



LIGHT



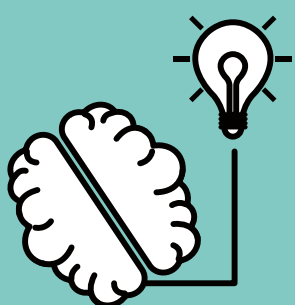
AND ITS IMPACT ON YOUR SLEEP-WAKE CYCLES

Light is central to your sleep and wake cycles, whether that's natural light or the blue light from your electronics. Systematic reviews of light and sleep show that even mistimed light can cause a disruption in circadian rhythm and have widespread effects. If you understand how light impacts your sleep, and reduce or block unhealthy types of light and introduce the light at the right time, you'll sleep better and wake easier, with more energy.

Blue Light



Mobile phones and other electronics emit blue light, which several studies have shown impedes the release of melatonin, a hormone that regulates sleep cycles. It's best to avoid blue light one hour before bed.



Biological Light Bulbs

Biological lightbulbs are innovative lighting options that contain filters to remove blue light and provide brightness to improve alertness. Usually fitted in open lamp fixtures, they aren't cheap but have the potential to regulate sleep-wake cycles.

Sunlight vs. Artificial Light



Exposure to natural light in the morning has been shown to help people fall asleep faster at night. Those same people also experience deeper sleep than those who receive less natural light exposure between the hours of 8:00 a.m. and noon. Sunlight in the morning helps calibrate the body's circadian clock and has also been linked to lower reports of stress and depression for those who get more natural light between 8:00 a.m. and 5:00 p.m.

