Here are some strategies for understanding what you read:

SAD, or seasonal affective disorder, is a specific type of depression that affects people at the same time each year - autumn and winter. During spring and summer people with SAD feel well.

What causes SAD?

Experts believe SAD is related to a lack of exposure to daylight, which explains why people feel well during spring and summer and only start experiencing problems when the days get shorter.

What are the symptoms?

Many people complain of feeling miserable, lacking in energy, being tired, having low spirits and feeling depressed. Some also find their sleep is disturbed, they eat less or more than usual and they have no sex drive. Symptoms usually start between September and November and almost always spontaneously disappear with the arrival of spring and the longer daylight hours.

Who's affected?

Up to one in 20 people is believed to be affected by SAD, with women being three times more likely to be affected than men. Younger people, particularly those between the ages of 18 and 40, are more likely to suffer. Because days get shorter the further north you go, SAD is more common in northern countries. Worrying about work, relationships or money make SAD more likely.

What's the treatment?

Ensure exposure to plenty of daylight. Light boxes provide a regular dose of artificial light each day and help many people. Counselling, exercising and spending time outdoors can help. Boost mood with rest, relaxation, regular exercise and a healthy diet. Treatment with antidepressants may help to relieve symptoms.

Sometimes you can ignore difficult words: 'spontaneous' is hard, but you can still understand the sentence if you look it up in a dictionary.