

Sleep medicine

Based on 15 human randomized controlled trials

WAVELENGTHS

850 nm	3 studies
830 nm	2 studies
787 nm	1 studies
940 nm	1 studies
890 nm	1 studies

DOSE RANGE

Min: 2.67 J/cm² | Median: 33.5 J/cm² | Max: 62.4 J/cm²

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

COMMON PROTOCOLS

1. 850nm, 33.5 J/cm², 10 sessions, 3x/week
2. 830nm, 33.5 J/cm², 10 sessions, 3x/week
3. 787nm, 33.5 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