

## Directions for Bright Light Therapy

Last Updated: April 7, 2014

- Bright Light Therapy has been studied for a number of conditions. So far, it appears to be most effective for what is called Seasonal Affective Disorder (SAD) (i.e. "Seasonal Depression", "Winter Blues"). It also appears to be effective for non-seasonal major depression. It may be effective for other conditions, but so far the research for those conditions is fairly limited.
- There have been many studies of different types of light therapy, including 'blue light therapy' and 'dawn simulation', but 'bright light therapy' has the most evidence supporting its use so far, so this is the therapy we currently recommend.
- 'Bright light therapy' requires the use of a 10,000 lux bright light. (Lux are units of brightness. The average brightness of a room is 100-400 lux)
- Your physician/nurse practitioner is prescribing 'bright light therapy' for your condition because s/he believes this may be helpful. Use bright light therapy like you would any other prescribed treatment, being careful to follow the directions provided.
- Because there are potential risks and drawbacks, ***do not make any changes in therapy*** without consulting your physician/nurse practitioner first.
  - While side effects of 'bright light therapy' are not as well studied as the positive effects, some side effects that may occur are headache, eye strain, nausea, and agitation.
  - There have been no reports to date of eye problems in association with bright light treatment, and a 5-year follow-up study showed no adverse effects on the eyes. However, some psychiatric medications may increase sensitivity to light.
  - Light therapy, like other antidepressants, may be associated with a switch to hypomania or mania in some bipolar patients.

### Directions for using your light

1. The light should be used first thing in the morning to simulate the sun rise. Using it later in the day may disrupt sleep.
2. The intensity or brightness of a light is related to the power of the bulb and the distance you sit from it. Every light has different levels of brightness, so place the lamp at a distance from you that will give 10,000 lux of brightness (usually 14-18 inches away)
3. The light should be in front of you, angled to the side at about 45 degrees so that the light shines on to your face and your eyes should be open. It is not necessary to look directly into the light. Most people read, eat or watch TV while using their light.
4. Eye glasses or contact lenses may be worn but heavily tinted sunglasses will reduce the amount of light received.
5. The average use at 10,000 lux light is 30 minutes per day. At 5000 lux, that would be equivalent to 60 minutes per day. At 2500 lux, the light may be used for 2 hours. Actual time for a particular individual will vary. Your physician/nurse practitioner will instruct you as to the exact use of the light and how to adjust its use.

**Please use bright light therapy as follows:**

**USE LIGHT AT \_\_\_\_\_ INCHES FOR \_\_\_\_\_ MINUTES/DAY at \_\_\_\_\_ A.M./P.M.**

## Light Box Vendors

### **Amazon.com:**

Several lights available. The following are reasonably priced and have received good reviews.

- *NatureBright SunTouch Plus Light and Ion Therapy Lamp*
- *Omega Sunlight SAD Light Therapy*
- *Lightphoria 10,000LUX Energy Light Lamp*

### **Apollo Light Systems, Inc**

376 S. Commerce Loop  
Orem, UT 84058  
800-545-9667  
801-226-2370 – international  
[www.apollolight.com](http://www.apollolight.com)

### **BioBrite, Inc.**

4340 East West Highway  
Suite 401S  
Bethesda, MD 20814  
301-961-5940  
Fax: 301-961-5943  
1-800-621-LITE  
[www.biobrite.com](http://www.biobrite.com)

### **Enviro-Med Bio-Light**

1600 SE 141st Ave  
Vancouver, WA 98683  
800-222-DAWN  
360-256-6989  
[www.bio-light.com](http://www.bio-light.com)

### **Full Spectrum iNOVATIONS**

Sheryl Felty, President  
27 Clover Ln  
Burlington, VT 05401  
1-800-261-3100  
802-863-3100  
Fax: 802-658-2808  
[fullspec@together.net](mailto:fullspec@together.net)

### **Northern Light Technologies**

8971 Henri-Bourassa W.  
Montreal, Canada, H4S 1P7  
1-800-263-0066  
514-335-1763  
Fax: 514-335-7764  
Email: [info@northernlight-tech.com](mailto:info@northernlight-tech.com)  
[www.northernlighttechnologies.com](http://www.northernlighttechnologies.com)

### **Ott bioLightsystems**

28 Parker Way  
Santa Barbara, CA 93101  
1-800-234-3724 (Orders)  
805-564-3467 (info)  
Email: [Sales@ottbiolight.com](mailto:Sales@ottbiolight.com)  
[www.biolight.com](http://www.biolight.com)

### **SunBox Company**

19217 Orbit Drive  
Gaithersburg, MD 20879-4149  
1-800-548-3968  
Email: [sunbox@aol.com](mailto:sunbox@aol.com)  
[www.sunboxco.com](http://www.sunboxco.com)

### **Uplift Technologies**

<http://www.up-lift.com/>  
1-800-387-0896