



LIGHT THERAPY

The history of light therapy dates back more than 3000 years in India, where sunlight was used for therapeutic purposes and recorded in the sacred Hindu texts. Today, the beneficial effects of light therapy are well-established and they involve the use of visible light or non-visible ultraviolet light to treat a myriad of conditions.

Light therapy is increasingly applied in a variety of sleep medicine and psychiatric conditions, including circadian rhythm sleep disorders, Seasonal Affective Disorder, and dementia, as well as the insomnia program.

[LEARN MORE](#)



800.678.6824

sales@touchamerica.com



888.446.3747

sales@claswellness.com