

Facts of light

Good light is an ingredient for good health

If enough good light enters your eyes during the day you will **sleep better**, have **more energy**, a **better mood** and you will boost your **immune system**.

Three steps for a healthier and happier life



Be outside a lot during the day, especially in the morning.



Stay within one meter of a window.

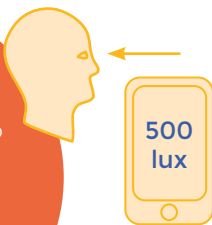


Install electric good light that mimics daylight from sunrise to sunset.

Advice for a healthy lifestyle **when inside**

Start measuring

Install a lux meter app on your phone and measure how much light enters your eyes. Hold your phone at eye level so that the camera 'sees' what your eyes see.



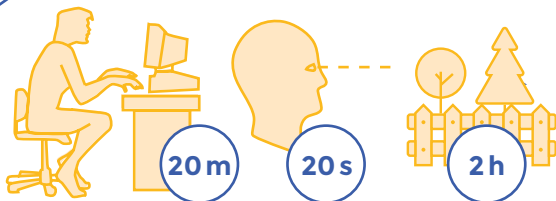
Good light while working

Place your desk within one meter from a window. Or increase the electric light level to at least 500 lux entering your eyes.



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 including at least 30 minutes in the morning.





Good light
for a healthier
and happier life

Why good light?

Sleeping badly? Lacking energy? Feeling down? Waking up tired?

Lacking concentration? Not happy? Blurry vision?

Maybe, you spend too much time indoors, where the light is often too weak during the day and too bright in the evening to keep you healthy and happy.

Being in good light can make these problems smaller!

Good light is the right light at the right time.

Good light is natural daylight (outside or inside near a window)
or electric light that mimics daylight.

The Good Light Group

We are a non-profit organisation that motivates and supports people to live in good light all day.

What can you do?

Learn about the effects of good light and apply the three steps for good light yourself.

Help others live healthier and happier lives by sharing the three steps.

Join us as a participant, partner, science adviser or friend.



**Good
Light
Group**

For more information:
www.goodlightgroup.org

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