



Good
Light
Group

30 Days Good Light Experience

Working from home has become common practice for many people around the world due to the Corona pandemic. And it is predicted that partly working from home will stay part of working practices when the pandemic is under control. Many people are improving their home offices, such as better chairs, desks, screens, coffee machine, etc. However too little attention is paid to the lighting in those areas.

Most people aren't aware of the fact that they need good light. Light that's good enough to see clear, isn't the right light most of the time. The right amount of light is needed for a positive influence on the individual circadian rhythm. It improves your sleep quality, alertness, fitness, concentration, mood swings, productivity and more. Many scientific experiments show that "good Light" has a positive effect on synchronising the individual circadian rhythm with the real clock. This leads to all the benefits. Overall people feel much better and fitter during daytime and have a better mood.

With the initiative 30 Days Good Light Experience, we let you experience what good light will do for your sleep, vitality, and mood for a period of about one month. How? We will provide you with a set-up that provides good light which you can install in your home office.

During and at the end of the 30 days we will evaluate the experience with you. This is done with questionnaires and if possible additional measurements. You will also be asked to write a personal story or article about your experiences which you can share, and we can promote on our social channels and website.

If you want to participate in this experience or some more information, please mail to info@goodlightgroup.org

Good Light Group
Happy people
need good light

Non-profit organisation
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