



Philips goLITE BLU

PURCHASING INFORMATION

PHILIPS USA

Prices start from \$200 plus postage (depends on currency exchange rate)

Website: usaphilips.com

Currently they are not readily available in Australia, so can be ordered from Amazon or Ebay and shipped to Australia.

Units can be borrowed from our Library - bond is \$50, refunded when item is returned.

More details:

sleephub.com.au

sleephub.com.au/light-therapy

Disclaimer: This information is a guide only. Alzheimer's WA Ltd does not endorse any of the manufacturers, suppliers or the use of any of the products featured. It is recommended that an assessment be sought from the Independent Living Centre or an Aged Care Assessment Team prior to purchasing Assistive Technology. Revised 7/11/18

DESCRIPTION

A light box is a portable light therapy kit that is effective in treating seasonal affective disorder as well as to regulate circadian rhythm and mood.

Light plays a role in the regulation of melatonin rhythm and for circadian sleep-wake cycles.

Because light is a "cue" for wakefulness, more exposure to light may be helpful in decreasing daytime sleepiness and thus promoting sleep at night time.

APPLICATION

May be used with people living with dementia to assist regulating sleep and mood.

Beneficial results can be obtained from 15 to 45 minutes of usage each day.

We recommend consulting a GP/care team prior to commencing therapy.

If the person has an eye condition please consult an ophthalmologist prior to use.

alzheimer'swa
the dementia experts

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