

## General Guidelines For Use

Since the early 1980's, researchers have been investigating the effects of bright light on the human body. An ever-growing body of evidence strongly suggests that properly timed exposure to bright light can be very beneficial. Seasonal affective disorder (SAD) is now recognized as a legitimate disorder affecting millions of people. The American Psychiatric Association includes SAD in its *Diagnostic and Statistical Manual of Mental Disorders*. Light therapy, once considered to be a bit "out there", is now regarded as a first-line therapeutic approach. Health professionals frequently prescribe light therapy to patients diagnosed with SAD or subsyndromal SAD (a milder form, often called "the winter blues") as well as patients with a variety of sleep abnormalities, such as advanced sleep phase syndrome (ASPS) and delayed sleep phase syndrome (DSPS). Bright light is also increasingly used to counteract jet lag, significantly reducing the time required to adjust to a new time zone.

SAD sufferers typically use their light boxes in the morning, however some people prefer to use them at other times of the day. The time of day is a particularly crucial element for sleep disorders and jet lag.

It is not necessary to look directly into the light, but the light should be in front of you and your eyes should be open. There is no reason why you should not wear vision-correcting glasses or contact lenses.

However, heavily tinted glasses will counteract the light and therefore should not be worn while using your light box.

Your light therapy unit has three settings: HIGH, MEDIUM and LOW. One switch controls 2 bulbs. The other switch controls 4 bulbs. When only two bulbs are lit, your unit is on LOW. When four bulbs are lit, your unit is on MEDIUM. When all 6 bulbs are lit (both switches ON), your unit is on HIGH.

On HIGH setting, you receive:  
 10,000 lux at a distance of about: 14"  
 5,000 lux 23"  
 2,500 lux 35"

On MEDIUM setting, you receive:  
 5,000 lux at a distance of about: 17"  
 2,500 lux 26"

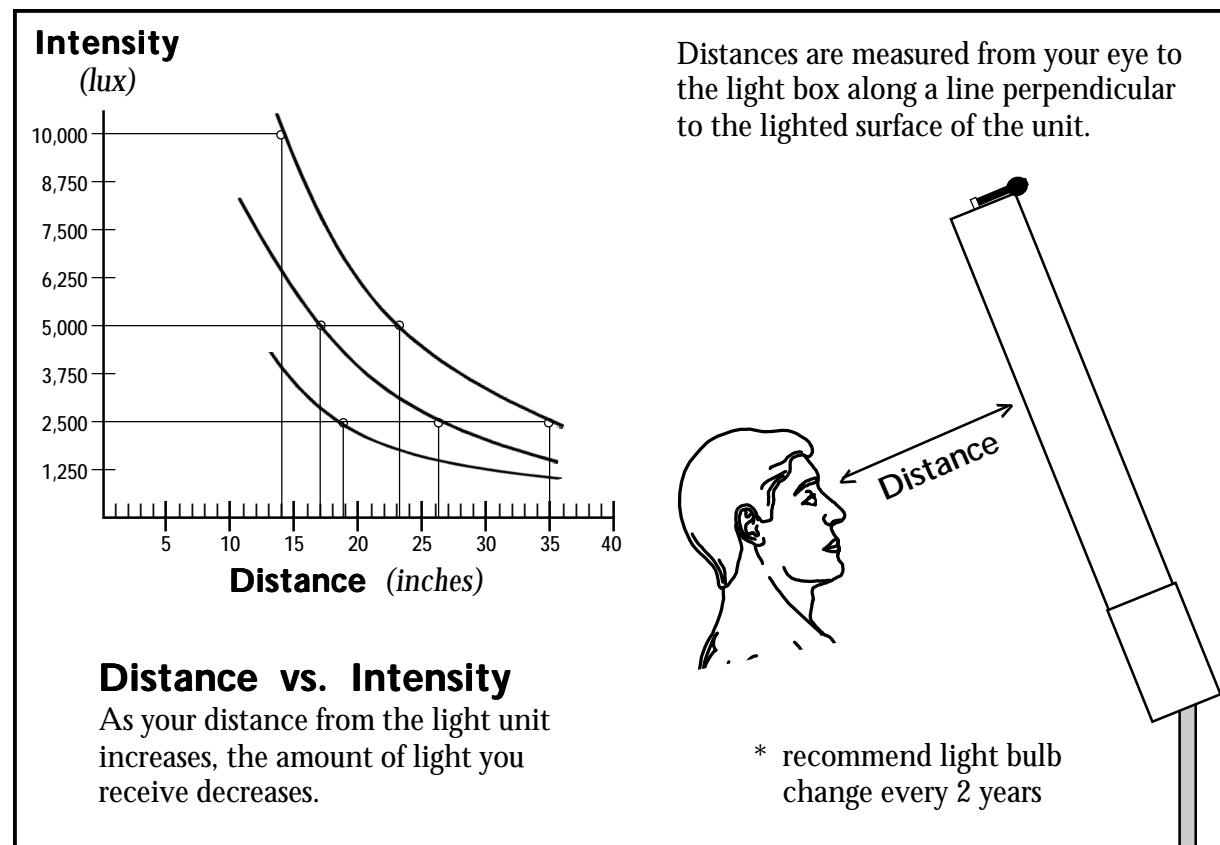
On LOW setting, you receive:  
 2,500 lux at a distance of about: 19"

