



# Are you embracing enough natural light?

Never before have your food choices been so important for your health and wellbeing

*Find out why at BANT, we believe daily exposure to natural light is important for your health & wellbeing*



## We are reliant on a daily cycle of light ...

Our circadian rhythm is a natural, internal process that regulates the sleep-wake cycle. Daily exposure to natural light is vital to supporting everyday metabolic processes, and sleep quality.



*Why is daytime light exposure important?*



*How much sunlight exposure should you aim for?*



**Aim for 10-30 minutes /daily to help you make Vitamin D**

The body is more efficient at making vitamin D at midday when the sun is at its highest point, so aim to get outside during the middle of the day. The amount of sun exposure you need is dependent on your lifestyle, skin tone, age, where you live, the seasons, and your health. People living near the equator, for example, produce a lot more vitamin D than those living in northern latitudes.

Daylight exposure supports both mental and physical health. It helps sets our bedtimes and wake times, supports cognitive functions (focus, vigilance, attention, motor skills, and memory) and gives us exposure to sunlight to help the body manufacture Vitamin D, an especially important nutrient. This helps the body to regulate mood and ward off seasonal depression (SAD disorder), stabilise circadian rhythm and sleep quality, support the immune system, and also helps increase your productivity.

*Small steps to increase your daytime light exposure*



- Spend 5 mins in daylight upon waking
- Go for a daily walk or exercise outside
- Walk or cycle to work, head outside at lunch
- Allow more natural light into your home or work place where possible
- Aid your body clock with a light therapy lamp which mimics natural sunlight