

Can phototherapy improve cognitive function in patients with dementia?

April 5 2023



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In an analysis of published clinical trials, investigators found that

phototherapy—or exposure to sessions of bright light—may be a promising non-pharmacological intervention for lessening symptoms of dementia.

The analysis in *Brain and Behavior* included 12 randomized [clinical trials](#). Results indicated that phototherapy improved cognitive function in patients with dementia, but it did not affect symptoms of depression or sleep quality.

"Further well-designed studies are needed to explore the most effective clinical implementation conditions, including device type, duration, frequency, and time," the authors wrote.

More information: Phototherapy improves cognitive function in dementia: A systematic review and meta-analysis, *Brain and Behavior* (2023). [DOI: 10.1002/brb3.2952](https://doi.org/10.1002/brb3.2952)

Provided by Wiley

Citation: Can phototherapy improve cognitive function in patients with dementia? (2023, April 5) retrieved 21 July 2023 from <https://medicalxpress.com/news/2023-04-phototherapy-cognitive-function-patients-dementia.html>

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