



**Good
Light
Group**

**Good light
for a healthier
and
happier life**

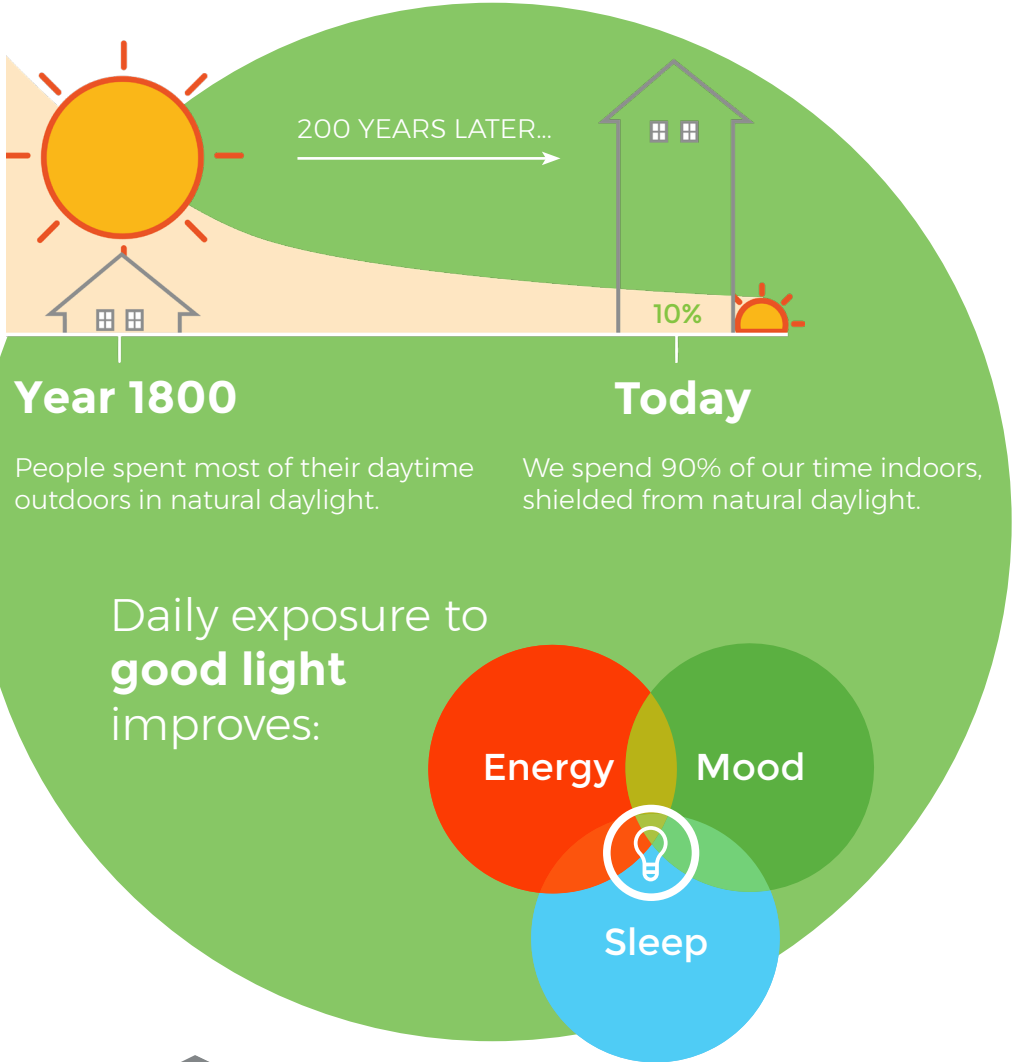
Good light
is the right light
at the right time



1.

Did you know most people live and work with insufficient light?

You might be one of them!

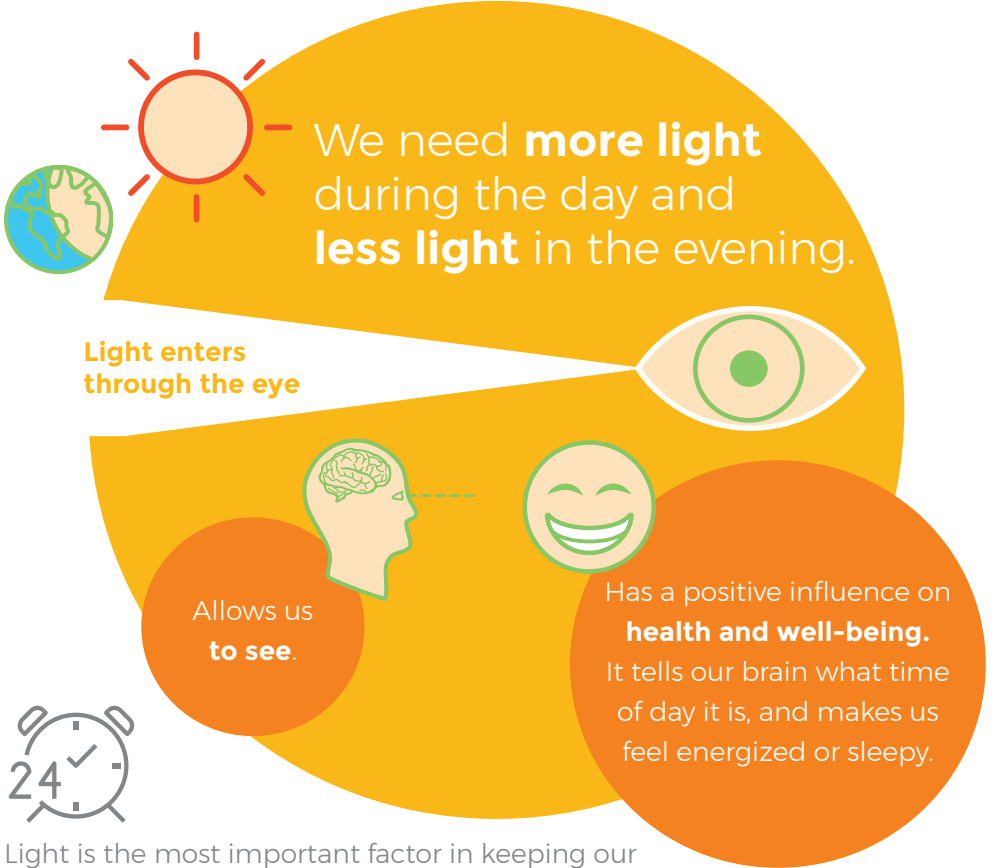


A dark house is always an unhealthy house.
Florence Nightingale

2.

Our body needs light!

Getting enough light is an important ingredient for **good health**.



Light is the most important factor in keeping our biological clock in sync with the 24-hour day. The daily light-dark cycle **affects the rhythms of our body**.

Did you know:

Good light is as important as **good food** and **good air!**



good light during the day supports **better sleep** at night.



good light gives you **more energy** during the day.



good light supports **health and productivity**.

3. Steps to good light



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



Stay within one meter of the window.

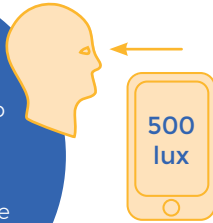


Install electric good light that mimics daylight from sunrise to sunset.

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 of which at least 30 minutes in the morning.

