

# SUN STATIONS HAVE ARRIVED AT BCIT!

The Counselling and Student Development team has initiated an institute-wide collaboration to improve student and employee well-being.

11 full-spectrum lighting stations, which can help boost low moods over the dark winter months, are now [located](#) at all BCIT Campuses. These Sun Stations are free for all BCIT community members to enjoy, and do not require sign-up.

To help ensure responsible usage, [instructions](#) and a timer accompany each station. We encourage you to discuss any concerns associated with use of these lamps with your health care provider.

Please look out for these lamps... and the inflatable palm trees that accompany each station!

## BCIT Sun Station Locations:

**TAKE A BREAK at a BCIT SUN STATION**

Sun Stations provide FREE full-spectrum lamps to help boost your low mood. Available at all BCIT campuses. No sign up required. Learn more at [bcit.ca/counselling](http://bcit.ca/counselling)

**SUN STATION LOCATIONS**  
BURNABY (SE16, SE14, SW11, SW1, SE2, NE1), ATC (LIBRARY), BMC (STUDY ROOM), AIC (WELLNESS AREA), DTC (6TH FLOOR)

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## Potential Benefits:

When used correctly, the Day-Light Sky Lamp can be an effective way to help alleviate symptoms experienced with mood and sleep related disorders during the fall and winter months or all year round. <sup>1</sup>

Bright light therapy has been used to safely treat: Seasonal Affective Disorder, the Winter Blues, PMS, Antepartum Blues, Circadian Sleep Disorders, Jet Lag, Shift Work Adjustment and Non-seasonal mood disorders. <sup>1</sup>

Clinical trials at Columbia University with over 100 SAD patients who used a 10,000 lux system with UV-filtered light diffusion and angular tilt, for 30 minutes each day, about ¾ showed major improvement of depressive symptoms. <sup>2</sup>

## Recommended Protocol for Light Therapy:

Keeping in mind that everyone is unique, experts recommend beginning with a regime of bright light therapy treatments for 30 minutes a day (morning time is best) at the 10,000 LUX setting – this is indicated as HIGH on the SUN STATION lamps. If this is uncomfortable or impractical, you can adjust the time, frequency, and/or intensity of how you use the lamp to your needs. It is also important to bring any concerns about the safety or recommended protocols for using these lamps, to your health care provider as soon as possible.

## Learn More About Light Therapy:

- [Light Therapy FAQs](#)
- [2009 Research Study by Kent et al.](#)
- [Mayo Clinic Treatment Recommendations for Seasonal Affective Disorder](#)
- [Columbia University Q & A on Bright Light Therapy](#)

## Sun Station Use Instructions:

# LIGHT UP!

## @ BCIT SUN STATIONS

\* 7 Locations on Burnaby Campus

Brought to you by Counselling and Student Development  
Learn more at [bcit.ca/counselling](http://bcit.ca/counselling)

NOTICE: If you have ocular or retinal pathology, diabetes, bipolar disorder, light sensitivity, insomnia, or are using any medications that may increase light sensitivity - consult with your doctor PRIOR to using these lights



**STEP 1**



Adjust the light to the desired angle for your height (note: optimal distance is 11" (28cm) away from your face - about an arm's length).

**STEP 2**

Press the small button on top of the timer to turn the light on. The lamp is already pre-set for best results.



**STEP 3**



Do not look directly at the light. Keep your eyes open, gaze down, and body angled slightly towards the lamp.

**STEP 4**

Continue with your desired activities under the glow of the lamp. It will automatically shut off after 30 mins - the recommended daily use limit.



Return to use daily or as needed for sustained benefits.  
If you notice any adverse effects or have additional questions, contact (604)432-8608 to speak with a doctor or counsellor.

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