

# Bright Light Therapy

**Bright Light Therapy, in combination with other therapies can be effective in treating<sup>1</sup>:**

- \* Seasonal Affective Disorder
- \* Sleep disorders
- \* Eating disorders
- \* Various forms of depression
- \* Focus and concentration difficulties
- \* Shift work adjusting

## **Instructions<sup>1,2</sup>**

- \* Position the box approximately 2 feet away from the eyes at eye level or higher
- \* Avoid placing the box directly in front of the eyes, position at a slight angle to the left or right
- \* Use the light therapy device for 20 – 60 minutes depending on your needs (begin at 20 and increase to longer periods of time)

## **Bright Light Safety<sup>1</sup>**

Light Therapy products are generally safe. However, it is advised to consult your doctor before you start using light therapy, particularly if you:

- \* have an eye complaint or if you are sensitive to light and/or are taking medications that increase your sensitivity to light
- \* are (or have experienced) bipolar disorder
- \* are taking medications that increase light sensitivity or St. John's Wort
- \* are (or have been) taking antidepressants or medication for epilepsy

## **Medical Disclaimer<sup>3</sup>**

The usage of this light therapy device is not intended to be a substitute for professional medical advice, diagnosis, or other forms of treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it.

1. Light therapy. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/light-therapy/about/pac-20384604>. Accessed Jun 11, 2018.
2. Wei, M. MD, JD. 10 Tips to Get the Most Out of Light Therapy. [https://www.huffingtonpost.com/marlynn-wei-md-jd/10-ways-to-get-the-most-out-of-light-therapy\\_b\\_8932782.html](https://www.huffingtonpost.com/marlynn-wei-md-jd/10-ways-to-get-the-most-out-of-light-therapy_b_8932782.html). Accessed Jun 11, 2018.
3. Medical Disclaimer. Light Therapy Device.com. <https://www.lighttherapydevice.com/disclaimer/>. Accessed Jun 11, 2018.

