



Lite up your life

By GREG MICHETTI -- CNEWS Tech News

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Do the long Canadian winters get you down?

It sure gets ME down. The darkness, snow and cold are depressing and in fact, 30% of North Americans suffer from (SAD) or Seasonal Affective Disorder - a.k.a. the Winter Blahs.

While I was hopeful when I saw and heard about the Litebook - a portable, radio-sized device that emits a bright light and therefore provides the "daylight" we miss during the winter night - I was still suspicious. This sort of touchy-feely stuff doesn't really work, I say.



Litebook

But hang on. After using the Litebook (check out the Litebook Company at www.litebook.com) beside my PC for about an hour in the morning and an hour or so in the evening, I really feel there is something to this.

The Litebook (SRP is \$259) is a portable LED light-therapy device designed to provide specific beneficial rays of the sun, without any harmful UV. It now sells in 29 different countries and deals with SAD by making it, well, lighter. While I don't have any scientific test to back my statements, I think this thing works. At any rate, for those who DO suffer from depression, you know that anything to help you overcome it is worthwhile.