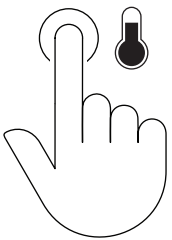


MOOD**LIGHT** Chair by Isomi

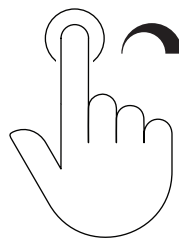
Comfort meets well-being. The MOODLight chair features a seamless birch plywood shell and a natural wool upholstered backrest.

Integrated, adjustable light therapy aims to improve energy levels, sleep patterns, and mood, creating a haven for work, rest, or reflection.

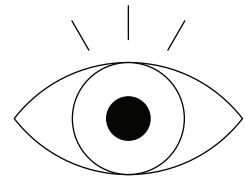
Instructions



1. Select desired light temperature by pressing the button with temperature symbol



2. Set light intensity by holding down the button with the range symbol



3. Keep your eyes open to expose retinas to the bright light therapy for 30 minutes

How Does Bright Light Therapy Work?

- Bright light therapy works by regulating levels of two hormones, serotonin and melatonin, which help control people's moods, sleep patterns and energy levels.
- During light therapy treatment, the subject sits and relaxes in front of a light box, fully integrated into the MOODLight chair, which mimics natural sunlight.
- By stimulating the pineal gland behind the eye, melatonin levels are reduced and levels of serotonin, also known as the '**happiness hormone**', are increased.
- When used consistently for around 30 minutes, light therapy has been scientifically proven to reset our circadian rhythm, also known as our body clock, to significantly improve people's sleep quality, energy levels and mood

What are the benefits of Bright Light Therapy?

- **Regulation of sleep via the Circadian rhythm**
Bright Light exposure, especially in the morning, helps reset and stabilize the circadian rhythm of the body, essential for maintaining a consistent and healthy sleep cycle.
- **Alleviation of SAD symptoms and reduction in depression symptoms**
BLT is a common and effective treatment for SAD, a type of depression that occurs at a specific time of the year, usually in winter when natural sunlight exposure is reduced.
- **Jet lag regulation and night shift workers sleep patterns**
BLT naturally harmonises a traveller's body clock with their current time zone while the effects of night shift working, proven to disrupt cortisol and melatonin levels, can also be alleviated.
- **Enhanced energy and productivity**
When days are shorter and darker we all experience reduced serotonin levels and increased melatonin secretion in our bodies. This makes us feel lethargic. BLT increases serotonin and decreases melatonin, reversing the effects of darkness.

Who can benefit from Bright Light Therapy?

- **People with depression - 16%**
"The most recent data shows around one in six (16%) adults in the UK experienced moderate to severe depressive symptoms. This is similar to rates found in 2021 (17%) but significantly higher than pre-pandemic levels (10%)."
Source: ONS: Office for National Statistics
- **People with Seasonal Affective Disorder (SAD) - 5%**
One in twenty people in the UK are diagnosed with SAD, with men more likely to be diagnosed with the condition than women.
The seasonal nature of SAD means symptoms are often overlooked or dismissed. Those suffering might not know they have the condition, or be unsure where they can turn for support.
Source: healthwatch.co.uk
- **People with poor sleep - 64%**
Nuffield Health's 2023 'Healthier Nation Index' – a survey that captures data from 8,000 UK adults – highlighted that poor sleep is still a huge issue across the UK. Of those surveyed, only 36 per cent said their sleep was 'good'.
Nuffield Health says it defines a 'good quality of sleep' as one that has 'the right balance of deep, slow-wave sleep and shallow, rapid eye movement (REM) sleep – where dreaming occurs'.
Source: Nuffield Health 2023