

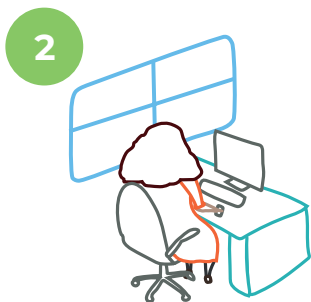
Four steps for a healthier and happier life



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



Install electric good light that mimics daylight from sunrise to sunset, ensuring you receive at least 500 lux in your eyes during the daytime.



Stay within one meter of a window. After every 20 minutes of screentime get up and look at the sky for 20 seconds.



Aim to keep lighting below 10 lux three hours before bedtime by avoiding bright lights and setting your screen to night mode.

Easy guidelines to use light wisely

Good light for a healthier and happier life

Good light is the right light at the right time

If you don't sleep well, lack energy during the day or feel down, good light can help you.

Light supports us in everything we do. It has a great positive impact on our energy, sleep, happiness and health.

With the help of good light, our biological clock keeps our bodies in balance with the time of day.



For more information:
www.goodlightgroup.org

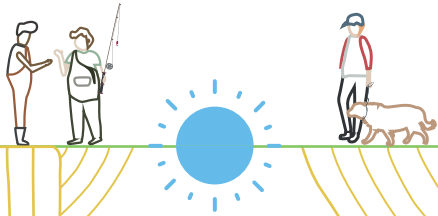
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Morning

Seek daylight as soon as you can

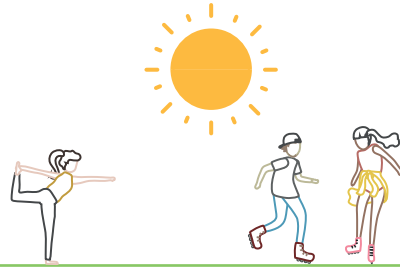
This gives your body important time indications. Be in at least thirty minutes of daylight before noon.



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.



Evening

Avoid bright (day)light

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



Night

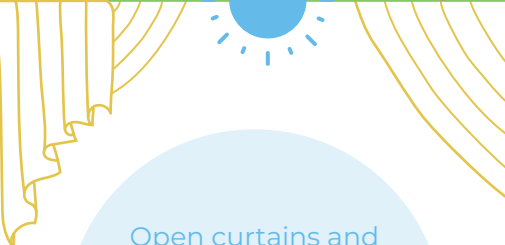
Get ready for a good night's sleep!

If you sleep outdoors, try to avoid all bright lights, such as streetlights and screens.



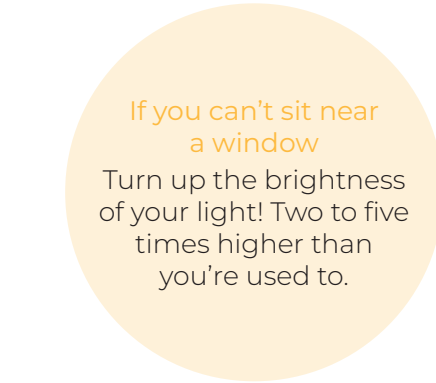
Open curtains and seek morning light

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



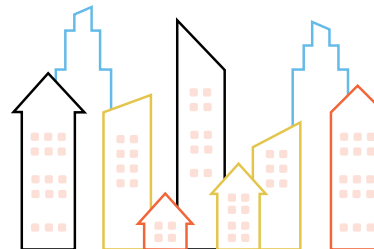
If you can't sit near a window

Turn up the brightness of your light! Two to five times higher than you're used to.



Use dim and warmer lights

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



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!

