

Live a healthier and happier life with better routines

Our biological clock, guided by the light-dark cycle, plays a crucial role in our health and happiness. Here's how to stay in sync:

Consistent mealtimes

Eat a balanced diet, stay hydrated, and avoid meals within three hours of bedtime.

Regular activity cycle

Aim for at least 2.5 hours of moderate physical and mental activity weekly. Relax in the evening and avoid intense activities 1.5 hours before bed.

Structured bedtimes

Good sleep is vital. Consistent meals and daily activity are key, but your sleep quality also depends on exposure to the right light at the right time.

Food

Activity

Healthy life

Sleep

Benefits of good light and a well-tuned biological rhythm

In the short term:

- Increased energy, focus, and productivity
- Enhanced mood and overall well-being
- Reduced stress, better memory, and higher creativity
- Easier time falling asleep

On the long term:

- Lower risk of physical and mental illnesses
- Strengthened immune system
- Reduced risk of cardiovascular disease, diabetes, and obesity



Good light guide for a healthier and happier life

Sleeping badly?
Lacking energy?
Feeling down?
Waking up tired?
Lacking concentration?
Not happy?

Good light is the right light at the right time

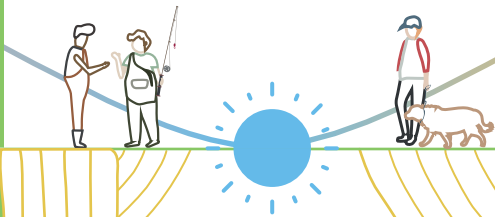


Morning

Seek daylight at the start of your day

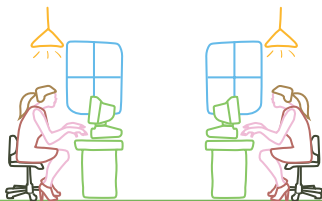
This gives your body important time indications.

Be in at least **thirty minutes of daylight** before noon.



Open curtains and seek morning light

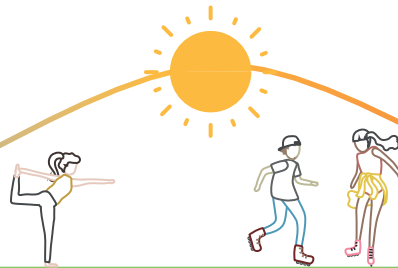
During the day stay as close to a window as you can (best within one meter).



Afternoon

Be in daylight as much as possible

Your body clock will sync better with the time of day, making you feel fit, alert, and energised during the day, and sleepy at night.



If you can't sit near a window

Turn up the brightness of your light! Two to five times higher than you're used to, so you compensate the lack of daylight.

Measure your light



Evening

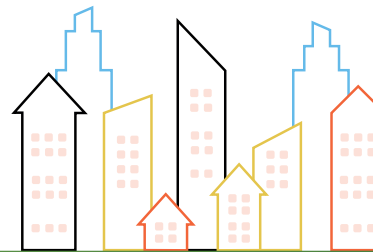
Avoid bright (day)light

three hours before bedtime to prepare for sleep. Go inside, or close your window blinds if the sun is still up.



Use dim and warmer lights

Dim lights at least three hours before bedtime. Change your screens to night mode.



Night

Get ready for a good night's sleep!

Try to avoid all bright lights, such as streetlights and screens.



Do not use bright light at night and avoid all screens

Only if really needed: use dim & warm light. If you need to use a screen: only in night mode!