

5 OF THE BEST CURES FOR S.A.D.

*THE clocks going back can trigger the winter blues — a mild form of depression with symptoms ranging from difficulty in getting up in the morning to a craving for comfort food. When it becomes severe enough to interfere with everyday life, it is known as Seasonal Affective Disorder (S.A.D.) which affects about half a million people in the UK. **TANIA ALEXANDER** looks at products that may help.*



Aurora, £179.

GOOD choice if you don't want it to look too obvious.

Gives off an intense but relaxing light which can be dimmed for mood lighting once the 75-minute treatment is finished. Provides 10,000 lux at 35cm. Mail order: 0800 052 8228; www.allergymatters.com