

GREEN-BLUE LIGHT THERAPY (GOGGLES/LAMP)

Care of the Goggles/Lamp

Please ensure the goggles/lamp does not get wet, dropped or damaged in anyway.

Please return the goggles/lamp on the day specified so that it may be cleaned and prepared for another patient.

The goggles can be set at full or half light intensity (this will be explained when you pick up the goggles).



Dr Antonio Ambrogetti
50 Smith St
Charlestown NSW 2290
Tel: (02) 49-422-457 Fax: (02) 49-478-128

www.sleepmedicine.com.au

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The Green-Blue Light Therapy

How does it work?

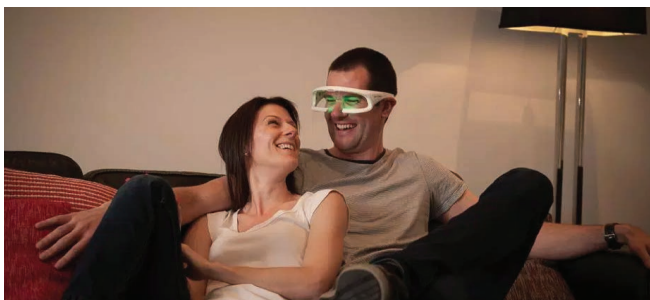
One of the main ways the body “knows” when to sleep and when to wake is by the light it is exposed to.

The development of the electric light, shift working, our changing lifestyles, travelling and even the different seasons all affect our sleep by the differences in light exposure caused by them. All of these factors may play havoc with our body clocks and knowing when to sleep.

Some people have a biological condition called Delayed Sleep Phase Disorder where they find it very difficult to get to sleep before midnight. Some people have the opposite condition called Advanced Sleep Phase Disorder where they fall asleep before 8pm. These conditions may make them very tired as they attempt to live in a world where the nightly sleep usually occurs for most of us between the hours of 11pm and 8am.

Exposure to green-blue light has been shown to work similar to being out in sunlight and therefore to help “re-set” the persons own body clock. Current indoor lights are not strong enough and not the correct wavelength to have any great effect.

This is a picture of the goggles being worn.



What do I need to do?

- The doctor will often have you wear an actigraphy watch prior to your light therapy and most certainly afterwards.
- The actigraphy watch is a motion sensor watch and together with the daily diary you are asked to complete provides the doctor with a good picture of your sleep pattern.
- Doctor will explain how and when he or she would like you to wear the goggles/use the lamp. You need to follow this treatment plan.
- The goggles have a light in the bottom inside that constantly beams to you while you wear them.
- Most people say they soon forget they are wearing the goggles and go about their work, home life or recreation as usual.
- The goggles come with a universal charger that will fit most phone or computer connections.
- We are able to provide you with a charger if you do not have one.

Goggle/Lamp Return

- It is essential that you return the equipment on the day specified as we have so many patients waiting to borrow them.
- You require a current referral from your doctor as you will need to see one of our specialists.

Examples of the lamp and goggles

- The difference between the lamp and goggles is that with the lamp you have to stay at 30 cm from it.
- Usually the light exposure required for both goggles or the lamp is for 30 to 45 minutes.
- The goggles provide you with the ability to be mobile and to move around.

