

7 TIPS FOR HEALTHY LIGHTING

1

Try to get at least 1 to 2 hours of high intensity blue light during the day
 • This helps to reset your circadian system



2



At night, have your room as dark as possible

5

Download an app like flux to your computer/tablet/phone
 • Reduces the amount of blue light coming from the screen



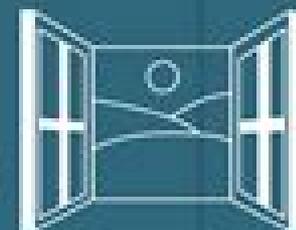
3

Log off electronic devices 2 hours before bed



6

Go outside
 • 30 minutes to an hour of sunlight a day can make a difference in maintaining a healthy circadian rhythm.



4

Work or study late at night
 • Wear glasses that decrease the amount of blue light



7

Invest in high-CCT lighting
 • LED fixtures can be programmed or adjusted to match the dynamic range and intensity of daylight



A few simple changes in your day-to-day life can make all the difference.

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