LIGHT OUT SMARTER

5 evening lighting switches to help your brain prepare for sleep

BRIGHT DAYS | DIM EVENINGS | DARK NIGHTS

L — LOWER the brightness

Start about 2 hours before bed. Switch off unnecessary ceiling lights and dim what remains.

I — INVITE warmer light

Choose warm or amber lamps. As a guide, 2200-2700 K looks gentler than cool-white light.

G — GET light below eye level

Use shaded table or floor lamps. Keep the bulb out of direct view whenever practical.

H — HOLD the bedroom dark

Block stray light and cover bright indicators. At night, use the dimmest safe amber pathway light.

T — TAKE bright light early

Open the curtains and get outdoor morning light. A bright day helps your body clock mark night clearly.

REMEMBER

LEDs are not the enemy. Timing, brightness, spectrum and duration all matter. A warm bulb can still be too bright.

Dr Arun L Naik

Senior Neurosurgeon | 25+ years | Doclogues

Educational guide only - not a substitute for personal medical advice. Persistent insomnia, loud snoring, breathing pauses, severe daytime sleepiness or safety concerns deserve medical assessment.

Evidence: PMIDs 35298459, 21193540, 36854795