

HEALTHY LIGHT EXPOSURE



Light coming in through the eyes sets the circadian clock in our brains. Daily exposure to bright light during your day and minimal light at night is important for your health and wellbeing.

AVOID



Only dim indoor light during the day & inactivity



AIM FOR BRIGHT DAYS



Morning light
Outdoor light
Bright indoor light
Physical activity



AIM FOR DARK NIGHTS

Dark room
Little screen time
Night mode on devices
Regular bedtime



AVOID



Bright screens & light during the night & irregular bedtime



BRIGHT DAYS AND DARK NIGHTS HAVE MANY BENEFITS



Sleep



Health



Energy



Mood



Productivity

