

Ingenious Ideas

A New Lighting Solution To The Indoor Blahs

(NAPSA)—It's that time of year again when the sun hides away and we are left with the melancholy of colder days and darkened skies. The shorter days of winter and lack of sunlight are attributed to Seasonal Affective Disorder, known as the "Winter Blues."

Now you can get the benefits of natural sunlight even indoors. By simply replacing your old-fashioned fluorescent lighting or halogen lamps with full-spectrum lighting, you can instantly enhance your environment and your well-being.

Simulated full-spectrum light is color-corrected light that operates in the range of 400 to 800 nanometers. This light simulates the optical brilliance of outdoor light at noon. The secret to true-color light and optically balanced light is how close you can get to the optics of natural light. The sun at noon has a CRI (color rendering index) of 100 and a natural color temp of 5,900 Kelvin. The newest scientific readings show BlueMax Lighting compares to noon sunlight.

Full spectrum lighting can reduce glare, eye strain, fatigue, headaches, stress and even allergic skin reactions. It can also balance your wake/sleep cycles. Peo-



It's a natural: full spectrum lighting can help you look and see better.

ple who have Seasonal Affective Disorder report to their doctors a higher recovery under full-spectrum lighting. This is because when you create light that matches the optical brilliance of sunlight, the pupils in the eyes become smaller, generating clearer vision and higher perception. Full Spectrum Solutions offers products ranging from fluorescent tube replacements and reading lamps to commercial lighting and light therapy for Seasonal Affective Disorder. For more information or to order, go to www.bluemaxlighting.com.