**CHRONOBIOLOGY TIPS FOR THE UPCOMING WINTER**

**Northern Light Technology Boxelite-OS 10,000 Lux Bright Light**

[**Therapy Light Box, Black**](https://www.amazon.com/gp/product/B0011X554G/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0011X554G&linkCode=as2&tag=simplandpra06-20&linkId=e2c798584d4100e258d1f16040843284)

[**Northern Light 10,000 Lux Bright Light Therapy Desk Lamp, Beige**](https://www.amazon.com/gp/product/B000YQNGII/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000YQNGII&linkCode=as2&tag=simplandpra06-20&linkId=3e6b4a2f6f1160dbf1eb123750adaa23)

[**Carex Health Brands Day-Light Classic Plus Bright Light Therapy Lamp**](https://www.amazon.com/gp/product/B00PCN4UVU/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00PCN4UVU&linkCode=as2&tag=simplandpra06-20&linkId=3d1440d8428b3cabc3e1f7f6d13c9414&th=1)

**How to Use:**

* Ideally, the device for bright light therapy should provide light of 10,000 lux intensity. With such a device, a 30-minute session of light therapy every day is sufficient for most persons.
* If a lamp of slightly less intensity is used (e.g., 7,500 lux), the duration of daily light therapy would have to be increased to 45 or 60 minutes.
* It is important that the lamp be at a certain distance from the person’s face It should be noted that the light intensity specified for the lamp (e.g., 10,000 lux) is at a particular distance as specified by the manufacturer. If the person using the lamp sits at a distance greater than that specified by the manufacturer, the intensity of the light received will be less. Only a few devices can provide 10,000 lux at 18 inches or more. Other devices require the person’s face to be only 12 inches from the device in order to receive the full 10,000 lux intensity of light.
* You cannot just do bright light therapy at any time of the morning or the day. It is essential to how bright light therapy works that it be done as soon as possible after you wake up. For best results, try to maintain a fixed time to go to sleep and to wake up, as much as possible, so that you will be doing the light therapy at approximately the same time every day. **Caution:** Do not do light therapy in the evening without discussing it with your doctor. The technical reason for this is that while bright light therapy in the morning moves your circadian rhythm in one direction (towards earlier in the day), doing bright light therapy in the evening may move your circadian rhythm in the opposite direction (towards later in the day). Do not do the light therapy too late in the evening because it can impair your sleep.
* Start the light therapy preventively when you notice the days getting clearly shorter.

**Suggestion:** start light therapy when Daylight Savings Time ends on a Sunday in the Fall and continue until Daylight Savings Time starts again on a Sunday in the Spring. You may even start a little earlier than that, e.g., end of September, and continue a little beyond the date when the clocks change, i.e., middle of March.

* Even if you start to feel completely fine, do not stop doing the light therapy. Continue the light therapy throughout the winter.
* Most people don’t find it a problem to miss the light therapy if they have to go away for one or two days. So, most people don't carry their light therapy lamp with them when they go away for a weekend.

**Ultraviolet light filter**

It is extremely important that the device have a filter for ultraviolet (UV) light because UV light is harmful to the eyes and skin.

**Size of the lamp**

Having a larger lamp or light box is better because even if the person moves a little bit, s/he will still be within the zone in which light is being effectively delivered.

The light should come to the eyes at an angle in such a way that there is not an intense glare that makes the person want to look away.

For all the reasons discussed above, it is not a good idea to buy a light therapy lamp or light box except one manufactured by a well-known company that specializes in such products. Even with a reputable company, avoid the smaller devices or those with a lower intensity of light.