

Dark Therapy Devices	
Blue Light-Blocking Glasses	
These models were tested in clinical studies. Most other options don't block enough of the blue.	<ul style="list-style-type: none"> • Uvex (\$7–10 on Amazon): Ultraspec 2000 model S0360X and Skyper model S1933X • Any model at www.LowBlueLights.com (\$50)
Blue-Free Bulbs	
Sleep-friendly bulbs that won't disturb melatonin.	<ul style="list-style-type: none"> • Any option at www.LowBlueLights.com • Bulbs: SCS Nite-Nite Light Bulb, Lighting Science GoodNight Sleep • Nightlights: Maxxima MLN-16 Amber LED (\$15)
Apps	
These reduce the blue light emitted by electronic devices, but not enough to qualify for dark therapy.	<ul style="list-style-type: none"> • Apple: Candlelight, Night Mode • Windows: JustGetFlux.com • Android: Twilight and Blue Light Filter • Kindle: BlueShade

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 with **Jim Phelps, MD**
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