



GUIDE TO LIGHT THERAPY

LIGHT THERAPY CAN TREAT SEASONAL AFFECTIVE DISORDER (EG WINTER DEPRESSION) AND SOMETIMES REGULAR DEPRESSION. BUY A REPUTABLE LIGHT BOX, AND AT SOME TIME BETWEEN 6 AM AND 9 AM, SIT ~12-24 INCHES AWAY FROM IT AND DO SOME ACTIVITY THAT DOESN'T INVOLVE STARING DIRECTLY AT THE LIGHT BOX. CONTINUE EVERY MORNING FOR THE PERIOD OF TIME YOU'RE AT RISK OF DEPRESSION. IF BIPOLAR, DON'T TRY THIS WITHOUT MEDICAL SUPERVISION.

THE WHAT

- LIGHT THERAPY WORKS ESPECIALLY WELL WITH PEOPLE WITH SEASONAL AFFECTIVE DISORDER (SAD)
- A MOOD DISORDER IN WHICH PEOPLE WHO HAVE NORMAL MENTAL HEALTH THROUGHOUT MOST OF THE YEAR EXHIBIT DEPRESSIVE SYMPTOMS AT THE SAME TIME EACH YEAR, MOST COMMONLY IN WINTER
- SEASONAL AFFECTIVE DEPRESSION OCCURS WHEN YOUR CIRCADIAN CLOCK GETS CONFUSED BECAUSE IT CAN'T PARSE UNUSUAL DAY LENGTHS
- NORMAL, NON-SEASONAL DEPRESSION ALSO SEEMS TO INVOLVE CHANGES IN CIRCADIAN RHYTHMS, THOUGH IT'S NOT ENTIRELY CLEAR WHY
- THE MOST IMPORTANT EFFECT OF LIGHT THERAPY IS TO TRICK THE CIRCADIAN CLOCK INTO THINKING SUNRISE IS AT A NORMAL TIME, STABILIZING THESE SWINGS
- ASIDE FROM ALL THIS, A SECONDARY EFFECT OF LIGHT THERAPY IS JUST TO MAKE PEOPLE HAPPIER AND MORE ENERGETIC

THE HOW

- THE SPECIFICS DEPEND ON HOW BRIGHT THE LIGHT IS AND HOW FAR AWAY FROM THE LIGHT YOU ARE, WHICH DEPENDS ON THE LIGHT BOX, AND SHOULD BE EXPLAINED IN THE INSTRUCTIONS PROVIDED WITH THE LIGHT BOX.
- HOWEVER A COMMON "DOSE" IS ~30 MINS WITH THE LIGHT ~12 INCHES AWAY
- JUST DO WHATEVER YOU WOULD NORMALLY BE DOING, IN THE MUCH BRIGHTER ENVIRONMENT OF BEING CLOSE TO A LIGHT BOX.
 - SINCE YOU HAVE TO STAY A CONSTANT DISTANCE FROM A STATIONARY OBJECT, YOU PROBABLY WON'T BE ABLE TO DO CHORES OR ANYTHING LIKE THAT, BUT YOU COULD READ, WATCH TV, DO WORK ON THE COMPUTER, PLAY GAMES ON YOUR PHONE, ETC.
 - KEEP DOING THIS UNTIL YOU'VE GOTTEN THE DOSE YOU WANT, THEN TURN OFF THE LIGHT AND GO ABOUT YOUR DAY NORMALLY.
- YOU SHOULD DO LIGHT THERAPY IN THE MORNING. YOUR GOAL IS TO DE-CONFUSE YOUR CIRCADIAN CLOCK BY GIVING IT A STABLE AND PREDICTABLE SUNRISE TIME EVERY DAY.
 - THE RECOMMENDED TIME FOR LIGHT THERAPY IS BETWEEN 6 AND 9 AM

THE WHERE (TO BUY)

ANY BRAND IS FINE AS LONG AS IT CAN PROVIDE THE RIGHT DOSE.

THE TWO MOST INFORMED CONSUMER REVIEWS OF LIGHT BOXES BOTH RECOMMEND AS THEIR FIRST CHOICE THE CAREX DAYLIGHT CLASSIC PLUS



LIGHT GLASSES PROVIDE THE SAME TREATMENT AS LIGHT BOXES THROUGH A DIFFERENT DELIVERY SYSTEM (NOTE: BUT THERE IS LESS RESEARCH)