Light levels lower than 2,500 lux are generally considered non-therapeutic.

**The average duration of bright light exposure is between 15 and 30 minutes at 10,000 lux per day.** This is roughly the equivalent of 40 minutes to 1 hour at 5,000 lux or 2 to 3 hours at 2,500 lux. It is generally best for the session to be

uninterrupted. Getting up to go to the bathroom or to get a cup of coffee shouldn't present a problem, but, for the most part, you will want the schedule all activities for either before or after your session.

*The times listed are AVERAGE DURATIONS and will vary with each individual. Because optimal use with regard to time of day, intensity of light, and duration for light treatment varies from person to person, WE STRONGLY RECOMMEND THAT YOU WORK WITH YOUR HEALTH PROFESSIONAL to determine your best course of treatment.*



## Side Effects of Phototherapy

(excerpt from the *American Psychiatric Association Task Force on Treatment of Psychiatric Disorders*, APA Press 1989.)

"Although side effects are uncommon, patients sometimes complain of irritability (of the kind seen in hypomania), eyestrain, headaches, or insomnia. The latter is most likely to occur when patients use lights late at night. Side effects can generally be reversed easily by decreasing the duration of treatments or suggesting that patients sit further from the light source. In a few cases, however, treatment may have to be discontinued altogether because of severe eye irritation. . . Thus far, there have been no reports of any long-term adverse effects of phototherapy when properly administered."



## Light Therapy Equipment



### Instruction Booklet

### Home medical equipment rentals and purchases increase safety and comfort at home

We stock a large inventory of home equipment for rental or purchase including:

- hospital beds
- crutches
- mattresses
- wheelchairs
- side rails
- geri-chairs
- trapeze bars
- custom chairs
- commodes
- bath benches/shower chairs
- supports and braces
- grab bars
- toilet support rails
- raised toilet seats
- walkers
- canes
- weights
- traction equipment

### Respiratory therapy equipment and support services

Carle Medical Supply respiratory therapists will work with your physician and hospital therapist to determine the respiratory equipment and supplies necessary for your comfort and safety. Equipment available in stock includes:

- oxygen concentrators
- face masks
- high pressure cylinders
- extension tubing
- disposable humidifiers
- home nebulizer units
- permanent humidifiers
- suction machines
- portable oxygen units
- suction catheters
- liquid oxygen
- percussion equipment
- nasal cannula
- apnea monitors
- nasal c-pap

Carle Medical Supply also carries a complete line of patient supplies including:

- underpads
- gauze sponges & pads
- incontinent garments
- elastic bandages
- ostomy supplies
- patient gowns
- catheters
- support stockings

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[www.carlemedicalsupply.com](http://www.carlemedicalsupply.com)

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### Troubleshooting Chart

TROUBLE	PROBABLE CAUSE	REMEDY
Unit not operating	<ol style="list-style-type: none"> <li>1. Plug not firmly in wall</li> <li>2. No power at wall outlet</li> <li>3. Equipment failure</li> </ol>	<ol style="list-style-type: none"> <li>1. Check plug at outlet.</li> <li>2. Check power source (fuse or circuit breaker) in house.</li> <li>3. Contact Carle Medical Supply.</li> </ol>

### General Maintenance

\* Recommended that light bulbs be changed every 2 years.