



Some circadian health and light wellness tips for expectant mothers or those planning to get pregnant:

1. Buy a light meter! Just like we use health recipes and weight scales to maintain known wellness pillars, we need a way to maintain circadian health too!
2. Get the right kind of light at the right time of day, and remove the wrong kind of light at the right time of day in order to maintain a healthy circadian rhythm for your child.
  - a. See Light Wellness Guidelines for tips on how to get the right kind of light at the right time of day!

IF YOU END UP IN THE NICU, OR EXPECT TO BE IN THE NICU:

1. Talk with your doctor's about whether they use cycled lighting or constant lighting in their NICU space.
2. Advocate for having your child in a space with plentiful access to natural daylight – particularly in the primary or secondary daylight zone.
3. Find out if you have access to any lighting controls within that space if any.
4. Ask if you are allowed to bring in any supplemental light for during the day.
5. Ask what kind of shading devices are available for midday, evening, nighttime and middle of the night nurse care.
6. Get creative with your light and shade solutions!
7. Reach out to LVG if you need any advice or support!

IF YOU GIVE BIRTH FULL-TERM AND ANTICIPATE BRINGING YOUR LITTLE ONE HOME MORE IMMEDIATELY:

1. Select a space in your home with plentiful access to natural daylight as their nursery.
2. Review and select lighting products and applications for your nursery that will support your child's circadian function.
3. Avoid overhead lighting or vertical lighting at the eye level during midnight care times.
4. Provide low-level lighting of both position and intensity for midnight care times, but turn those lights off while your baby sleep soundly.
5. Get creative with your light and shade solutions!



6. Reach out to LVG if you need any advice or support!