

# Lightbox:

## First line therapy for seasonal affective disorder



- A sunny day has 10,000 to 30,000 lux
- 10,000 lux is recommended for 30-60 minutes per day
- If your light is 2,500 lux, spend 2-4 hours with light per day
- Begin using your light early in the season
- You should see improvement within the first 2-4 weeks
- If you're not feeling improvement - increase the duration of time in front of the light around the 4 week mark
- Change the light bulb every 2-3 years.



- Your Lightbox should be overhead at a 30 degree angle
- Use white spectrum light
- Don't look directly into the light!
- Don't use blue block/tinted lenses in eyeglasses
- Use a filter to screen out UV light
- Your head should be 10 to 48" from the screen



- Use the Lightbox between 5 AM to 8 AM
- If you are a morning person, use closer to 5 AM
- If you are a night owl, use closer to 8 AM
- If you can't use it early in the day, you can use it later
- Don't use it past 2 pm - otherwise it flips your biological clock in the opposite direction!

Use this assessment to discover if you are morning lark or a night owl

<https://cet.org/assessment-for-professionals/>



- A Lightbox can work as well as an antidepressant
- It can augment antidepressants and alter serotonin, dopamine, and melatonin
- Morning aerobics or a one hour outdoor walk works for seasonal depression as well
- Side effects: Headaches, mild nausea, eyestrain
- If you have retinal disease or take photosensitive meds, consult with an ophthalmologist

## Resources



Northern Light Technologies – Box Elite OS  
CareX Daylight Classic or Classic Plus  
Center for Environmental Therapeutics