

The Power of When by Michael Breus, PhD

DAWN SIMULATOR AND LIGHT THERAPY RECOMMENDATIONS



THE PHILLIPS HF3520 WAKE-UP LIGHT W/ COLOR SUNRISE SIMULATION (\$53.99)

This is pretty amazing: it creates a sunrise using 20 different colors, starting at a cool red and then going to an orange and finally a warm white. The light intensity increases over 40 minutes and then nature sounds will play. There are 5 different nature sounds. The only thing I don't like is that it does have a snooze feature (but you don't have to use it). It can also be a sunset simulator, but I personally do not see the use in that. This is the least expensive, at \$53.99, on Amazon.



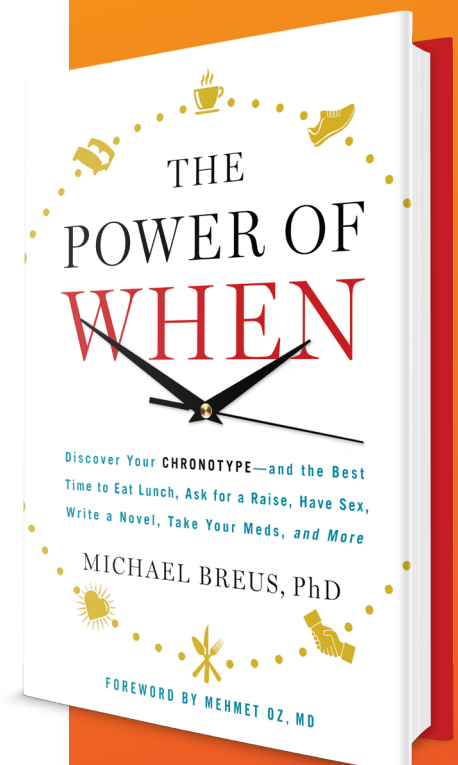
THE LUMIE BODYCLOCK STARTER 30 (\$190)

The Lumie Bodyclock Starter 30 also has sunrise and sunset simulators, it uses a 30 minute time frame, and has a back-up alarm. The cost is \$190.00 on Amazon so this is not an inexpensive product.



BIO-BRITE SUNRISE CLOCK (\$169)

It has a snooze feature (not my favorite) a security feature (it will light up at random times to look like someone is home) has a back up alarm, and power failure features.





PHILIPS GOLITE BLU LIGHT (\$91)

I have used this in my practice for years. It's a great way of getting the required amount of light to help shift your circadian rhythm. This one in particular produces 10,000 lux of light (as recommended by the American Academy of Sleep Medicine). This is \$91.00 at Amazon, but there is a rechargeable one for \$135.00.

If you are not interested in a therapy box, but just want to have the blue light in a particular room (which is what I have in my home), then I recommend the Awake and Alert Bulbs from Lighting Science.



AWAKE & ALERT® BULB (\$39.95)

Awake & Alert® bulb is the only biologically-correct LED lighting solution proven to give you more energy, promote alertness and enhance performance with our patented, stimulating blue-enhanced spectrum.

- Enhances your body's natural alertness.
- Standard light bulbs can't do this.

