

When to Use Your goLITE BLU

Because an imbalance in circadian rhythm affects everybody differently, understanding how it affects you is critical to feeling better. Knowing what time to use the goLITE BLU can mean the difference between responding in just a few days instead of weeks, or perhaps not responding at all. Follow these guidelines to understand how light affects your body clock and when to use the goLITE BLU for the best results.

Usage Duration and Intensity

Most people get beneficial results from fifteen to thirty minutes of usage each day. You can start using your goLITE BLU at 50% intensity and increase the level of light if you feel like your body is not responding within a week of beginning light therapy.

Time of Day

If you find it difficult getting up each day without an alarm clock or you are sleeping in, you need morning light. Use the goLITE BLU within the first hour or two after waking.

If you find it difficult staying awake in the late evening and wake up too early in the morning, you need evening light. Use the goLITE BLU before the onset of drowsiness.

If you don't notice a shifted circadian rhythm, use the goLITE BLU when you wake up in the morning for fifteen to thirty minutes and then again in the evening for approximately the same amount of time. Place the goLITE BLU further away from you during the evening treatment. This will keep your body clock from confusing the stronger morning signal with evening time. Don't use the goLITE BLU within two hours of bedtime. The goLITE BLU suppresses the nighttime hormones for at least two hours, and you may not be able to fall asleep.