## Light therapy devices

### Eyewear

When to use the Uvex Skyper glasses

If you find that using a light therapy device makes you feel dizzy and/or nauseous.

The glasses reduce the intensity of the light as it hits your eyes.

If you find it difficult to sleep after using a light therapy device.

The glasses help stop the suppression of Melatonin, which leads to more restful sleep over time.

If you find that artificial lights cause you discomfort even when placed at the edge of your field of view.

The glasses block the more intense rays of artificial light and provide some relief to eye “burn.”

### Instructional Handout

<table>
<thead>
<tr>
<th>FAQ</th>
<th></th>
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<tbody>
<tr>
<td><strong>Can a light therapy device damage my eyes?</strong></td>
<td>No, light therapy presents no risk to healthy eyes.</td>
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<tr>
<td><strong>Can I get a sunburn from using a light therapy device?</strong></td>
<td>No, light therapy devices filter out UV light.</td>
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<tr>
<td><strong>Can I use a light therapy device around children or pets?</strong></td>
<td>Yes, the devices present no risk to children or pets.</td>
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<td><strong>Can I use a light therapy device while pregnant?</strong></td>
<td>Yes, there are no known side effects from using a light therapy device during pregnancy.</td>
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<tr>
<td><strong>Do I have to take off my glasses to use a light therapy device?</strong></td>
<td>No, non-tinted glasses will not interfere with the effectiveness of the light therapy device.</td>
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<tr>
<td><strong>How often can I use a light therapy device?</strong></td>
<td>A light therapy device is most effective when used every day, at the same time of day. 20-30 minutes is recommended, but longer periods are safe, if desired.</td>
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<td><strong>When should I notice an improvement from using the device?</strong></td>
<td>It’s different for everyone, the energizing effect of the device can be noticeable after the first use or after 1-2 weeks of daily use.</td>
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<tr>
<td><strong>Is it harmful to sit in front of an operating light therapy device for a long time?</strong></td>
<td>No, but it is recommended to avoid using the device in the 4 hours before you go to bed. Morning people may find the device effective at energizing them at night, but should be mindful of bedtime.</td>
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</table>

### Philips goLITE BLU & Circadian Optics Lumine

- **Philips goLITE BLU**: Blue light lamp
- **Circadian Optics Lumine**: Full spectrum lamp

Please read all precautionary information in this handout before using a light therapy device.
### Precautions

- If you have a pre-existing eye condition and/or you take photo-sensitive medication, please consult with your doctor before using a light therapy device.
- If this is your first time using a light therapy device, consider brief sessions and build up to the optimal exposure time of **20-30 minutes**.
- To avoid having the device interfere with your sleep, do not use the device for the 4 hours before bedtime.
- Do not stare directly into the lamp. To prevent eye strain, use the lamp in a well lit room and consider using the included glasses to reduce the intensity of the light therapy device.
- Lamps are most effective within the recommended distance range. Refer to the directions for the model you are using for specific distance requirements. Be especially careful to place the lamp at least the minimum recommended distance from your eyes.
- If you feel edgy (akin to a caffeine buzz) after using a lamp, try shortening your session, using a lower intensity setting, and/or wearing the included glasses while using the device.
- Avoid placing the lamp in direct sunlight, or near objects that radiate heat.
- Reduce risk of fire by not leaving the lamp unattended or covering it with anything while it is on.

Complete user manuals for the light therapy devices can be found at:
research.wou.edu/equipment/assistive

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### Using the light therapy devices

**goLITE BLU**
Blue light lamp

1. **Start by folding out the stand and placing the goLITE BLU on a stable surface approximately **20-30 inches** from your eyes and off to your side.**
2. **Connect the power cord to the goLITE BLU and plug it into an electrical outlet.**
3. **Press the control button to turn on the goLITE BLU. The goLITE BLU powers on at **low intensity. Successive presses of the control button will cycle through settings in this order: medium intensity, high intensity, and off.**

**Lumine**
Full spectrum lamp

1. **Start by placing the Lumine on a stable surface, approximately **8-24 inches** from your eyes and off to your side.**
2. **Connect the power cord to the Lumine and plug it into an electrical outlet.**
3. **Press the control button to turn on the Lumine. The Lumine powers on at **high intensity. Successive presses of the control button will cycle through settings in this order: medium intensity, low intensity, and off.**

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**Directions**

- **1** Light panel
- **2** Control button
- **3** Socket for power cord (on back)

- **1** Light panel
- **2** Control button
- **3** Socket for charger (on back)