Seasonal Affective Disorder in Summer

How Too Much Sun Affects Circadian Rhythm

Daily Light Habits and Better Sleep

Who Is at Risk for Seasonal Depression

Moonlight, Sleep, and Nature

Practical Tips for Mood and Wellness

welcome back when we think of seasonal welcome back when we think of seasonal affective disorder um affective disorder um you know we usually think wintertime you know we usually think wintertime when people are kind of huddled indoors when people are kind of huddled indoors um you know and maybe you get um you um you know and maybe you get um you know sad and depressed and things like know sad and depressed and things like that but that but you know as the temps heat up here in you know as the temps heat up here in the valley people also the valley people also experience it in the summertime so dr experience it in the summertime so dr denise warden with the arizona denise warden with the arizona naturopathic medical association joins naturopathic medical association joins us this morning with some tips us this morning with some tips so good to see you thank you for being so good to see you thank you for being here dr ward good morning so this is a here dr ward good morning so this is a real thing this is a real thing real thing this is a real thing because i always think about the winter because i always think about the winter time as well because it's so dark you time as well because it's so dark you know a lot of people they don't have as know a lot of people they don't have as much sunshine much sunshine right but in the in the summer for us in right but in the in the summer for us in arizona we get too much sunlight we arizona we get too much sunlight we don't have enough don't have enough darkness and so that tells our circadian darkness and so that tells our circadian rhythm rhythm rhythm our internal clock we don't know night our internal clock we don't know night and day so we don't and day so we don't trigger our production of melatonin trigger our production of melatonin serotonin the happy hormone gets serotonin the happy hormone gets confused confused confused so the body doesn't know what to do it's so the body doesn't know what to do it's the same the same idea but it's that too much sun affects idea but it's that too much sun affects us we need more darkness us we need more darkness how interesting so how do we adjust to how interesting so how do we adjust to that how do we that how do we you know add more darkness to our day you know add more darkness to our day right well not even necessarily in the right well not even necessarily in the day we've got to just know that we still day we've got to just know that we still need some sunlight need some sunlight during the day about 15 minutes take during the day about 15 minutes take your sunglasses off so the body and the your sunglasses off so the body and the brain says all right it's day brain says all right it's day but especially in the evening when we're but especially in the evening when we're starting to wind down we should have starting to wind down we should have uh the house darker we also blackout uh uh the house darker we also blackout uh curtains are very important for uh curtains are very important for uh nighttime because nighttime because any light if you could have to go to the any light if you could have to go to the restroom in the middle of the night that restroom in the middle of the night that moment of moment of that flash of light turning on that that flash of light turning on that light signals the brain light signals the brain wake up and even though you might get wake up and even though you might get back to sleep you're not going to get a back to sleep you're not going to get a deep sleep deep sleep yes that's something to think about too yes that's something to think about too because the sun is coming up earlier and because the sun is coming up earlier and earlier now earlier now right so the sunlight's coming through right so the sunlight's coming through the window and a regular schedule is the window and a regular schedule is very important when we have people who very important when we have people who are suffering with this kind of are suffering with this kind of depression seasonal depression depression seasonal depression you need to go to bed at the same time you need to go to bed at the same time wake up at the same time in the morning wake up at the same time in the morning especially on weekends don't alter that especially on weekends don't alter that when you do the body says i don't when you do the body says i don't understand so who is at risk understand so who is at risk is anyone at risk well females are more is anyone at risk well females are more at risk at risk it's almost three to it's three out of it's almost three to it's three out of

women will get it out of one to one male women will get it out of one to one male we don't understand why we think it's we don't understand why we think it's something hormonal we also know from 18 something hormonal we also know from 18 to 35 years old to 35 years old is more at risk so the older you get the is more at risk so the older you get the less risk that you have less risk that you have another interesting thing any mental another interesting thing any mental disorder that you've had disorder that you've had or someone in your family puts you at or someone in your family puts you at risk and living closer to the equator risk and living closer to the equator which is interesting there's more which is interesting there's more sunlight sunlight sunlight that's another risk factor and we're that's another risk factor and we're about in arizona about 2 300 miles away about in arizona about 2 300 miles away that sounds far apart but not really we that sounds far apart but not really we get get get more sunlight and another trick is more sunlight and another trick is go out in the moonlight it's called the go out in the moonlight it's called the transylvania effect yellow just did a transylvania effect yellow just did a big study big study and when it's full moon we don't go to and when it's full moon we don't go to sleep as easily sleep as easily we wake up more often we don't get a we wake up more often we don't get a deep sleep and we have shorter sleep deep sleep and we have shorter sleep so get back out in nature let the body so get back out in nature let the body know know know night and day dr we're just about out of night and day dr we're just about out of time here can i say something that's a time here can i say something that's a little bit off subject little bit off subject this is the best zoom picture i think this is the best zoom picture i think i've ever seen what kind of equipment i've ever seen what kind of equipment are you using are you using it's amazing wow i'm just using my my it's amazing wow i'm just using my my camera on my camera on my is that a piece of artwork it is a piece is that a piece of artwork it is a piece of artwork yeah it's beautiful of artwork yeah it's beautiful you guys are great people listen to you guys are great people listen to music you want to shift your mood music you want to shift your mood for inexpensive listen to music get your for inexpensive listen to music get your melatonin checked melatonin checked look at your vitamin d and your b look at your vitamin d and your b vitamins there's many things that you vitamins there's many things that you can do can do exercise for moderate in minimum exercise for moderate in minimum depression works just as well as depression works just as well as psychotherapy and medications psychotherapy and medications again natural ways get back and eat the again natural ways get back and eat the right diets less sugar right diets less sugar less carbs and more salmon walnuts and less carbs and more salmon walnuts and flax seeds there you go dr warden thank flax seeds there you go dr warden thank you so much for your time this morning you so much for your time this morning great talking you're a ray of sunshine great talking you're a ray of sunshine yeah she's great yeah she's great we got to have her back up in a good way we got to have her back up in a good way yeah and such a yeah yeah and such a yeah the good sunshine not the kind that's the good sunshine not the kind that's making us depressed making us depressed