

A Natural (Pill Free) Solution for Sleep disorders

Bright light therapy may be used for people who suffer from circadian rhythm disorders.

The time of day when the light is used will depend upon the disorder it is meant to correct. These disorders include the following:

Delayed Sleep Phase Disorder. This causes people to fall asleep much later at night than is normal. As a result, they also wake up later in the morning. This sleep pattern can interfere with their schedule of activities for the day.

Advanced Sleep Phase Disorder. This causes people to fall asleep much earlier at night than is normal. They also wake up earlier in the morning.

Free-Running or Non-24-hour Sleep-Wake Rhythm. People with this disorder fall asleep at a different time each day. For example, you may fall asleep at 10 p.m. one day, Midnight the next day, 2 a.m. the next, etc. This most often occurs in people who are blind. Light therapy may help blind people, even if they can't perceive visible light.

Jet Lag. Jet lag causes people to have problems with sleep when they have crossed many time zones on a flight.

Shift Work. This sleep disorder occurs due to a work schedule, such as night shift, that takes place during the time when most people are sleeping. This schedule requires you to work when your body wants to sleep. Then you have to try to sleep when your body expects to be awake. Correcting it can be a hard problem to solve. Changing work schedules, days off, and social activities can alter your exposure to light from day to day. Frequent changes in your sleep times make it hard to re-set your internal clock.



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Leading Medical Authorities Recommend Light Therapy for Sleep Disorders

- U.S. Public Health Service Agency for Health Care Policy and Research
- American Academy of Sleep Medicine
- Society for Light Treatment and Biological Rhythms (SLTBR)
- American Psychiatric Association

NorthernLight Technologies

www.northernlighttechnologies.com

About Northern Light Technologies

Northern Light Technologies was launched over 20 years ago by a team of engineers with advanced degrees in engineering and lighting technologies. Today Northern Light Technologies has grown to become one of the largest manufacturers of innovative light therapy products in the world.

Distributed By:

NorthernLight Technologies

A Guide To Light Therapy For Sleep Disorders



Northern Light Technologies, Inc.
The Leader in Bright Light Therapy

Timing of Light Therapy and Sleep

There are different ways you can reschedule your Sleep with the help of light treatment: The principle behind light therapy for Sleep is that exposure to light in the morning advances the sleep phase, whereas light in the evening delays it.

The key is to time light therapy according to your internal clock, not the clock on the wall.

Delayed Sleep Phase Disorder. To correct delayed sleep phase, light treatment takes place during the early morning hours. If you have DELAYED SLEEP PHASE SYNDROME (DSPS) and are falling asleep at 2:30 a.m. and waking at 10:30 a.m., using the lights at 7:30 a.m. in order to wake up for work will actually make things worse. You need to begin using the lights at the end of your internal night, say, 10:00 a.m. As waking becomes easier, you can edge up in steps, say, to 9:30 a.m., then 9:00 a.m., with the aim of normalizing your sleep schedule. At the same time, you need to avoid bright light exposure throughout late evening and the early nighttime period before you go to sleep.

Advanced Sleep Phase Disorder. To correct Advanced Sleep Phase Disorder, light treatment takes place early at night.

Free-Running or Non-24-hour Sleep-Wake Rhythm. Studies show that light treatment may be useful in the early morning hours.

Jet Lag. Light therapy in the morning may help when traveling East. For travel to the West, bright light in the evening may help reduce jet lag.

Shift Work. In general, using light treatment in the evening should help someone who regularly works nights. In this case, you would also want to avoid daylight when you come off work and go to bed. Dark sunglasses or special goggles can help.

“Light therapy appears generally safe if used within recommended intensity and time limits.

Light therapy can be useful in treatment of DSPS and ASPS.”

Source: Report Practice parameters for the use of light therapy in the treatment of sleep disorders. Standards of Practice Committee, American Academy of Sleep Medicine.

BOXelite

Bright Light Therapy for Home or Office

The BOXelite is the best value priced high quality bright light therapy system. It's light panel measures a large 13x19 inches and provides 10,000 Lux of lighting. The BOXelite can be used in a variety of settings for the recommended daily 30 minute light therapy sessions. The versatile design allows use while reading, eating, watching TV, and other activities. The BOXelite features durable metal tubing that allows infinite angle options. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This reduces uncomfortable glare. The BOXelite is also an excellent reading and task lamp and can be used all day long. For the treatment of SAD or Winter Depression, the light is pointed toward the face. For other use during the day, it can be pointed away from the face.



SunRise Clock

Wake Naturally to your Personal Sunrise

The SunRise Clock Digital Dawn Simulator gently wakes you to a simulated sunrise. The Dawn sequence will make waking up in the morning a pleasure! Using a dawn simulator such as the SunRise Clock means that you wake up in a lighted room. Terrific for those with delayed circadian rhythm (those who have difficulty getting out of bed in the morning). The Sunrise Clock's light slowly begins to shine 15, 30, 60, or 90 minutes before your wake-up time, gradually illuminating the room and becoming brighter until it is time for you to awaken. The SunRise Clock is derived from medical research on light and human behavior. In the early morning, the human biological clock is sensitive to low intensity light. Waking to a slowly increasing light can result in a smoother, more natural transition to wakefulness. Multiple Uses with Adjustable Programming You Set.

- Gradual sunrise wakes you up gently and naturally
- Gradual sunset gives your body the signal to wind down, helping you to fall asleep
- Delayed Sleep - Phar/Circadian Rhythm Applications.



TRAVelite

Portable Bright Light Therapy

Weighing just over 2lbs, the TRAVelite provides 10,000 lux of light. Standing either vertical or horizontal, it's compact and lightweight design takes less space on a Desktop or Table. The recently redesigned TRAVelite provides even more light output for effective treatments. The TRAVelite is ideal for traveling and fits easily into luggage or a brief case. A Free Travel Case is provided with initial purchase. Many travelers suffer from jet lag (dysrhythmia), occurring when the body clock is not synchronized with an air traveler's new time zone. Studies at Harvard and NASA indicate that the human body clock can be safely shifted up to 12 time zones in a couple of days with precisely timed exposure to a sufficiently bright light. The TRAVelite is also an excellent reading and task light and can be used all day long.



SADelite

Desktop Bright Light Therapy System

Providing 10,000 lux of light, the SADelite is the most versatile SAD light available. Many people prefer this type of unit, as it looks like a desk lamp and not like a traditional light box. It has been one of the top selling products for many years, and has proven to be highly effective. Featuring adjustable arms and pivoting head the SADelite light can be adjusted downward. Leading researchers recommend light be delivered at a downward angle for maximum effectiveness and user comfort. This also reduces uncomfortable glare. The SADelite is also an excellent reading and task lamp. For the treatment of SAD or Winter Depression, the head of the lamp is pointed toward the face. For other use during the day, it can be pointed away from the face.

