

Full Spectrum Light Therapy

Full spectrum light bulbs are said to not only improve mood, but also energy, learning ability, and behavior. Light therapy mimics outdoor light and causes a biochemical change in the brain that lifts your mood, relieving symptoms of Seasonal Affective Disorder.

The term “full-spectrum” implies a light source that closely resembles daylight. Like natural daylight, full spectrum light bulbs produce light that is seen by the human eye in a bluish-white tint.

Where is full spectrum light therapy available on campus?

The Memorial Library on campus offers a convenient study space with full spectrum lights to enhance your library experience! This “bright” study space may be just what you need to improve your mood and increase energy. These lights are situated above a study station on the second floor of the library just past the Minnesota Studies.

Full Spectrum Lights

