Bright Light Therapy

Patient How to Guide

By Northern Light Technologies

Light and Mood

The body's internal clock follows a near-daily cycle. What keeps us in sync with this 24 hour rhythm is light. In winter it can be difficult to get the bright morning light we need to stay healthy.

Seasonal Affective Disorder (SAD)

Insufficient light exposure during morning hours—particularly during winter months—can lead to SAD [6]: an annually recurrent depressive pattern beginning in late autumn and fading with springtime. Some symptoms you may experience on top of depression symptoms are

… **Oversleeping** and falling asleep early

… **Overeating** especially carbs and sweets

… **Social withdrawal** I feel like "hibernating"

… **Cognitive slowing** difficult remembering or staying focused - brain fog

15% of Canadians will experience some level of clinical SAD during their lifetimes, with many more experiencing a milder form called "winter blues". Women are 4 time more likely to suffer from SAD.

During the darker days of winter, natural sunlight may not always be readily available. However, morning light exposure remains crucial to maintain a healthy rhythm. It is recommend to get 20-30 minutes of bright light exposure every morning for SAD prevention.

Parameter	Recommendation
Intensity	10,000 Lux at 30–50 cm
Duration	20–30 minutes per session
Timing	Within 1 hour of waking
Angle	Lamp positioned above eyes, shining downward or to one side to reduce glare
Frequency	Daily, typically from October to April in northern latitudes

USEFUL TIPS

Keep your eyes open. Do not stare directly at the lamp

Reading, eating, or working while doing light therapy sessions is fine

Do not wear sunglasses or block the lamp

Keep it within arms length

To use as a regular desk lamp simply tilt or angle away from the eyes

Overuse can feel like having too much coffee

When beginning, increase light gradually. Start with just 5 minute sessions to ensure comfort

Other uses

Condition	Rationale
Depression	Improves response rate
Pregnancy / Postpartum	Safe for moms
Sleep or Shift Work	Corrects sleep timing
Fatigue & alertness	Helps energy levels

See Northern Lights shop:

SCAN ME

About Northern Light Technologies: Founded in 1989. Northern Lights lamps are still proudly made in Canada today. Our customer care staff are knowledgeable and happy to help! Please don't hesitate to reach out:

Contact Us

NORTHERN LIGHTS

Northern Light Technologies
8971 Blvd Henri Bourassa W.,
Montreal, Quebec, Canada, H4S 1P7

info@northernlighttechnologies.com
1 (800) 263-0066 or 514-335-1763

Patient Resources: CET.org

Disclaimers

Bright light therapy is not a replacement for medical evaluation or treatment. Patients with bipolar disorder or retinal disease should consult a physician before use.