



## KEY POINT SUMMARY

### OBJECTIVES

The objective of this study was to determine if depressed patients on an inpatient unit have a shorter length of stay if exposed to bright natural light.

## Increased Daylight Availability Reduces Length of Hospitalization in Depressive Patients

Canellas, F., Mestre, L., Belber, M., & Frontera, G. 2015 | *European Archives of Psychiatry and Clinical Neuroscience Pages 1-4*

### Key Concepts/Context

Research studies have documented the efficacy of bright light on people with Seasonal Affective Disorder (SAD). Bright light has been documented to have a therapeutic efficiency equivalent to most antidepressant medications.

### Methods

Retrospective data were collected following a relocation of an inpatient unit from a basement floor to the first floor of a hospital. Light levels were measured. For 24 months pre-move data were collected and 24 months post-move data were collected.

### Findings

The mean amount of accumulated light impinging the patient's area was 86,145 lux/light period in the basement inpatient unit and 258,909 lux/light period post move to the first floor. The median stay was 14 days in the basement and 11 days post move.

### Design Implications

Designers should consider the type and amount of light every inpatient has access to, particularly those with depression.



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## Limitations

None are noted; however, the authors do not state what other design features, if any, were changed pre to post move. Therefore it is unclear if there may have been other features that impacted length of stay.