



# BENEFITS OF SUNLIGHT CHART

TIME OF DAY	TYPE OF LIGHT & FREQUENCIES	BENEFITS	ACTION STEP DURING THIS TIME	CIRCADIAN OPTOMIZED DURATION	HOW TO CHECK
Sunrise	Red + Blue	Prepares your physiology & sets your circadian clock for the day, shifts from pineal to pituitary hormone release, pre-conditions skin, natural PBM, stimulates energy production.	Sun gaze	10 minutes minimum, 30 minutes ideal, 1 hour healing	
8am - 10am	Red + Blue + UVA Light	As blue builds in sky increased cortisol release, support Thyroid hormone production, nitric oxide, supports BP, melatonin, serotonin and dopamine production.	Expose skin, ideal is outside in minimal clothing but can also get benefits being next to an open window	30 minutes minimum, 45 minutes ideal, 1 hour healing	UV index 1-4 (check D minder app)
Noon - 3pm	Red + Blue + UVA +UVB Light	Peak cortisol release; vitamin D production; builds structured water around cell; improves CHO digestion and deuterium depletion, recharges your energy, carbohydrate motabolism.	Expose skin, ideal is outside in minimal clothing but can also get benefits being next to an open window, Optimal time to expose skin on stomach to the sun for gut health.	30 minutes minimum, 45 minutes ideal, 1 hour healing	Use D Minder App when UV index in top right corner of the app gets to a 4, you know UV A is present, when UV is 5 or above the more potential to create Vit. D
Sunset	Red, Blue, UVA Light	Releases melatonin from pineal gland and other melatoninc stores in preparation for autaphagy during sleep	watch sun go below horizon, or just be outside during twilight	10 minutes minimum, 30 minutes ideal, 1 hour healing	

\* These are recommendations, please pay attention to client's results.