



Bright light therapy is currently the treatment of choice for winter depression. The Sleep and Mood Disorders Laboratory at OHSU has pioneered the field of bright light therapy for winter depression.

Please view our brochure for more information.

We emphasize that light therapy should be done under the supervision of a physician.

Further Reading:

Lewy AJ and Sack RL. Minireview: Light therapy and psychiatry. Proc. Soc. Exp. Bio.Med. **183**:11-18, 1986.

Lewy AJ, Sack RL, Miller LS and Hoban TM. Antidepressant and circadian phase shifting effects of light. Science **235**:352-54, 1987.

Lewy AJ. Treating chronobiologic sleep and mood disorders with bright light. PsychiatricAnnals. **17**: 664-69, 1987.

Rosenthal NE, Sack DA, Gillin JC, Lewy AJ, Goodwin FK, Davenport Y, Mueller PS, Newsome DA and Wehr TA. Seasonal affective disorder. Arch. Gen. Psychiatry **41**:72-80, 1984.

Rosenthal, Norman. Seasons of the Mind.