

Light Therapy Lamps

@the BICC and RLSB Graduate Resource Center



Student Health and Wellness Center has partnered with OHSU libraries to provide light therapy lamps to help treat mild depression and depression with seasonal pattern (formerly known as SAD). Please see either the BICC or RLSB Graduate Resource Center's circulation desk to learn more about how you can check out a light therapy lamp at either location.

Here's how it works:

- Students and Postdocs may check out light therapy lamps for 1 hour at a time.
- Please use light therapy lamps for up to 30 minutes between 6am and 1pm. Use of light therapy after 1pm may contribute to adverse effects, such as insomnia.
- Find a distance and angle that is comfortable for you (make sure the light is facing your eyes, but avoid looking directly into the light).

For more information, please contact Student Health and Wellness at 503-494-8665 or SHW@ohsu.edu

www.ohsu.edu/studenthealth

Light therapy lamps are one form of treatment for mild depression. If you feel that your symptoms are getting worse, please call Student Health and Wellness Center to schedule an appointment.

Please call 503-494-8665, option 1 for more information. You can also visit our website to learn more about our providers and SHW staff.

