

Light as a Nutrient

Your body uses light like a nutrient, and getting the right kinds of light can upgrade your performance a lot. Sunlight, for example, is responsible for most of your vitamin D synthesis, and your mitochondria use red light to create more energy.

On the other hand, the wrong light will screw up your biology in a major way. Most offices and workplaces use fluorescent bulbs, which are the light equivalent of junk food. Fluorescent bulbs take away all the biologically useful light spectrums and replace them with unnaturally concentrated blue light — much more than your body has evolved to handle. That's why airplane lighting can feel so harsh.

Excessive blue light damages your mitochondria, which impairs your ability to make energy for your cells. If you're relaxing before bed, fluorescent bulbs are even worse: bright blue light tells your body what time it is, and night time exposure scrambles your sleep schedule by interfering with your melatonin production.

That's one reason why watching TV or staring at your mobile messes with your sleep-wake cycle.

Wearing blue blocking sunglasses (like True Dark or Blue Blocker Glasses) in the evening or even at work will massively reduce your exposure to junk light and mean you have more energy and less stress. You'll also look like a rockstar!

Another even simpler strategy is to ensure you get plenty of natural light. Especially in the morning. Natural light has a resetting effect on our circadian rhythm. And tells your body when to release certain hormones to ensure you have energy during the day and feel tired at night.

Now we have light sensors in our eyes and in our skin so you need to be exposed to natural light, wearing sunglasses, clothes and sunscreen all stop this natural process. Now I'm not saying go out and get sunburnt but if you can get sun exposure for about 15 mins a day, preferably first thing in the morning your body will thank you.

Download F.Lux

[Click Here >>](#)