

Can phototherapy improve cognitive function in patients with dementia?

April 5 2023



Credit: Pixabay/CC0 Public Domain

In an analysis of published clinical trials, investigators found that

phototherapy—or exposure to sessions of bright light—may be a promising non-pharmacological intervention for lessening symptoms of dementia.

The analysis in *Brain and Behavior* included 12 randomized [clinical trials](#). Results indicated that phototherapy improved cognitive function in patients with dementia, but it did not affect symptoms of depression or sleep quality.

"Further well-designed studies are needed to explore the most effective clinical implementation conditions, including device type, duration, frequency, and time," the authors wrote.

More information: Phototherapy improves cognitive function in dementia: A systematic review and meta-analysis, *Brain and Behavior* (2023). [DOI: 10.1002/brb3.2952](https://doi.org/10.1002/brb3.2952)

Provided by Wiley

Citation: Can phototherapy improve cognitive function in patients with dementia? (2023, April 5) retrieved 19 April 2024 from <https://medicalxpress.com/news/2023-04-phototherapy-cognitive-function-patients-dementia.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.