

Seasonal Affective Disorder (SAD) Symptoms

Change in Sleep Patterns

- oversleeping but not refreshed
- cannot or reluctantly get out of bed
- require afternoon naps

Depression

- feelings of despair, misery, guilt, anxiety, hopelessness, etc.
- normal tasks become frustratingly difficult
- withdrawal from friends and family
- avoiding company
- crankiness or irritability
- lack of feeling/emotion
- constant state of sadness

Lethargy

- decreased energy
- everything an effort
- decreased productivity

Physical Ailments

- joint pain
- stomach problems
- lowered resistance to infection
- weight gain
- premenstrual syndrome (worsens or only occurs in winter)

Behavioral Problems

- appetite changes (usually increased appetite)
- carbohydrate craving
- loss of interest in sex
- difficulty concentrating
- not accomplishing tasks