As Days Shorten, Carex® Prepares for Dark Days Ahead
Winter Blues Affects Nearly 45 Million North Americans

NORWELL, MA. — November 1, 2015, marks the beginning of daylight savings. Each year, the shorter, darker, winter days cause nearly 45 million individuals to experience symptoms of the winter blues. On the bright side, Carex Health Brands, a leading provider of bright light therapy systems, is working to educate consumers about all-natural, safe remedies to counteract symptoms caused from lack of sunlight.

"During the winter, consumers may experience weight gain, low energy, sadness, social withdrawal or irregular sleeping patterns," explains Peter Walker, product manager at Carex Health Brands. "These symptoms are a result of light deprivation caused by less available sunlight during the winter and can often be effectively remedied using short daily doses of bright light therapy in the morning."

Proven effective in countless studies, bright light therapy is the number one recommended treatment for the winter blues by health professionals and experts around the world.

Carex Health Brands offers three clinical bright light therapy lamps for use at-home or on-the-go. These products include: the Day-Light Sky, Day-Light Classic and the newly released Day-Light Classic Plus. Each lamp provides clinically-recommended 10,000 LUX and 99.3% UV-filtered white light. Bright Light Therapy will allow consumers to experience relief from the winter blues in just 20 to 30-minute treatment sessions.

Carex’s bright light therapy products can be purchased through many online retailers including Wayfair.com, Amazon.com or through Carex’s website. For more information please visit www.carex.com.

About Carex Health Brands®
Carex Health Brands®, a wholly owned subsidiary of Compass Health Brands™, markets its products under the Carex®, Apex®, Bed Buddy, TheraMed, ThermiPaq® and AccuRelief™ brand names. The company’s brands have achieved broad customer awareness in the marketplace and are used by home care patients, the mobility challenged, senior citizens, and members of the general public. Carex® is the market leader in branded home medical equipment sold through the drug store chains, mass merchants, DME dealers and grocery retailers. Also, with the recent launch of the AccuRelief™ product line, Carex® is now the top provider of pain management products in the market. In addition, Carex® offers one of the broadest product lines in hot/cold therapy and medication compliance. Carex® products are also fully stocked by the drug wholesalers who service this retail market. For more information about the company and its products, visit www.carex.com.

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1. **What is bright light therapy?**
   Bright light therapy uses daily, scheduled exposure to intense levels of artificial bright light. Researchers have deemed the fluorescent white light box as the “gold standard” for bright light therapy.

2. **What is bright light therapy used for?**
   Researchers have studied bright light therapy for the treatment of:
   - The Winter Blues
   - Disrupted sleeping patterns
   - Jet Lag/Shift Work Adjustment

3. **What are the Winter Blues?**
   The Winter Blues are a seasonal condition that can occur as days grow shorter. Symptoms may include: feeling down, moodiness, low energy, fatigue, lethargy, weight gain, social withdrawal or disrupted sleeping patterns.

4. **How prevalent is the Winter Blues?**
   The Winter Blues has been estimated to impact as many as 15% of the North American population or about 45 million people. Women are twice as likely to suffer as men.

5. **How do people know if they could benefit from using a bright light system?**
   If they experience symptoms of the Winter Blues as days grow shorter or suffer from circadian sleep problems, travel frequently or are a shift worker, then bright light may be a viable option. Before starting a bright light therapy regimen, they should consult their physician.

6. **Has bright light been shown to work?**
   Yes, since the first bright light research therapy study in 1984, there have been over 60 controlled studies published by researchers around the world.

7. **How do bright lights work?**
   Two main hypotheses are postulated:
   - Bright lights reset the daily body clock (i.e., circadian rhythms) which, for some, tends to get out of balance during the winter; or
   - Bright lights affect the pineal gland and help suppress melatonin production (this makes you sleepy) and increase the level of the serotonin (this increases energy) which would otherwise decrease in the fall and winter.

8. **How long does it take to experience the benefits of using bright light therapy?**
   Response is usually very quick, often with noticeable improvement within one week and increasing response even after three or four weeks.

9. **Could people get the same benefits by increasing the lighting in my home and office?**
   Yes, people may benefit with increased exposure to normal room lighting. However, research shows that much higher light intensities are often required to produce a therapeutic effect. Regular fixtures usually cannot raise ambient lighting above 600 LUX.

10. **What about spending more time outdoors -- would that work?**
    Yes, people can satisfy their need for light by spending more time outdoors in the fall and winter, if it can be done regularly and for extended periods. However, this can be difficult on an “office schedule”. Using a bright light system is often the most convenient way to get the light needed.

11. **Are there any side-effects from using bright light systems?**
    There may be, but using a properly constructed bright light system, as recommended, is considered very safe, and few people have to stop use due to side effects. Temporary side effects, such as slight nausea, may occur, but these should pass quickly as users adjust to the high intensity of light.
    Other side effects - headache, eye strain, agitation or insomnia are usually due to therapy sessions being too long. These should disappear when the light “dosage” is set to the optimal level (usu. 20-30 mins).

12. **Are bright lights medically approved?**
    At this time, there are no bright light therapy systems approved as “medical devices” by the FDA.

