

**Read the text. Choose one of the variants**



Most people feel a bit fed up and miserable when the weather changes. This is perfectly normal. \_\_\_\_\_ likes chilly days and dark winter evenings, For those with Seasonal Affective Disorder (or SAD), \_\_\_\_\_ the feelings are much worse. These people can start to feel bad as close as September, and they not feel any better until spring. People \_\_\_\_\_ have this problem feels terribly depressed and very tired. \_\_\_\_\_ the winter months they feel the need to eat sweet things and other food such as bread and potatoes. Sunlight changes the balance of the brain's chemicals and SAD is caused \_\_\_\_\_ not getting enough light. These days there are ways to help SAD sufferers. You can buy a "light box" which copies daylight, but you have to sit in front of it for about two hours every day to