



LIGHT WELLNESS GUIDELINES: DAYLIGHT FOR DAY-ACTIVE INDIVIDUALS

GOAL :

To support your circadian health through its realignment to natural daylight by tailoring your life under light to receive the right kinds of light at the right times of day.

UNDERSTAND :

1. The five most recognized Pillars of Wellness all stand on the critical foundation of circadian health.
2. Circadian rhythms are activated and regulated by different kinds of light based on time of day.
3. Different spaces in the built environments you occupy can support or hinder your circadian health.

WHAT TO DO :

1. Wake up and find a naturally well-lit space facing east between 7am - 10am.
 - a. Outside - Bright, sunny, mildly cloudy skies: Minimum of 15 minutes
 - b. Outside - Dimmer, overcast skies: Minimum of 30 minutes
 - c. *Inside - Big, bright, sunny window seat facing east or south: Minimum of 1 hour
 - d. *Inside - Dimmer, overcast window seat facing east or south: Minimum of 2 hours
2. If you feel tired midday, try stepping outside for another 15-30 minutes rather than drinking a caffeinated drink or taking a nap in the dark. (Keep bright, midday snoozes under 30 minutes)
3. Dim the lights 2-3 hours before whatever time you are trying to go to bed, and keep them as low as comfortably possible.
4. Turn off all overhead lighting after sundown and use only low-level lighting like table lamps, under-cabinet fixtures, step lights and nightlights. If sunset is within that 2-3 hour range, close or drop blinds to support room dimness. Ensure any electric lighting you may use at night is amber-toned.

Shift workers will need to tailor their light intake and reduction based on the times of day they need to awaken and fall asleep. If you are a shift worker, and would like to create a Light Wellness lifestyle regimen for yourself, please contact me directly at regina.lausell.lvg@gmail.com to discuss the tailoring of your light guidelines.

*Windows with special treatments applied to the surface or infused into the glass can alter the spectra of daylight which passes through to inside. Indoor, daylighting recommendations are based off of clear windows with no color or alternative treatments applied.