

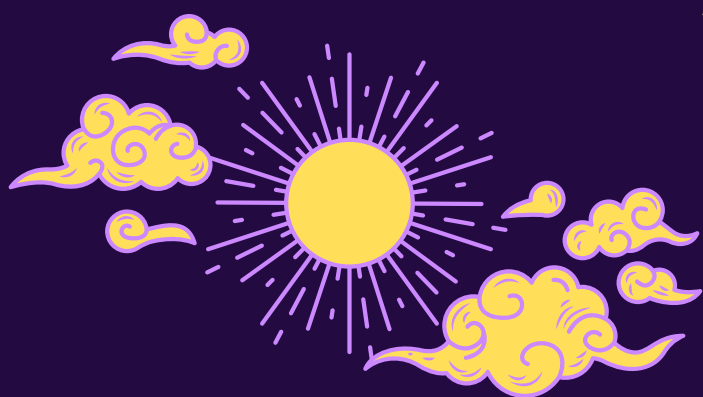


DAY & NIGHT

As your day blends into night, have you noticed all the changes in lighting? Are you in tune with your body's dimmers? Does your environment align with your circadian rhythm? Learn how to balance light throughout your day and illuminate the path to a good night's rest.

RISE & SHINE

Avoid the groggy effects of sleep inertia by skipping the snooze button. Instead, try drawing open the curtains and spend a moment admiring the morning's light. Light receptors in your eyes & brain will trigger cortisol production & melatonin suppression. The perfect combination to start your day.

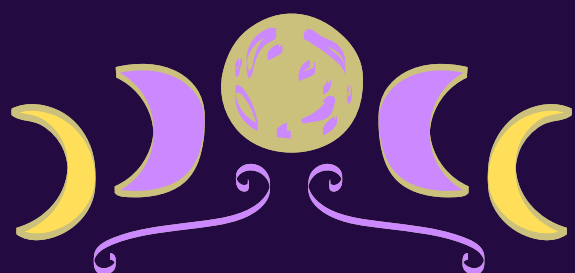


GET OUTSIDE

Make time for some natural sunshine. Natural light exposure can influence psychological & physiological well-being, which is synchronous with sleep quality. Spending some time basking can carry over into your night and help you fall asleep faster & sleep deeper

BALANCE

Balance is a key strategy in life. Keeping up a balanced diet throughout your day can help all aspects of your life, including sleep. Make sure to avoid large meals, caffeine, tobacco, & alcohol before bed. All these substances can disrupt your body's functioning throughout the night. Sleep & wake cycles are your body's day & night, sun & moon, yin & yang and life is better in harmony.



ROUTINE

Maintaining a daily & nightly routine is crucial. Your body is naturally keeping you in rhythm, and it's your responsibility to keep up with the tempo. Sticking to healthy patterns is not only comforting, it is essential for physiological processes.

LIGHTS OUT

You have reached your recharge station and it's time to wash out the stresses of the day. While you sleep, your body is hard at work keeping you healthy & functioning. Help your body out! Scrolling through your phone and binge-watching TV is exactly the opposite of that. The blue light that is produced from our devices mimics the effects of sunlight on our circadian rhythms. An hour before you lay in bed, start your routine with soft yellow lighting. Don't fall asleep with the TV on. Instead, play some relaxing music and drift effortlessly into your slumber. Don't worry, your brain will take care of the rest.

