

Health and Wellness Awareness

Implemented concepts



Light Exposure

Health benefits of natural light

- Natural light boosts vitamin D, a critical nutrient that prevents bone loss and reduces the risk of heart disease, weight gain, and various cancers.
- Getting as much natural light as possible can help reduce seasonal depression. Natural light exposure also improves sleep quality.
- The more time you spend in a source of natural light, the less time you'll likely spend in the unnatural light of fluorescent bulbs. Exposure to fluorescent light appears to elicit an elevated stress response, risk for migraines and eye strain.

[healthline.com](https://www.healthline.com)

What are circadian rhythms?

- Circadian rhythms are physical, mental, and behavioral changes that follow a 24-hour cycle. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes.
- Circadian rhythms can influence important functions in our bodies, such as hormone release, eating habits and digestion, body temperature.
- Natural factors in your body produce circadian rhythms but signals from the environment also affect them. For instance, exposure to light at a different time of day can reset when the body feels awake, alert, or sleepy.

[National Institute of General Medical Sciences](#)

Importance of sleep hygiene

- Good sleep habits, sometimes referred to as “sleep hygiene” is a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep.
- Good sleep habits include:
 - > Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
 - > Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature

- > Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- > Avoid large meals, caffeine, and alcohol before bedtime
- > Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

How Lighting Needs to Change as We Age

- As we age, our bodies change and so do our physical needs. You may find new aches and pains, fine lines and wrinkles, or changes to your hearing and vision.
- For example, small print might be harder to read and light may produce more glare than it used to. By adjusting our lighting, we can make things more comfortable for older generations and ourselves.
 - Increase the light levels. Over the age of 65, eyes typically need twice as much lighting as those who are 20 and under

- > Keep lighting even. While you do want to make the light brighter, you do not want to create disparities in the light level from room to room
- > Reduce glare by:
 - > Using blinds or curtains to decrease harsh light from outside
 - > Avoid high gloss paints or finishes on walls, floors, and furniture
 - > Diffuse light from bulbs with frosted glass and semi-opaque lamp shades
- > Select light bulbs with a high Colour Rendering Index (CRI) CRI indicates how accurately a light bulb renders or displays colours to the human eye.