

A surprising study has shown that the majority of blind people report sleep disturbances, mostly with falling asleep or waking frequently and with excessive daytime sleepiness.

People who work mostly indoors and see little daylight also seem to have a higher than normal rate of insomnia.

Light has a vital effect on the sleep-wake rhythm. This is due to the effects on the pineal gland, and the hormone melatonin (hence this hormone was at one time being touted as a wonder-drug to cure insomnia but there is a great deal of work to be done to ensure it doesn't have any adverse effects).

Bright outdoor light is the most effective form of phototherapy and should be bright enough to take a photograph without a flash.