To schedule use of the light call the Health and Wellness Center to set up an appointment at 651-696-6275.

**APPOINTMENT LENGTH**
Begin with 15-minute sessions and adjust to your needs to alleviate your symptoms, up to 30 minutes. Daily use is suggested. The timing of the treatment is usually based on your sleep cycle. Those who experience SLEEP PHASE DELAY (that is, you struggle to wake up in the mornings) are advised to use the light as early in the day as possible. Those who experience SLEEP PHASE ADVANCE (that is, you fall asleep too early in the evening) are advised to use the light between 3 and 5 pm.

**ADJUSTING TO LIGHT INTENSITY**
Some individuals prefer to get used to the brightness of the light before their therapy session. This can be achieved by turning it on for several minutes before sitting directly in front of it, allowing your eyes to adjust more comfortably. Light intensity is 10,000 lux which is about the brightness of a cloudy day in Alaska, mid-winter.

You will need to sit 12 to 16 inches away from the light. **DO NOT STARE DIRECTLY INTO THE LIGHT** but also do not wear sunglasses. Reading a book, magazine, etc., in front of the light is a great way to get the full effect.

**IMPORTANCE OF REGULAR USE**
Consistency of use is important in reducing the symptoms of Seasonal Affective Disorder. Try it for at least two weeks to experience relief and afterwards on a semi-regular basis (every other day or three times a week) as long as symptoms persist. If you miss sessions or discontinue use of the light, your body will return to its usual state. Your energy should return within a few days of resuming use.

**SYMPTOMS OF OVERUSE**
Although there are rarely any negative side effects of using light therapy, it is possible to use the light too much. If you experience irritability, excessive energy, and/or any discomfort consistently during or after use, decrease the length of your sessions or move the light several inches farther away from you.

**WARNING**
The guidelines outlined here are applicable for SAD, the winter blues, and supporting general well-being. Do not use the light for relief of any other type of mood disorder without the close supervision of a health professional. If you suffer from a mood disorder such as depression, are on prescription medications that react with sunlight, such as certain antibiotics or anti-inflammatories, your skin is sensitive to light, you have a history of eye conditions or you are under medical care for any reason, please consult your health professional before using. If you are currently engaged in counseling or therapy, you should consult your mental health professional prior to use. If you begin to experience any negative side effects, check with the Health & Wellness Center staff.