

How to Time Light for Optimal Sleep & Wakefulness | Samer Hattar & Andrew Huberman

<https://silosolo.com/498276>

Summary

The proper way to interact with light in the first part of the day is to get as much light as possible into your eyes. Even on cloudy days, being outside will provide enough intensity of light to adjust your circadian rhythm. If going outside daily, 15 minutes is recommended, and if not done daily, you may want to increase the duration. Light through a window may decrease the amount of light energy, so going outside is preferred. Between waking up and when the sun rises, try to let your body get morning sunlight as it seems to be important for humans. Artificial light can also be used during this time.

Silo sample questions

- What is the proper way to interact with light in the first part of the day?
- Is it important to get outside even on cloudy days?
- How long should people go outside?
- Does light through a window have the same effect?
- What should be done between waking up and when the sun rises?

Topics

Interacting with light

Effects of sunlight

Duration of outdoor exposure

Effect of light through window

Morning sunlight and circadian rhythm

Key Takeaways

- The easiest thing is to get as much light as possible into your eyes to prime your system for the day.
- Yes, even on cloudy days, being outside will provide enough intensity of light to adjust your circadian rhythm.
- If done daily, 15 minutes is recommended. If not done daily, you may want to increase the duration.
- The amount of light energy will depend on the thickness and darkness of the windows. Going outside is preferred.
- Try to let your body get morning sunlight, as it seems to be important for humans. Artificial light can also be used.

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