Lights out

Light exposure has a critical effect on sleep. At night, dim the lights and shut off electroncis, such as TVs, tablets, and smartphones that emit blue light, 30 minutes before bedtime. Aim for complete darkness when sleeping. Waking to natural light can also help you sleep better at night, by helping your brain regulate its hormones and help your body develop healthier sleep rhythms.

Be More Earth-Friendly
Using primarily natural light at home and work can save a significant amount in energy used in buildings, while increasing health and comfort for occupants.