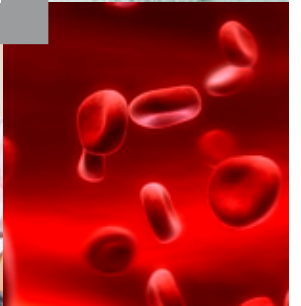
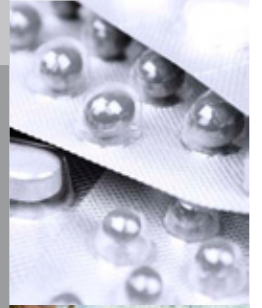




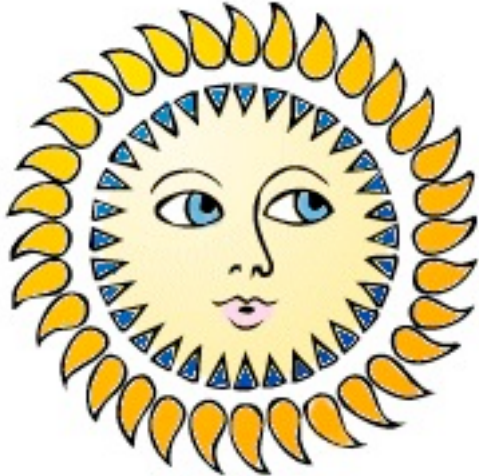
Light Therapy



Intervene & find out more

Light Therapy

Bright Light and Blue Light Therapy improve Sleep in People with certain chronic conditions.



Light therapy can provide another addition to an overall therapy plan for people with chronic conditions. Sleep disturbances and sleep disorders are typical symptoms of many forms of illnesses. There are probably many contributors to these disturbances, but the main cause is undoubtedly the disruption of Circadian Rhythms.

Circadian rhythm is the psychological, biological and physiological period that closely approximates a day. It is the pattern, controlled by the brain, that puts us to sleep about the same time every night and wakes us up in the morning; the reason that our systems are confused by jet travel. It is the pulse of our being that synchronizes us with nature's day-night cycle.

Some illnesses affect the part of the brain responsible for circadian rhythms, the suprachiasmatic nucleus, which is located in the hypothalamus. It is the deterioration of the cells in this part of the brain that disturbs the circadian rhythms and causes sleep disorders. Periodic exposure to bright light and blue light of the proper color and intensity can reset these rhythms restore more natural sleep patterns.

Natural sunlight is the best source for light to set and maintain these natural biorhythms (Sunlight also provides vitamin D, also important for cognitive performance and possibly for the prevention and treatment of neurological disease.)

It is sometimes difficult to provide an adequate amount of natural sunlight, especially if one loses mobility due to a chronic illness. There are artificial light sources that

provide the color (full spectrum white) and intensity (5000 LUX to 10,000 Lux) necessary to have the desired effect.

Certain blue light can also be used to reset these circadian rhythms. The benefit of both bright light and blue light therapy is more natural sleep patterns without drugs, or with fewer drugs. This means a better quality of life for the person with a chronic illness.