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DIRECTIONS FOR LIGHT THERAPY

Administration: Bright light therapy to be administered on a daily basis according to the following protocol:

Device: Devices for administering bright light therapy should be 10,000 lux light boxes that uses **fluorescent bulbs emitting white light**. Box design should have features to protect the eyes (for instance, light dispersion and screens that filter out ultraviolet rays). Ultraviolet light is not necessary for the therapeutic effect of bright light therapy and should be avoided to reduce potential risks to the skin or eyes.

Positioning and distance: The light box should be positioned at a distance that enables patients to receive 10,000 lux while seated and facing the box, with the light projected downward to minimize aversive glare. Commercial light box instructions should give the distance at which 10,000 lux is achieved, which is typically approximately 40 to 80 cm (16 to 31 inches).

Time of day: Bright light therapy should be administered in the early morning, soon after awakening (eg, 7:00 AM). Patients should administer light therapy at approximately the same time each day, including weekends, holidays, and vacations. If morning bright light treatment alone is not fully effective after two to four weeks of treatment, adding evening (eg, 8:00 PM) bright light treatment may be helpful.

Duration of exposure: Duration of early morning exposure: 30 minutes/day. If evening bright light therapy is added, the duration of evening exposure should also be 30 minutes.

Looking at the device: The eyes are open during bright light therapy, with light visible at least in the peripheral vision. Patients can glance at the box but should avoid staring directly at the light.

Patient activity: During bright light therapy, patients can engage in any activity, such as reading, eating, watching television, or working on a computer. Although patients are typically seated, it is reasonable to place the light box on a stand so that patients can engage in other activities, such as riding a stationary bicycle