

Dawn Simulators	
All-in-One Lamps	
Lamp, bulb, and time, all in one.	<ul style="list-style-type: none"> • NatureBright L6060 PER2 LED (naturebright.com) • Philips Morning Wake-Up Light HF3500, HF3510, HF3520
Timers	
These plug into a lamp and require dimmable bulbs.	<ul style="list-style-type: none"> • LightenUp (windhovermfg.com) • SunRise Controller BioBrite
Apps	
These turn on the smartphone's flashlight. They may not be bright enough to treat depression, but they are cheap and portable.	<ul style="list-style-type: none"> • Rise & Shine • Lichtwecker

From the Expert Q&A
"Light and Darkness in Bipolar Disorder"
 with **Jim Phelps, MD**
The Carlat Psychiatry Report, Volume 17, Number 2, February 2019
www.thecarlatreport.com