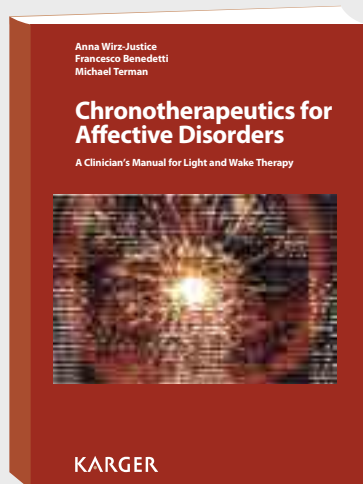


# Practical methods for implementing light and wake therapy against depression



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## Chronotherapeutics for Affective Disorders

A Clinician's Manual  
for Light and Wake Therapy

XII + 116 p., 33 fig., 21 in color,  
10 tab., soft cover, 2009  
CHF 48.– / EUR 34.50 / USD 48.00  
Prices subject to change  
EUR price for Germany,  
USD price for USA only  
ISBN 978-3-8055-9120-1  
e-ISBN 978-3-8055-9121-8

*Fields of Interest:*  
Psychiatry; Psychology, Health Care,  
Sleep Medicine

**KARGER**

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# Chronotherapeutics for Affective Disorders

## A Clinician's Manual for Light and Wake Therapy

'Light therapy' is the only treatment in psychiatry that directly evolved out of basic neurobiology research. It is recognized as the treatment of choice for seasonal affective disorder and has been successfully used in nonseasonal depression and other psychiatric or neurologic illnesses, including bulimia nervosa and Alzheimer's disease. At the same time, 'wake therapy' is the fastest antidepressant known. Chronotherapeutic combinations of light and wake therapy achieve fast results and, by reducing residual symptoms, also minimise relapse.

This manual introduces chronotherapeutics for depression, a new synthesis of non-pharmacologic interventions designed to accelerate remission in bipolar and unipolar patients alike. It examines the underlying clinical research, explains the involvement of the circadian timing system, and provides hands-on instructions for treating inpatients and outpatients. Written by three of the most prominent experts in the

research and clinical applications of chronotherapy, this book enables clinicians to implement its principles and let their patients benefit from its practicality and effectiveness.

In this manual psychiatrists, psychologists, primary care physicians and health care administrators find comprehensive overviews of theory, research background, practical guidelines, and future prospects. It is also essential reading for practitioners of sleep medicine.

(...) I have seen these methods work wonders (...)  
*Acta Psychiatrica Scandinavica*

(...) the book is very practical, clinically oriented, and will be appreciated by anybody interested in Chronotherapeutics in general and light therapy in particular. (...)  
*Annals of Clinical Psychiatry*

(...) This book is 'just what we need' to start thinking differently about the treatment of affective disorders. (...)  
*International Psychogeriatrics*

Please read the reviews on  
[www.karger.com/chronotherapeutics](http://www.karger.com/chronotherapeutics)

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## Authors

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