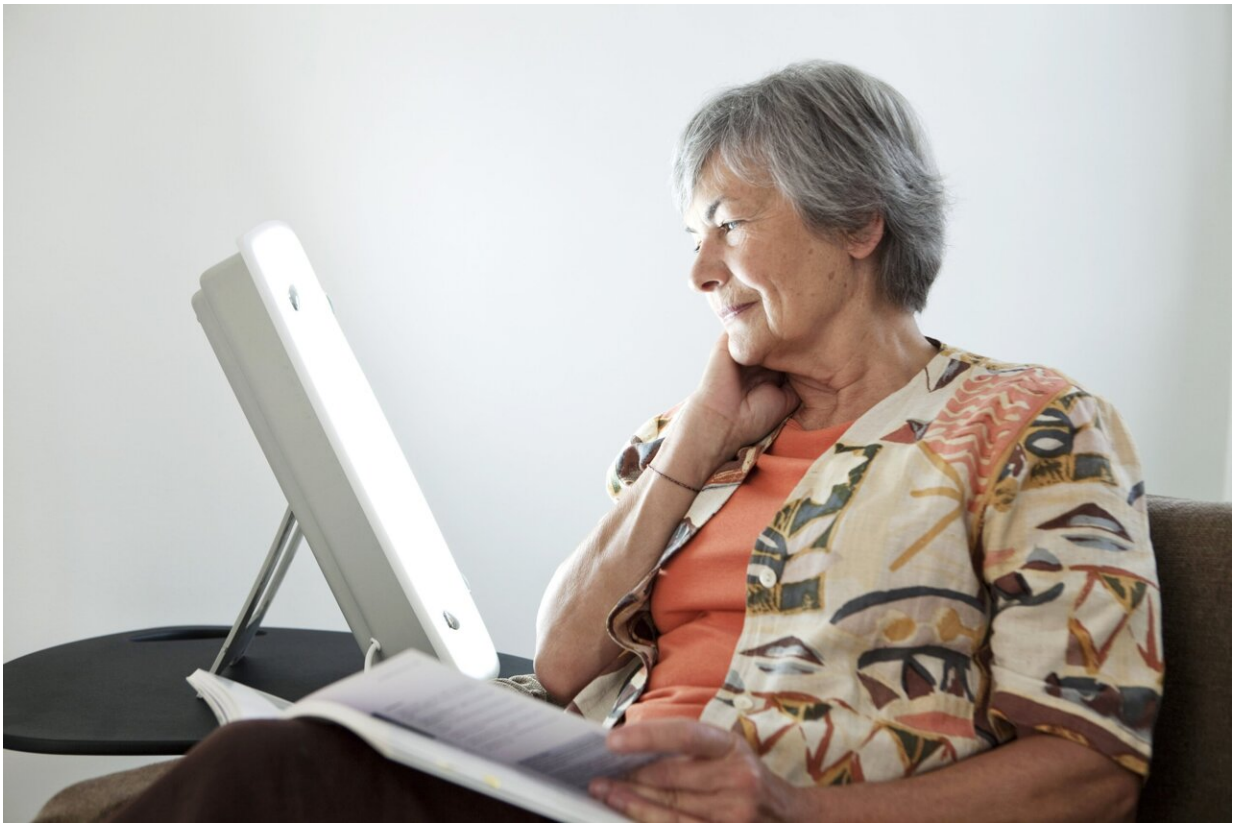
Light therapy found to relieve fatigue syndrome in multiple sclerosis

December 12 2022



Light therapy relieves fatigue syndrome in Multiple Sclerosis. Credit: Image Point Fr/Shutterstock

Multiple sclerosis (MS) is almost always accompanied by fatigue, a massive tiredness that is described by the vast majority of patients as the

most distressing symptom. In a recent study, a research group led by Stefan Seidel from the Department of Neurology at MedUni Vienna and AKH Vienna identified light therapy as a promising non-drug treatment option: patients included in the study showed a measurable improvement after just 14 days of use.

The study results were recently published in the *Multiple Sclerosis Journal—Experimental, Translational and Clinical*.

For the first time, Stefan Seidel's research team relied not only on surveys but also on objective measurements when selecting the test persons. For example, sleep-wake disorders were ruled out in the 26 participating MS patients, particularly with the assistance of various sleep medicine examinations. "In this manner, for example, we ensured that MS patients with fatigue do not suffer from sleep apnea or periodic leg movements during sleep. Both are sleep disorders that can lead to fatigue in everyday life," elaborated study leader Stefan Seidel.

Performance improvement

The test persons—all patients of the Neurology Department at MedUni Vienna and AKH Vienna—were equipped with commercially available light sources for self-testing at home: Half of the participants received a daylight lamp with a brightness of 10,000 lux, while the other half received an identical lamp that emitted a red light with an intensity of