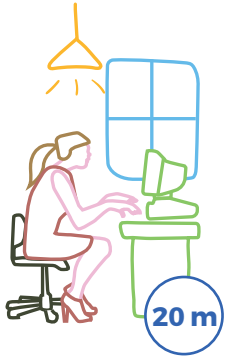
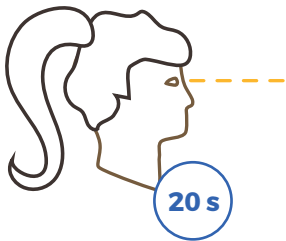


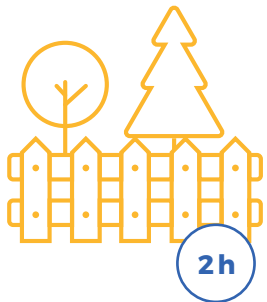
20-20-2 rule



After every 20 minutes of screen time,



get up and look at the sky for 20 seconds.



Spend 2 hours outside every day including at least 30 minutes in the morning.

Three steps for a healthier and happier life



Be outside a lot during the day, especially in the morning.



Stay within one meter of a window.



Install electric good light that mimics daylight from sunrise to sunset.



Good light for a healthier and happier life

Easy guidelines to use light wisely

Many people don't sleep well, lack energy during the day or are moody. Good light helps us.

Light supports us in everything we do. It has a great positive impact on our energy, sleep, happiness and health.

With the help of good light, our biological clock keeps our body in balance with the time of day.

Good light means the right light at the right time.

Want to learn more:



www.goodlightgroup.org

Morning

Seek daylight as soon as you can

This gives your body important time cues. Ideally be in at least **thirty minutes of daylight** before noon.



Afternoon

Be outside as much as possible

Your body clock will sync better with the time of day. You feel fit and alert.



Evening

By being **outside a lot** your body feels energised or tired at the right moments.



Night

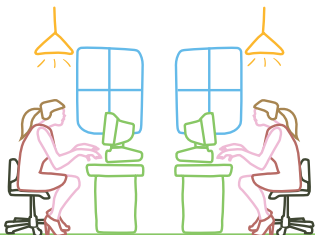
Get ready for a good night sleep!

Even if you sleep outside, try to avoid all bright lights, this means daylight (when the sun is still up) and screens!



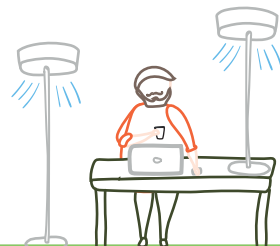
Open curtains and seek morning light

During the day stay as close to a window as you can (best within 1 meter).



If you can't sit near a window

Turn up the brightness of your light! Two to five times higher than you're used to.



Use dim and warmer lights

Dim lights at least 3 hours before sleep-time. Close window blinds if the sun is still up. Change your screens to evening setting.



Do not use bright light at night and avoid all screens

Only if really needed: use dim & warm light. If you need to use a screen: only in night mode!

