

BLUE LIGHT

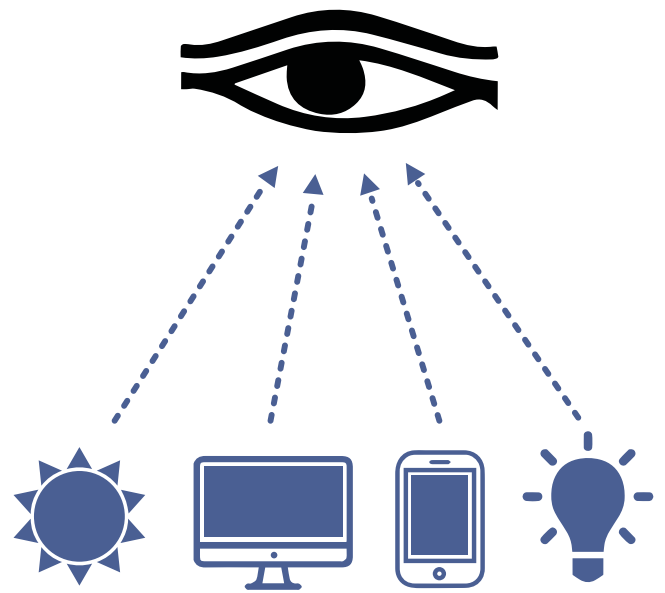
AND ITS IMPACT ON OUR HEALTH

WHAT IS BLUE LIGHT?

- The sun emits all colors of light - red, orange, yellow, green, blue, indigo and violet. Blue is high energy, short wavelength light, red/orange is lower energy, long wavelength light.
- Blue light is also the artificial light that is emitted by digital devices and most light bulbs. The issue with this light is that it lacks the balancing reds/oranges that occur naturally in the full spectrum of light.

WHAT DOES IT DO TO US?

- As part of the full spectrum of sunlight, blue light helps to regulate your natural sleep and wake cycles, known as your circadian rhythm.
- It suppresses the production of melatonin, your sleep hormone, and stimulates the release of cortisol, boosting alertness and keeping you awake.



IS BLUE LIGHT HARMFUL?

- Exposure to blue light after sunset inhibits the release of melatonin, affecting our ability to get the restful sleep our body requires.
- Healthy sleep is needed to recharge and repair our mitochondria, the powerhouse in each cell.
- Evidence has shown that poor sleep and mitochondria dysfunction leads to many health issues.

POOR SLEEP IS LINKED TO



SLEEP IS CRITICAL FOR OPTIMAL HEALTH