

## **Running on empty**

**Learn how to keep your energy up all winter long**

By Helen Buttery

Are you dragging your heels under the mammoth weight of your winter coat? Beat the cold-weather blahs with these easy energy boosters.

### **Turn On the Daylight**

Rising before the sun can get you down. Many Canadians suffer from "winter doldrums," explains Dr. Michael Terman, Professor of Psychiatry at Columbia University and coauthor of a recent study that reports that simulating the dawn using different technologies can help curb the winter blues. As a first step, Terman recommends 30 minutes of bright light therapy when you wake up. While reading your morning paper, turn on the Day-Light (a light box that costs US\$199.95 at the Centre for Environmental Therapeutics).

Mimicking sunlight when it's still dark outside fools your internal clock into thinking its time to go, go, go!