

SAD Lamp

Activa - Seasonal Affective Disorder (SAD)



ACTIVATE YOURSELF!

Seasonal affective disorder (SAD), also known as winter depression, or seasonal depression, is a mood disorder which affects people who have normal mental health throughout the year experience depressive symptoms in the winter or autumn year after year.

Symptoms can be:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating and processing information

Phototherapy has been used for over 20 years to treat SAD with numerous studies citing its effectiveness. Light therapy is recommended as a first-line treatment for SAD in international clinical guidelines.

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FEATURES

- Full-spectrum high colour rendering T8 fluorescent lamp
- Colour rendering: Ra98/Class 1A
- Colour temperature of 6500K (daylight haracteristic)

APPLICATIONS

- For all applications where natural colour rendering is required
- Supports the treatment of Seasonal Affective Disorder (Winter Depression) SAD

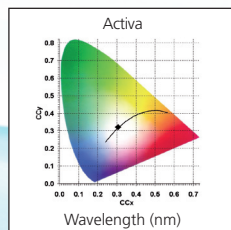
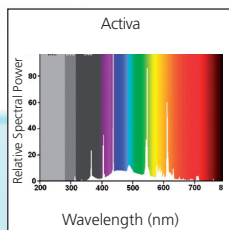


ACTIVA-SEASONAL AFFECTIVE DISORDER (SAD) T5

Code	Description	Wattage		Nominal Lamp		CRI Group	Cap	Color Temp.	Luminous Flux	Packaging Qty.
				Voltage	Current					
0002240	FHE 14W / T5 / Activa	14W		86V	165mA	1A	G5	6500K	1090 lm	25
0002241	FHE 28W / T5 / Activa	28W		166V	170mA	1A	G5	6500K	2400 lm	25
0002242	FHE 35W / T5 / Activa	35W		205V	175mA	1A	G5	6500K	3000 lm	25
0002243	FHO 54W / T5 / Activa	54W		120V	455mA	1A	G5	6500K	4300 lm	25

ACTIVA-SEASONAL AFFECTIVE DISORDER (SAD) T8

Code	Description	Wattage		Nominal Lamp		CRI Group	Cap	Color Temp.	Luminous Flux	Packaging Qty.
				Voltage	Current					
0002218	F18W / T8 / ACTIVA	18W		57V	370mA	1A	G13	6500K	1000 lm	25
0002219	F36W / T8 / ACTIVA	36W		103V	430mA	1A	G13	6500K	2300 lm	25
0002220	F58W / T8 / ACTIVA	58W		110V	670mA	1A	G13	6500K	3700 lm	25
0002188	F70W / T8 / ACTIVA	70W		128V	700mA	1A	G13	6500K	4600 lm	25



The number of sunny hours in one year-Europe

