

4 steps to good light



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



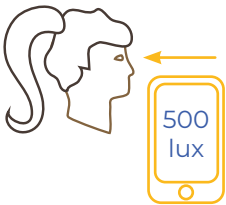
Stay within one meter of a window.



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.

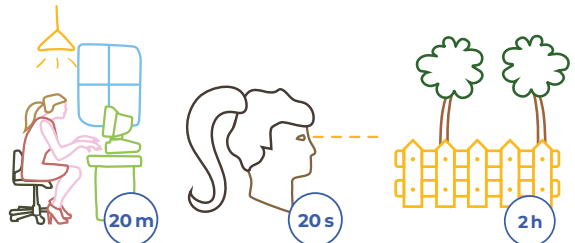


Begin by measuring light levels

Use a luxmeter, holding the sensor at eye level to measure the light entering 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 very precise and often tend to be overly optimistic.



Good light
for a healthier
and happier life

Why good light?

Sleeping poorly? Lacking energy? Feeling down? Waking up tired?
Struggling to concentrate? Feeling unhappy?
Maybe you're spending too much time indoors, where the light is often
too dim during the day and too bright in the evening to support your
health and happiness.

Being in good light can help reduce these problems.
Good light is the right light at the right time.
This includes natural daylight or electric lighting that compensates
for the lack of daylight during the daytime.

The Good Light Group

We are a non-profit organisation where scientists and lighting designers
join forces. We advice on practical applications of good light.

What can you do?
Discover the benefits of good light.
Apply the four steps to bring more good light into your life.
Share the steps to help others.
Join us as a participant, partner, advisor, or friend.



**Good
Light
Group**

For more information:
www.goodlightgroup.org

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