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The light touch that keeps SAD feelings at bay

THERE'S no doubt the darker mornings and gloomy autumn weather can have a noticeable effect on our mood.

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Luminette is a new device, which can help boost mood and energy [www.sad-lighthire.co.uk]

It seems the lack of sunlight means most of us find it harder to get going and figures show that in the UK one in 50 people suffers from seasonal affective disorder (SAD).

Light therapy is often recommended for the [symptoms](#) that include stress, anxiety, lethargy and fatigue and now there's a really simple way to get your fix. Luminette is a new device, worn just like a pair of glasses, which can help boost mood and energy.

Unlike traditional light therapy treatments, which require the user to sit in front of a light box for 30 minutes per day, the Luminette system, £199, enables the wearer to get their therapy on the move.

Simply pop them on when you wake and carry on with [your routine](#) while the battery operated light device gets to work ([sad-lighthire.co.uk](#)).

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