



Open
12 months
per year

Liever Licht

Light therapy at the LichtCafé

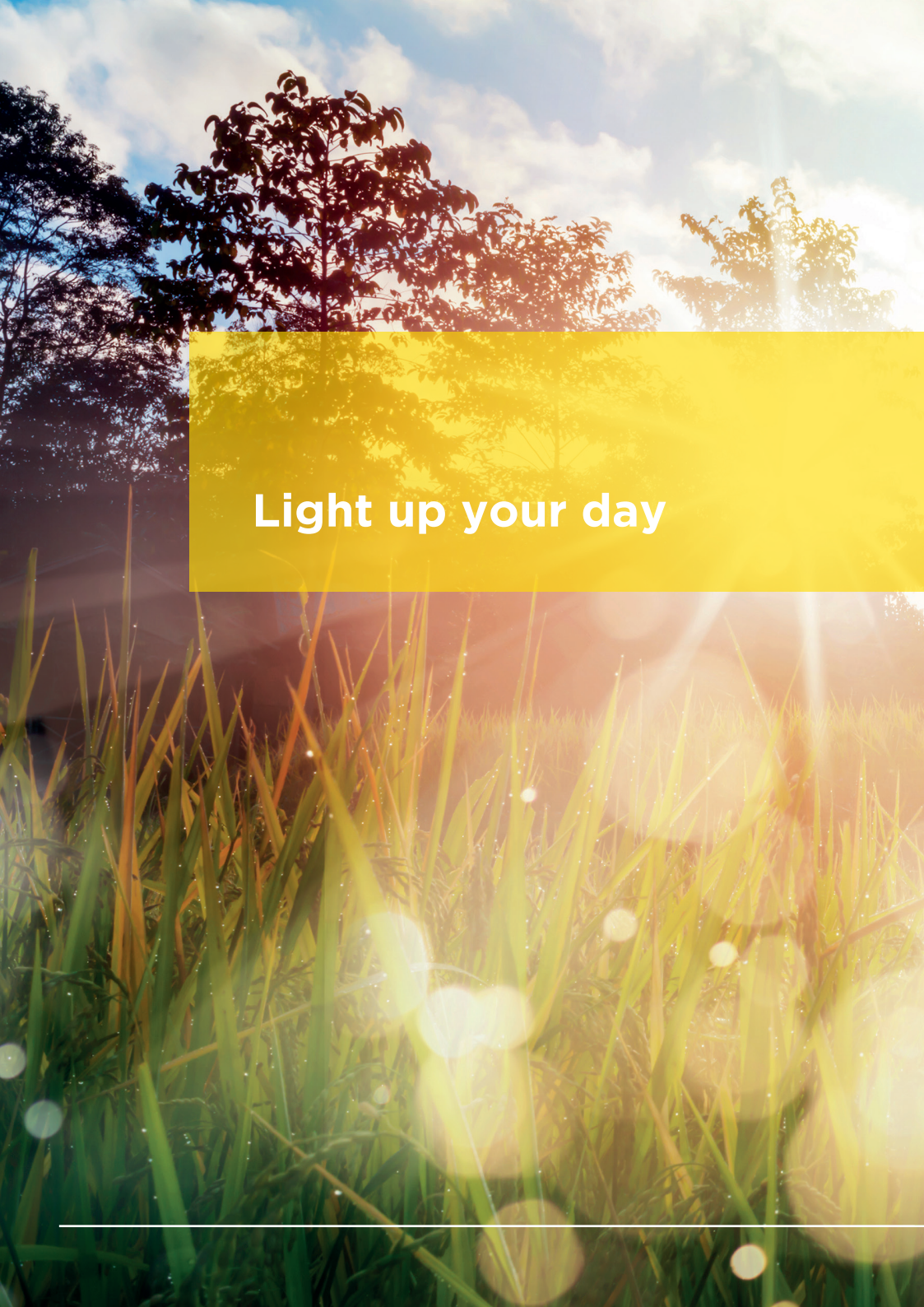
In this folder:

- what does light therapy involve?
- the treatment
- attention to lifestyle
- how to be referred
- research at the LichtCafé
- where to find the LichtCafé



LichtCafé

we serve positivity



Light up your day



The LichtCafé is open to everyone who is feeling depressed. It is a pleasant, inspiring place where you start the day with the perfect amount of light. While you sit in front of the light lamp, you can enjoy a lovely cup of coffee or tea, read a newspaper, chat, or check your email. There are experts at the LichtCafé to guide you during the light therapy. They will also discuss lifestyle with you; a healthy lifestyle has a positive influence on your mood.

What does light therapy involve?

Light therapy is a treatment in which your eyes are exposed to intense white light. This light comes from a lamp with a light intensity of 10,000 lux, without UV radiation. The treatment lasts half an hour per day and is given in the morning. 10,000 lux can be compared to a bright morning sun: it is much brighter than normal artificial light, but not as bright as outdoor light on a summer day.

Light therapy has been proven effective

Most people with symptoms of depression recover after light therapy. This is usually the case after just 1 to 3 weeks of light therapy. A healthy lifestyle also has a positive effect on your mood, which is why we combine light therapy with lifestyle advice at the LichtCafé.

It also has a beneficial effect in depression during pregnancy.

Light therapy is very effective in helping with winter and seasonal depressions.

What does light therapy do?

Light therapy influences your biological clock. This internal clock ensures that your body functions, such as heart rate, glucose level, mood and sleep rhythm are properly regulated. Everyone's biological clock runs a little differently and never lasts exactly 24 hours. As such, it is important to reset this clock properly every day. The light in the morning is mainly responsible for this. When your biological clock is running to he perfect rhythm, you'll feel more comfortable.

