

CONTACT INFORMATION

NCW Libraries
Michelle McNiel,
Public Relations Specialist
509-663-1117 ext 147, 509-679-8002c
mmcniel@ncwlibraries.org

FOR IMMEDIATE RELEASE

NCW LIBRARIES NOW OFFERS LIGHT THERAPY LAMPS

NCW Libraries has added a collection of light therapy lamps to its [Library of Things](#).

The [HappyLight Touch Plus lamp](#) provides UV-free light with 10,000 lux intensity with adjustable brightness and a timer.

The lamps can be checked out for up to 28 days with a library card, and can be picked up and returned to any of the library district's 30 branch libraries in Chelan, Douglas, Grant, Okanogan and Ferry counties.

Sunlight is an essential ingredient for health, and many people don't get enough of it. Not getting enough light each day can affect mental health, mood and sleep.

Light therapy lamps are one way to bring the benefits of daylight safely indoors. Bright light therapy has been shown to boost mood, increase energy, enhance mental focus, and improve sleep.

NCW Libraries' Library of Things is a collection of non-traditional items that can be checked out from the library. The collection includes nature backpacks, snowshoes and poles, telescopes, Wifi hotspots, the Washington State Discover Pass, family passes to Ohme Gardens and the Wenatchee Valley Museum & Cultural Center, and more.

Visit the library's website www.ncwlibraries.org and find the Library of Things under the Resources tab.

MORE INFORMATION

www.ncwlibraries.org
[Library of Things](#)
[Reserve a therapy lamp](#)