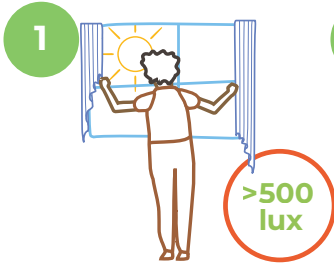


6 steps to good light



Get at least 500 lux of daylight or electric light first thing in the morning to signal your body that the day has started.



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



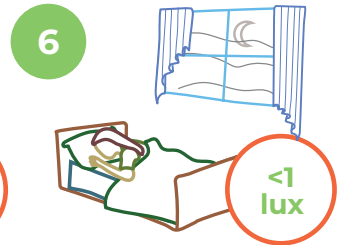
Stay within one meter of a window.



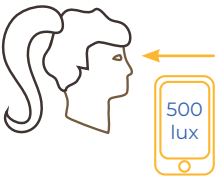
Use bright, high-quality electric lighting when there is not enough natural daylight. Aim for at least 500 lux at eye level during the day.



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



Keep light levels below 1 lux at night, even when getting out of bed, and avoid screens whenever possible.

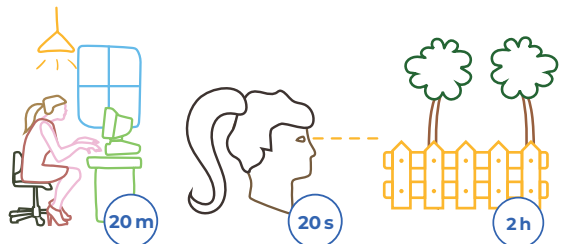


Check your light levels!

Measure light using a lux meter, holding the sensor at eye level. You can also use a lux meter app* for an approximate reading.

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.



*Most apps are not very accurate and may give overly optimistic readings.

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



For more information:
www.goodlightgroup.org
A non-profit organisation
founded by scientists
© 2026 Good **Light** Group

