

# What is Bright Light Therapy?

Bright light therapy is the exposure of room light at a higher intensity of approximately 2,000 to 3,000 lux under controlled conditions.

It aims to help delirious patients stay awake. This allows patients to socialize or be kept occupied with activities during wake hours, so that they are able to sleep through the night. This will help them to better adjust into a healthy sleep-wake cycle.

In our Geriatric Monitoring Unit, the bright lights are switched on from 5.00pm – 9.00pm daily.

## Benefits

Establishment of a healthy sleep-wake cycle in elderly patients who suffer from sleep disorders.



Scan the QR code to access more health information on our TTSH Health Library

DEPARTMENT OF GERIATRIC MEDICINE  
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