

# 3<sup>rd</sup> International Conference and Exhibition on **Neurology & Therapeutics**

September 08-10, 2014 Hilton Philadelphia Airport, USA

## Seasonal affective disorder response to bright light therapy

**Kathy Sexton-Radek**

Elmhurst College/Suburban Pulmonary & Sleep Associates, USA

A case control design with three clinical cases presenting with symptoms of seasonal affective disorder in mid-October to the Sleep Clinic located in Westmont, Illinois (latitude 90 degrees) will be presented. A course of bright light therapy using standard lights that included the blue light spectrum was used for 12 weeks. Sleep log outcome data and subjective ratings of energy level and sleepiness will be presented. The standard protocol for use of Bright Light therapy will be presented as well as the DSM 5 criteria for the disorder.

### Biography

Kathy Sexton-Radek, PhD, CBSM completed her Doctorate of Philosophy in the area of Clinical Psychology at Illinois Institute of Technology in Chicago, IL in 1988. She interned at Rush Medical Center as a Behavioral Medicine Resident. She has been in academia for 26 years developing and teaching undergraduate and graduate Psychology courses. Her private practice work as Director of Behavioral Health and Wellness for the last 26 years has focused on assessment and treatment in areas of sleep disorders, depression, anxiety disorders, somatic symptoms disorders and Psychological factors affecting medical illness disorders. She is a Certified Behavioral Sleep Medicine specialist and has Sleep Board eligibility.

[krsleep@aol.com](mailto:krsleep@aol.com)