a great solution to keep you happier and energized.

What is Red Light Therapy?

Red light therapy is a type of phototherapy that uses red low-level

wavelengths of light to treat skin conditions and other medical issues. It is also known as red LED light therapy or red infrared light therapy. Light therapy dates back centuries, but red light therapy is a relatively new development.

How Does Red Light Therapy Work?

Red light therapy works when it comes in contact with the skin, increasing blood flow and circulation. The red light also helps to stimulate collagen production, which is important for keeping skin looking youthful and healthy.

Improve Seasonal Affective Disorder

Red light therapy helps to ease SAD, a type of depression that occurs during the winter months, when there is less natural sunlight. [Studies are showing](#) that red light therapy can be as effective as an antidepressant for treating seasonal affective disorder, effects can be noticed after just one session!

Coming in for treatment will have a number of benefits for your mood and energy levels. Regular red light therapy treatments help to improve sleep quality, which is important for overall health and well-being. This is because light therapy can regulate your melatonin levels, giving you more energy during the day and allowing you to wind down easier at night. Poor sleep quality is linked to a number of mental health problems, including depression and anxiety.

This all works by red light therapy acting as a natural replacement for the sunlight that you are missing during winter, without getting harmful UV rays! Light stimulates the mitochondria in the body, boosting metabolism, increasing energy levels and decreasing inflammation.

What Are The Other Benefits of Red Light

Therapy?

On top of providing a mood and energy boost, red light therapy has many benefits. One of the most common uses is to [decrease down time](#) in athletes by speeding up tissue repair and wound healing. Red light can also help overall skin health and treat different skin conditions. It can help the body build collagen levels, giving you a younger look and improving complexion.

Start Fighting Seasonal Affective Disorder with Red Light Therapy

If you are looking for a way to improve your mood and energy levels, red light therapy is a safe and effective option. Along with all these benefits, it is non-toxic and non-invasive, and red light is not associated with any side effects. Red light therapy can be used in conjunction with other treatments, such as antidepressant medication, to help you feel your best. If your eyes are sensitive to light or if you take medication that has a history of causing photosensitivity, Carbon World Health recommends consulting your physician or our Medical Director, Dr. Nestor Rodriguez, M.D., before starting treatment.