

Dear Editor,

Thank you for your great effort in handling our submission (Manuscript ID 101449, entitled "Effect of bright-light therapy on depression and anxiety of a patient with Alzheimer's disease combined with sleep disorder"). We also thank the reviewer for his/her comments. In response to the comments and suggestions made by the referees, we have made a number of changes and additions to the manuscript. We believe that these changes, together with the detailed response to the reports given below, clarify all the points made by the referees. We would like to resubmit it to World Journal of Psychiatry. Thank you in advance for your further consideration of our contribution. We look forwards to your response in due course.

Sincerely yours,  
Xi Mei

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**Reviewer comments:**

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Comments to the Author: I am writing in regards to the manuscript "Effect of bright-light therapy on depression and anxiety of a patient with Alzheimer's disease combined with sleep disorder" (ID: 101449) submitted to the World Journal of Psychiatry. - This case report addresses an important and timely topic given the increasing prevalence of dementia worldwide. The manuscript is well-structured, and the English is clear and precise, making it easy to follow. - The case is indeed intriguing, but I would like to suggest a few areas for further elaboration.

- Firstly, could you clarify whether the patient experienced any side effects such as headaches, eyestrain, or nausea during the course of the bright-light therapy (BLT)? It would be helpful to know if any adverse effects were noted, as this would be relevant for clinical application.

**We added the relevant statements in section of Discussion and conclusion.**

**"Although very few patients reported transient side effects including headaches and eyestrain during the course of the BLT, it was still an effectiveness non-invasive therapy for clinical application."**

- Additionally, it would be beneficial to discuss whether BLT is suitable for patients with comorbid conditions, such as hypertension, diabetes mellitus, or a history of stroke. Given that many patients with dementia have multiple health issues, it's important to understand how these factors might influence the therapy's effectiveness.

**We added the relevant statements in section of Discussion and conclusion.**

**"Comparing to medication, BLT is suitable for patients with comorbid conditions, such as hypertension, diabetes mellitus, or a history of stroke, and reduces the physical burden of drug interactions on older adults with multiple health issues."**

- Since BLT is known to improve nighttime sleep, it would be valuable to explain how this therapy could enhance the patient's ability to recall immediate events, remember their last meal, and become more oriented in time and space, particularly for those with reduced volitional activity and lack of self-awareness.

We added the relevant statements in section of Discussion and conclusion.

"BLT is known to improve nighttime sleep. A quality night's sleep can be rejuvenating and enhance the patient's ability to concentration during the daytime. Although BLT was reported to enhance spatial memory, whether it can improve memory to recall immediate events and become more oriented in time and space for those with reduced volitional activity and lack of self-awareness need to be studied in future."

- Furthermore, a more detailed description of the processes involved in the bright-light therapy would enrich the study.

We added the relevant statements in section of Methods.

"The patient faced the light source and sited in a comfortable chair. After that, the nurse secures the portable cart and turns the light to patient, and reminds the patient that he or she is ready to begin treatment. During the course of treatment, patient was asked to remain quiet and not to get up and walk around."

- Finally, regarding the timing of BLT, you noted its application in both morning and evening. Could you provide insight into the rationale behind the chosen timing, considering that evening exposure could potentially disrupt sleep?

We added the relevant statements in section of Discussion and conclusion.

"There is a 4-hour interval between the time of BLT after dinner and the time of going to sleep at night, so it does not affect the patient's sleep."

- Lastly, please specify the criteria used in the Mini-Mental State Examination to assess cognitive function. These additions would strengthen the manuscript's comprehensiveness.

We added the relevant statements in section of Methods.

"The cognitive level was evaluated by mini-mental state examination (MMSE) score <17, 20, and 24 in patient with education levels of illiteracy, primary school, and junior high school, respectively"