



Center for  
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Therapeutics

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The Center for Environmental Therapeutics invites you to take our online **Morningness-Eveningness Self-Assessment**.

Learn where you stand as a “chronotype,” and how best to manage your daily pattern of light and dark exposure to promote the best sleep, mood and energy.

To reach our self-assessment page, please go to:

[www.cet.org/self-assessment](http://www.cet.org/self-assessment)

The Center for Environmental Therapeutics is a 501(c)(3) nonprofit based in New York, founded in 1994 in response to international interest in new environmental therapies—drug-free ways to improve mood, sleep, and energy. We are leaders in the research and development of light therapies as counterparts to conventional medication interventions. Our programs serve health care providers, the consumer public, and industry. CET is made up of a multidisciplinary team of eminent researchers and clinicians committed to pooling their efforts toward the development of effective environmental therapies. We host a popular website, [www.cet.org](http://www.cet.org), with educational materials for the general public and clinicians; on-line, personalized self-assessments of depressive disorders, symptom severity, and circadian rhythm status; and forums for mental health practitioners and the public. CET's Chronotherapeutics Consultants group offers training in light and wake therapies, and the design and supervision of inpatient procedures for patients hospitalized with major depression and bipolar disorder.