Chronotherapeutics for Affective Disorders
A Clinician’s Manual for Light and Wake Therapy

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Light therapy is established worldwide as the treatment of choice for seasonal affective disorder. It is also successfully used in nonseasonal depression, as well as for many other psychiatric and neurologic illnesses, and in sleep medicine. Wake therapy is the fastest antidepressant known. Imaging studies show that both methods share neurobiological substrates with antidepressants, but act much faster. Chronotherapeutics — the combination of light and wake therapy — achieves rapid results and, by reducing residual symptoms, also minimises relapse.

Written by three prominent clinical and research experts in biological rhythms, this manual aims to broaden knowledge and practical application of these non-pharmacologic interventions for bipolar and unipolar disorders. Clinical understanding is deepened by an explanation of the circadian timing system and sleep regulatory mechanisms which underlie the novel treatment strategy. The step-by-step guide and description of the interventions in centers throughout the world provides clear hands-on instructions, supported by a solid body of clinical research.

The first edition of ‘Chronotherapeutics for Affective Disorders’ has kindled a network of psychiatrists and psychologists who are actively introducing these treatments for their inpatients and outpatients. This manual is also essential reading for primary care physicians, sleep medicine specialists and health care administrators.

Fields of interest:
Psychiatry, Psychology, Social Medicine, Sleep Medicine

Read the reviews of the 1st Edition on
www.karger.com/chronotherapeutics

(…) I have seen these methods work wonders (…) 
Acta Psychiatria 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
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