

# BRIGHT LIGHT THERAPY

## What is Bright Light Therapy?

Bright light therapy uses room lighting at a much higher intensity than normal, under controlled conditions. The light used is approximately 1,000 lux (a measure of light intensity).

## How Does it Help?

This therapy aims to help patients with delirium by:

- Keeping them awake during the day
- Allowing them to socialise and engage in activities during wake hours
- Promoting better sleep at night
- Helping them adjust to a healthy sleep-wake cycle

## Benefits

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

In our Geriatric Monitoring Unit, the bright lights are switched on from 5pm-8pm daily.



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

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PECC-GRM-ED-2025-1974-v1

