

Hearing

Based on 25 human randomized controlled trials

WAVELENGTHS

650 nm	9 studies
830 nm	5 studies
850 nm	1 studies
808 nm	1 studies
810 nm	1 studies

DOSE RANGE

Min: 30.0 J/cm² | Median: 84.0 J/cm² | Max: 120.0 J/cm²

■ Biphasic warning: doses >50 J/cm² may have diminishing effects

COMMON PROTOCOLS

1. 650nm, 84.0 J/cm², 10 sessions, 3x/week
2. 830nm, 84.0 J/cm², 10 sessions, 3x/week
3. 850nm, 84.0 J/cm², 10 sessions, 3x/week

SESSION RANGE

1–30 sessions (median: 10)

DISCLAIMER

This card summarizes published research parameters only. It is not medical advice. Consult your healthcare practitioner before starting any treatment.

Source: PBM Research Database | redlightos.com/research