

Santa Clara Kaiser Mind-Body Wellness Center Light Box Rental & Sales Program

Light Therapy is a simple, medically recognized, and widely used treatment to fight Seasonal Affective Disorder (SAD), Depression, Insomnia, Non-Seasonal Depression, and various other conditions.

What is Light Therapy?

- It is a simple, medically recognized, widely used treatment to fight Seasonal Affective Disorder(SAD), Sleep Disorders, Non-Seasonal Depression, Jetlags, Anxiety, and various other conditions
- Light therapy involves the use of a specially designed lamp that delivers up to 10,000 lux of light
- Levels of melatonin (“the hormone of darkness”) in your blood are decreased when your eyes are exposed to bright light, and levels of serotonin (the mood controller) may increase.

Has it been proven to Work?

- 65-75% of patients using Light Therapy respond within one week
- The symptoms of SAD slowly subside within a few days after beginning light treatment, but will reappear if therapy is stopped.
- Light therapy is another treatment option for those members who do not wish to take medication

Does it have Side Effects?

- Although the light boxes have been proven to be very safe, a few temporary side effects may include:
 - Slight Nausea
 - Headaches
 - Eye Strains
 - Skin Irritation
- Discontinue use and consult your doctor, if conditions worsens or does not decrease within a few days

How to Use the Light Box?

- DO NOT stare directly into the light
- Place the unit at a slight angle at a distance of 15-20 inches to your face
- Increase the distance or adjust the intensity of light (GOLites only), if the light is too bright for you
- The recommended time to use the light box is 30mins each morning, preferably right after you wake up
- If you wish to use your light box in the evening, please be sure to do so at least 4-5 hours before going to bed

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Light Box	Rental Fee	Purchase Price
TRAVelite	\$18	\$175_{+tax}
GoLite P1	\$20	\$125_{+tax}
GoLite M2	\$25	\$150_{+tax}

*Payment + \$ 100 deposit required at time of rental
Rental fees apply weekly*



TRAVelite

*Up to 2 weeks of rental fees
can be credited towards your
purchase of a light box. You
just pay the difference!!!*



GoLite P1
GoLite M2 (battery operated)

Mind-Body Wellness Center
19000 Homestead Road
Cupertino, CA 95014
(408) 366-4284