Table 1. Common side effects of light therapy reported in clinical trials Side effect Incidence

| 0.40 0000 | |
|-----------------------------------|---------|
| Eye strain or visual disturbances | 19%-27% |
| Headache | 13%-21% |
| Agitation or feeling "wired" | 6%-13% |
| | |

7%

7%

6%-7%

Nausea

Sweating

Sedation