

# Contents

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## Foreword

## Acknowledgements

## List of Abbreviations

## Introduction

- Unmet Needs in the Treatment of Depression
- Role of Biological Rhythms in Psychiatry
- Principles of Circadian Timing
- Principles of Sleep Regulation
- Mood Level Varies with Time of Day and Duration of Wakefulness
- Sleep Deprivation
- How It All Began: Light Therapy for Seasonal Affective Disorder
- Light Therapy – Beyond SAD
- What Is Chronotherapeutics?

## Individual Chronotherapeutic Elements:

### Light, Wake Therapy and Sleep Phase Advance

- Efficacy of Bright Light Therapy for SAD
- Timing of Bright Light Therapy
- Dawn (and Dusk) Simulation Therapy
- Efficacy of Bright Light Therapy for Non-Seasonal Depression
- Dark Therapy
- Wake Therapy
- Phase Advance of the Sleep-Wake Cycle
- Negative Air Ionisation

### Integrative Chronotherapeutics: Combinations of Light, Wake Therapy and Sleep Phase Advance

- A Note on Diagnostic Differences
- Bright Light Augmentation of Antidepressant Drug Treatment
- Wake Therapy Added to Medication
- Wake and Light Therapy Added to Antidepressant Drugs or Mood Stabilisers
- Wake, Light, and Sleep Phase Advance Therapy
- Repeated Wake Therapy

## Inpatient Procedures

- Response Assessment and Monitoring
- Light Therapy Timing and Duration
- Exceptions to the Early Morning Light Rule for Bipolar 1 Disorder
- Beginning with Light Therapy (± Medication)
- Wake Therapy + Light Therapy
- Wake Therapy + Light Therapy + Sleep Phase Advance
- Three Alternate Nights of Wake Therapy + Light Therapy + Freely Chosen Sleep Phase Advance
- Variations on the Theme
- Maintenance Treatment
- Drug Tapering to Discontinuation

## Practical Details for Wake Therapy

- Which Patients Are Suitable?
- Predictors of Response
- Medication Allowances and Contraindications
- What to Tell Patients
- Setting and Structure for the Night Awake
- Staff Monitoring
- Nurses on the Night Shift
- Nurses on the Day Shift after Wake Therapy
- Structure of the Day After

- Phase Advance of Sleep following Wake Therapy
- The Doctor's Tasks
- Is One-Time Wake Therapy Enough?
- Safety
- Special Conditions
- If There Is No Response
- At the End of One Week of Chronotherapeutics
- In Conclusion

## Practical Details for Light Therapy

- Criteria for Light Box Selection
- Using the Light Box
- Side Effects of Light Therapy
- Cautionary Notes about Bright Light Exposure
- Before Beginning Light Therapy
- In Conclusion

## Outpatient Treatment Strategies

- Light Therapy
- Wake Therapy

## Range of Chronotherapeutic Indications

- Antepartum Depression
- Premenstrual Dysphoric Disorder
- Bulimia Nervosa
- Attention Deficit/Hyperactivity Disorder
- Dementia
- Parkinson's Disease
- Shift Work and Jet Lag Disturbance

## Light Therapy for Children and Adolescents

## Light and Wake Therapy for Older Patients

## The Visually Impaired: More Sleep Disturbances, More Depression

## Endogenous and Exogenous Melatonin

- The Physiological Effects of Melatonin
- Melatonin in Circadian Sleep-Wake Cycle Disturbances
- Melatonin for Depression?

## Drugs That Affect Rhythms (Chronobiotics)

- Melatonin Agonists
- Chronobiology of Lithium and Antidepressants
- Clock Genes in Depression
- Caffeine, Modafinil

## Social Rhythm Therapy

## Chronobiology in Everyday Life

- Know Your Chronotype
- Timing of School and Work Schedules versus Sleep
- Light and the Built Environment: Implications for Architecture

## References

## Subject Index

## Appendix

## Authors