

4 steps to good light



Spend plenty of time outside during the day, especially in the morning.



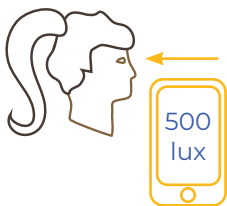
Stay within one meter of a window.



Install high-quality electric lighting to compensate for the lack of natural daylight. Ensure your eyes receive at least 500 lux during the daytime.



Keep light levels below 10 lux starting three hours before bedtime. Dim the lights, close the curtains, avoid bright screens and set your phone to night mode.

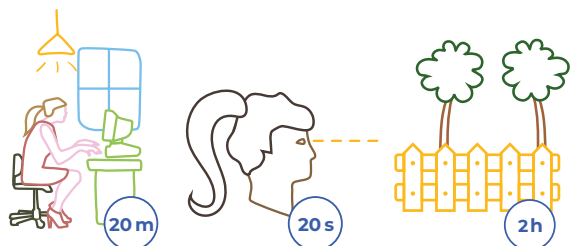


Begin by measuring light levels

Use a luxmeter by holding the sensor at eye level to measure the amount of light reaching your eyes. Alternatively, use a lux meter app* to get an approximate lux level.

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 with at least 30 minutes in the morning.



*Disclaimer: most apps are not accurate and often give overly optimistic estimates.

Why good light?

**Sleeping poorly? Low in energy?
Difficulty concentrating?
Feeling down?**

You might be spending too much time indoors. Indoor light is too weak during the day and often too bright in the evening. This disrupts your body clock and negatively affects your sleep, health, and mood. Our biological clock needs rhythm: lots of light during the day, and very little in the evening.

**The right light at the right time
is essential**

Good light is daylight or electric light that compensates for a lack of daylight. In the evening, soft and dimmed light is key. This keeps your body clock in sync with the natural rhythm of the day.

Good light for:
better sleep, more
energy, and a
brighter mood



Photo by Unsplash

Benefits of good light and a well-regulated body clock

Short term:

- More energy, focus, and productivity
- Improved mood and overall wellbeing
- Less stress, better memory, and more creativity
- Easier to fall asleep

Long term:

- Lower risk of physical and mental health issues
- Stronger immune system
- Reduced risk of cardiovascular disease, diabetes, and obesity

