The Top Ten Papers of Light Treatment and Biological Rhythms:

How do we know what we think we know?


The above citation was the first paper on melatonin which stimulated an entire field of study into biological rhythms, biological effects of light, and finally light treatment. At the Education Course of the Sixth Annual Meeting of the SLTBR, 1994, Dr. Dan Oren surveyed the SLTBR membership as to their choices for the 10 most influential papers in the history of light treatment and biological rhythms. Herewith, in order of appearance in peer-reviewed journals, are the results of the SLTBR collective wisdom.