13. **Are lights covered under medical insurance, and do I require a prescription?**
    Many private insurance companies recognize the benefits of light therapy and cover the purchase of a bright light system with a prescription from a doctor.
    Bright lights are coded E0203. Medicare does not offer reimbursement for the Day-Light, but they are available widely for purchase without a prescription.
14. Why do research experts & medical doctors recommend Day-Light systems?
Day-Lights, manufactured by Carex Health Brands, have been used in clinical trials across North America since 1989. Day-Light technology was selected by Dr. Raymond Lam, Medical Director for the Mood Disorders Program at the University of British Columbia Hospital, for use in a three-year, 200-person controlled study of bright light therapy. Dr. Lam says he selected Day-Lights because “they use the latest technology, are of excellent quality, durability and aesthetics, and meet all recommended safety standards. The company also has a track record of dependability.”

15. What is the correct way to use Day-Lights for therapy sessions?
For bright light therapy sessions, people would use the Day-Light each morning for 20-30 minutes or as directed by a physician. To receive 10,000 LUX, they need to sit approximately 12 to 14 inches from the lamp with eyes directed toward the center of the screen with the screen tilted at a 30° angle. During the session, users do NOT look directly into the light, but read, eat breakfast or use their computer.

16. Why do people need 10,000 LUX?
10,000 LUX for 30 minutes in the morning is what experts recommend as a starting dosage for bright light therapy. This time may be adjusted, up or down, based on the users’ response. It is possible to get the same benefit using as little as 2,500 LUX for two hours per day, but this may be much less convenient.

17. Can the Day-Light be used in other ways?
The quality of the light emitted by Day-Lights is very pleasant and the lamps can be used for nontherapeutic purposes. Positioned farther away than for light therapy or directed away from the face, they are excellent ambient or task lamps.

18. Do Day-Lights cause tanning?
No, they do not cause tanning because the ultraviolet (UV) rays that cause tanning are filtered out. Medical experts caution against using unfiltered bright lights for extended periods of time as they may cause ocular damage.

19. Are Day-Lights expensive to buy & maintain?
Quality-made, name-brand bright light systems can cost $125 or more. Day-Lights are competitively priced and they conform to all design guidelines recommended by medical experts for bright light therapy equipment:

Day-Lights:
- Meet all safety standards (UL & C-UL Listed, 99.3% UV-filtered).
- Emit the optimal 10,000 LUX “dosage” of light.
- Have been used extensively in clinical studies since 1989 and been proven effective.
- Use diffusing filters and high-efficiency ballasts that eliminate glare and light flicker, ensuring user comfort during bright light therapy sessions.
- Project light from above for maximum efficacy.
- Warranted for five years (excluding light tubes) during normal use.

Light tubes can last many years, but to maintain the 10,000 LUX intensity, we suggest they be replaced every 2 years.

20. What if the Day-Light doesn’t work for someone?
A one to four week trial period should be enough to determine if the Day-Light produces a therapeutic response. Consider vendors who offer a 30-day money-back guarantee or short-term rentals.

21. Where can I get more information?
The Center for Environmental Therapeutics (www.cet.org), a not-for-profit professional organization, that offers information and advice from leading experts in the field of bright light therapy.
The Day-Light Classic Plus, from the leaders in Bright Light Therapy, is a clinical lamp that meets every expert requirement for therapeutic use. Using the same technology as the clinically proven Classic, the Classic Plus features:

- 10,000 LUX of glare-free white light at 12”/30 cm
- 99.3% UV blocked for eye safety
- Angle and height adjustable for easy use
- Projects light above for maximum therapeutic benefit
- Treatment time - 20 to 30 minutes

Bright Light Therapy is the #1 recommended line of treatment for the Winter Blues!

The Classic Plus can also help relieve:

- Circadian Sleep Disorders
- Shift Work Adjustment
- Jet Lag
- Low Energy

Safe, natural and effective.
The **Day-Light Classic**, from the leaders in Bright Light Therapy, is the first choice for many researchers and health-care professionals around the world. This clinically tested lamp meets the stringent requirements for therapeutic treatment of the winter blues.

- 10,000 LUX of glare-free white light at 12”/30 cm
- 99.3% UV blocked for eye safety
- Angle and height adjustable for easy use
- Projects light above for maximum therapeutic benefit
- Treatment time - 20 to 30 minutes

Bright Light Therapy is the #1 recommended line of treatment for the Winter Blues!

**The Classic can also help relieve:**

- Circadian Sleep Disorders
- Shift Work Adjustment
- Jet Lag
- Low Energy

**Safe, natural and effective.**
The Day-Light Sky is the versatile and stylish therapeutic option from the leaders in bright light therapy. Featuring a smaller light enclosure than the Classic models, the Sky can be used both as a therapy and a task lamp.

- 10,000 LUX of glare-free white light at 12”/30 cm
- 99.3% UV blocked for eye safety
- Angle and height adjustable for easy use
- Projects light above for maximum therapeutic benefit
- Treatment time - 20 to 30 minutes

Bright Light Therapy is the #1 recommended line of treatment for the Winter Blues!

**The Sky can also help relieve:**
- Circadian Sleep Disorders
- Shift Work Adjustment
- Jet Lag
- Low Energy

**Safe, natural and effective.**