# Why good light?

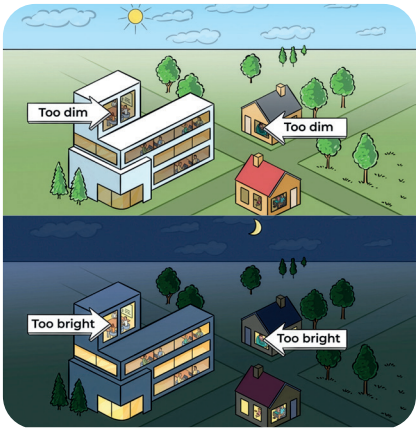
We spend more than 90% of our time indoors. During the day, we usually get far too little light indoors, while in the evening, we are exposed to too much. This disrupts our biological clock.
Good light means:
**Plenty of light during the day.**
**Little light in the evening.**

Daylight is the best source of healthy light. When there is not enough daylight, good electric lighting can go a long way towards compensating for the lack of light.

*Good light is just as important as a healthy diet and regular exercise.*

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




## Benefits of good light and a well-regulated biological clock

- Better sleep
- More energy
- A more positive mood
- Sharper concentration
- Better health

Good light does much more than help you see. It is the most powerful signal for your biological clock. Make good light a regular part of your daily lifestyle.

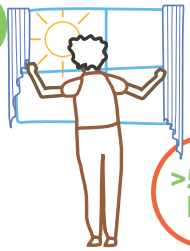
Good Light Group

For more information:
**www.goodlightgroup.org**
A non-profit organisation
founded by scientists
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# 6 steps to good light

Good Light Group
for a **healthier** and **happier** life

1




Give your eyes plenty of (day) light as soon as you wake up. This signals to your body that the day has begun.

2




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

3




During the day, sit or work as close to a window as possible.

4



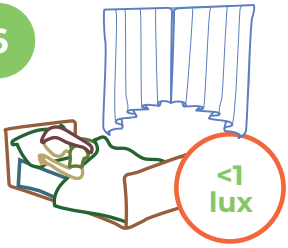

Not enough daylight? Use lighting that provides at least 500 lux at eye level.

5




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

6

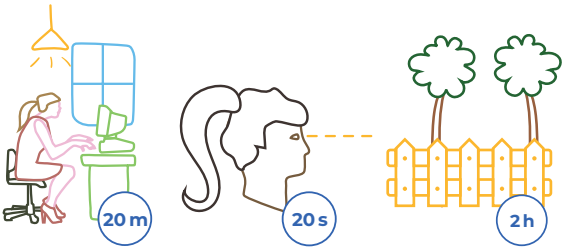



Keep light levels below 1 lux at night, even when you get out of bed, and avoid screens as much as possible.




**Check your light levels!**
Measure at eye level with a lux meter, or use a lux meter app* for an indication.

**The 20-20-2 rule**
After every 20 minutes of screen time, get up and look at the sky for 20 seconds. Spend 2 hours outdoors every day, including at least 30 minutes in the morning.




*Most apps are not accurate and often give an overly optimistic estimate.