Sun Lamps

Shaina Rol  
Pacific University, rol1708@pacificu.edu

Reena Gill  
Pacific University, gill0672@pacificu.edu

Recommended Citation
https://commons.pacificu.edu/otet/6

This Article is brought to you for free and open access by the Patient Education Tools at CommonKnowledge. It has been accepted for inclusion in Occupational Therapy Education Tools by an authorized administrator of CommonKnowledge. For more information, please contact CommonKnowledge@pacificu.edu.
Sun Lamps

Description
This patient education handout shares information about the use of sun lamps for light therapy.

Keywords
sun lamps, light therapy, occupational therapy

Disciplines
Occupational Therapy | Rehabilitation and Therapy

Rights
Terms of use for work posted in CommonKnowledge.

This article is available at CommonKnowledge: https://commons.pacificu.edu/otet/6
Sun Lamps

What is a sun lamp?
A sun lamp uses a type of light that mimics light from the sun.

Sun lamps can:

- Improve your mood.
- Make you feel like you have more energy.
- Help you get better sleep.

How to use a sun lamp:

- Sit close to the light. About 1 – 2 feet away.
- Use the sun lamp every day for 20 – 30 minutes.
- Do not look directly at the light. Use it while you read or eat a meal.
- Talk with your doctor if you have questions.

There are two types of sun lamps: floor lamp or desk lamp.
Choose a sun lamp that will fit best in your home.

Where to buy a sun lamp?
You can buy a sun lamp from the store or online. You may want to look at more than one place for the best price for your needs.

This is a list of some stores that have sun lamps. Prices start around $35.00.

1. Walmart
2. Bed Bath & Beyond
3. Target
4. Home Depot
5. Amazon online