A lack of daylight can disrupt your biological clock. This manifests itself in:

- despondency or depression
- less energy
- craving for sweets
- increased need for sleep
- daytime fatigue
- less desire to do things

It's not only morning light that helps to set your internal clock correctly. A fixed daily rhythm, healthy food, exercise and social contacts also play an important role. This all falls under a healthy lifestyle. That is why the treatment at the LichtCafe is a combination of light therapy and lifestyle advice.

How does the light treatment work?

During light therapy sessions, you sit near a light lamp that gives a bright white light. This is done in the morning. You must keep your eyes open during the treatment, you don't have to look straight into the lamp, as long as the light hits your retina. You can do something else in the meantime. It takes 30 minutes.

You will receive light therapy for 5 consecutive workdays, 30 minutes a day. To be able to follow the progress of your symptoms, you will fill in two short questionnaires at different times. On the fifth day, you will have another interview. If you still have symptoms, then you can extend the treatment two more times, with five extra sessions.

Side effects

Light therapy has few side effects. In general, the symptoms diminish quickly and disappear completely after stopping the light therapy.

Side effects can include:

- **dizziness**
- **nausea**
- **headache**
- **an anxious feeling**
- **fatigue**
- **tired or irritated (dry or teary) eyes**

Can light therapy damage your skin or eyes?

The answer to both questions is no. The light lamp does not contain UV radiation and is, therefore, not bad for the skin. If you do not have any problems with your eyes, then they will not be damaged by the light therapy. The light is comparable to being outside on a sunny day. If you have eye problems or take medication for this, it is a good idea to report this at the first interview.

smart
day start



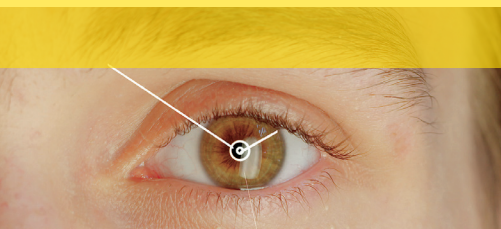
When is light therapy not suitable

Eye diseases

Eye diseases Light therapy is not suitable for a number of eye diseases. The expert may ask you to see an ophthalmologist.

Certain medications

When taking certain medications that make the eyes more sensitive, light therapy may be unwise. This will be discussed at the intake interview.

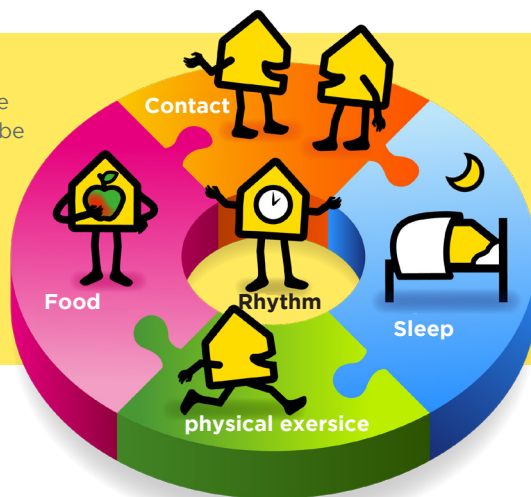


(Hypo)mania

If you have a bipolar disorder, please let us know at the intake interview. Extra vigilance is then required. Light therapy is not used during a period in which there is (hypo) mania, because this strengthens the mania. During a depressive episode, light therapy can actually have a beneficial effect.

Attention to lifestyle

A healthy lifestyle affects your mental and physical well-being. A healthy lifestyle includes nutrition, exercise, social contacts, balance between exercise and relaxation and sleep.



Experts with knowledge about a healthy lifestyle are present at the LichtCafé, so that you can get started right away. You can follow online modules on topics like healthy nutrition, a good daily structure and better sleep. You can also use one of the desk bikes or join a walking group.



How can you register for the LichtCafé?

Registration is done by your practitioner at GGzE.

If you are not a client at GGzE but you like to start light therapy at the LichtCafé, ask your GP for a referral.

Experts guidance

Expert guidance by GGzE is always available at LichtCafés.

Research

Research into the effects of light therapy is currently being carried out at the LichtCafés. If you are registered for light therapy, you will be asked if you want to participate in this study. If you participate, you will receive light therapy as described above, and you will be asked to complete some additional questionnaires.

This research will expand the knowledge about light therapy.

The intake

After your registration, you will have an intake interview with one of the experts. They look at whether you could benefit from light therapy. The intake takes half an hour.

After treatment

Experience shows that people recover after light therapy. But your symptoms may return after some time. It is then advisable to repeat the light therapy. Please discuss this with your practitioner or GP.

The costs

Light therapy is covered by insurance. Keep in mind that you pay your deductible.

energize
your day!

Any questions?

Feel free to e-mail us at lichtcafe@ggze.nl

Refer?

Intern: Mail to verwijzinglichtcafe@ggze.nl

Extern: Via Zorgdomein.

Opening hours:

Every working day from 07:30 to 11:30



Where can you find a LichtCafé?

LichtCafé Ketelhuis Boschdijk

Landgoed De Grote Beek
Dr. Poletlaan 45, 5626 ND Eindhoven
Tel. 06-51 91 13 19

LichtCafé Bibliotheek Veldhoven

Meiveld 2, 5501 KA Veldhoven
Tel. 06-30 59 63 80

LichtCafé Lucifer Kennedyplein

Kennedyplein 103, 5611 ZS Eindhoven
Tel. 06-30 58 02 63



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