

Light therapy shows moderate benefits for cognitively impaired

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unclear risk of bias.

"Light therapy can relieve BD, improve sleep quality, and alleviate symptoms of depression for cognitively impaired persons," the authors write.

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(HealthDay)—For cognitively impaired individuals, light therapy has a moderate effect on behavioral disturbances (BDs) and depression, and a small effect on sleep quality, according to a meta-analysis published online July 22 in the *Journal of the American Geriatrics Society*.

Huei-Ling Chiu, R.N., from Taipei Medical University in Taiwan, and colleagues conducted the analysis of nine randomized controlled trials to assess the effects of light therapy on BDs, [sleep quality](#), and depression among cognitively impaired persons.

The researchers found that [light therapy](#) had a moderate effect on BD and depression and a [small effect](#) on total nighttime sleep ($g = ?0.61, ?0.58,$ and $0.25,$ respectively). Compared with light intensity of less than 2,500 lux, a light intensity of 2,500 lux or greater had a greater effect on depression. Studies deemed to be at low risk of bias regarding blinding had a greater effect size in terms of BD than those deemed to be at high or

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