**HEALTHY LIGHT EXPOSURE**

Light coming in through the eyes sets the circadian clock in our brains. Daily exposure to bright light during your day and minimal light at night is important for your health and wellbeing.

**AVOID**
- Only dim indoor light during the day & inactivity
- Bright screens & light during the night & irregular bedtime

**AIM FOR BRIGHT DAYS**
- Morning light
- Outdoor light
- Bright indoor light
- Physical activity

**AIM FOR DARK NIGHTS**
- Dark room
- Little screen time
- Night mode on devices
- Regular bedtime

**BRIGHT DAYS AND DARK NIGHTS HAVE MANY BENEFITS**
- Sleep
- Health
- Energy
- Mood
- Productivity