

## SEASONAL AFFECTIVE DISORDER (SAD)

### INFORMATIONAL RESOURCES

#### **National Organization for Seasonal Affective Disorder (NOSAD)**

<http://www.nosad.org/>

*What is Seasonal Affective Disorder?*

#### **National Mental Health Association**

<http://www.nmha.org/infoctr/factsheets/27.cfm>

*Questions and Answers about Seasonal Affective Disorder and Light Therapy*

#### **Society for Light Treatment and Biological Rhythms**

<http://www.sltr.org/>

#### **Circadian Lighting Association** (manufacturers' trade association)

[www.claorg.org](http://www.claorg.org)

### PHOTOTHERAPY UNITS

Phototherapy units can be purchased from any of the suppliers listed below. This information is provided to assist you in purchasing a phototherapy unit and does not constitute an endorsement of any individual supplier. We suggest you contact suppliers for additional information.

#### **Sparrow Healthcare Supply**

915 E Michigan  
Lansing, MI 48912  
(517) 371-2115

#### **Full Spectrum Solutions**

712 E. South St.  
Jackson, MI 49203  
888-574-7014  
<http://www.fullspectrumolutions.com/>

#### **Lites Plus**

239 Lincoln St  
Portland, MI 48875  
800-535-5610

#### **Apollo Light Systems**

352 West 1060 South  
Orem UT 84058  
800-545-9667  
Email: [info@apollolight.com](mailto:info@apollolight.com)  
<http://www.apollolight.com/>

#### **Bio-Brite, Inc.**

4350 East West Highway, Suite 401W  
Bethesda MD 20814  
800-621-5483  
Email: [biobrite@aol.com](mailto:biobrite@aol.com)  
<http://www.biobrite.com/>

#### **Light Therapy Products**

6125 Ives Lane N  
Plymouth MN 55442  
800-486-6723  
Email: [contact@lighttherapyproducts.com](mailto:contact@lighttherapyproducts.com)  
<http://www.lighttherapyproducts.com/sunbox.html>

#### **Lighten Up**

1532 Enterprise Parkway  
Twinsburg, OH 44087  
800-338-5045  
Email: [lightenup@lighten-up.net](mailto:lightenup@lighten-up.net)  
<http://www.lighten-up.net/>

#### **The SunBox Company**

19217 Orbit Drive  
Gaithersburg, Maryland 20879-4149  
800.548.3968  
Email: [info@sunbox.com](mailto:info@sunbox.com)  
<https://216.119.88.124/default.asp>

#### **Verilux**

9 Viaduct Rd  
Stamford, CT 06907  
800-786-6850  
Email: [dtudor@verilux.net](mailto:dtudor@verilux.net)  
<http://www.verilux.net/>