

Are you or is someone you know suffering from *insufficient* sunlight exposure?

Symptoms may include:

- Winter “Blues.”
- Sleep Difficulty.
- Low Mood.
- Fatigued Cause by Irregular Work Shifts.
- Irritability.
- Excessive Fatigue
- Exhaustion from Jet Lag or Shift Work.

Ambient light deprivation during winter months can also lead to Seasonal Affective Disorder (SAD), a form of depression. It can even increase menstrual and menopause discomfort.

Scientific researchers have discovered a light receptor in the retina which interprets signals from light rays. Unlike retinal rods and cones, the Intrinsically Photosensitive Retinol Ganglion cells play a part in the *regulation* of body systems.

**Photo Therapy** light stimulates the retinal light receptors to send a message to neurological receptors involved in energizing and regulating important systems in the body, including the Circadian Rhythm.

The aging process can slow metabolism of Vitamin D. Photo Therapy aids metabolism of this vitamin without exposure to UV rays.
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Photo Therapy treatment provides a “dosage” of 10,000 lux, sometimes called candles – the measurement of illuminance power per area. Harmful UV rays are filtered out.

Photo Therapy can stabilize physiologic rhythms. This regulation can bring about a marked change in sleep cycles, concentration, mood, energy and can reduce chronic pain.

The American Psychiatric Association recognizes Photo Therapy as an effective treatment, with some research indicating Photo Therapy and anti-depressants as equally effective in the treatment of depression, including *nonseasonal* depression.

If you are interested in learning more about Photo Therapy discuss it with your psychologist.

The following examples illustrate the measurement of illuminance.	
Full moon	.27 lux
Typical Western Family Room	50 lux
Overcast Day	100-1000 lux
Office Building	300-500 lux
<b>Photo Therapy</b>	<b>10,000 lux</b>
Direct Sunlight	25,000 lux

Photo Therapy does not “tan” the skin. Research has not indicated either singular or cumulative harmful effects to the eyes. If you have a serious eye disease, talk to your ophthalmologist before beginning Photo Therapy.

Some insurance policies will cover Photo Therapy after deductible and copay. Discuss coverage with a representative of your insurance company for details about your policy.

The relationship between lux and lumen is governed by area, which is measured in square meters. For example, 100 lumens in 1 square meter has an illuminance of 100 lux. Yet 100 lumens fluxed to cover 10 square meters has illuminance of 1 lux.

CPT 96900

Published December 2010  
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