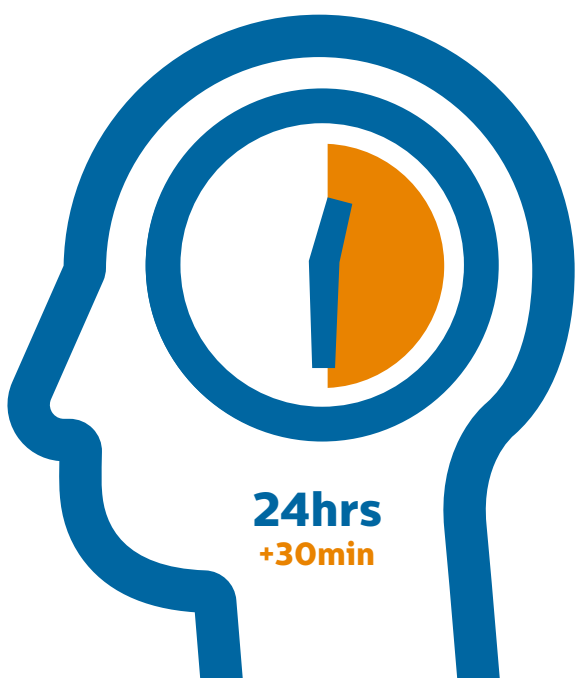


**PHILIPS**

Circle of light

# How to beat Monday morning blues



Our internal sleep/wake cycle is about 30 minutes slower than the clock we live by, so we naturally want to sleep in (and stay up) 30 minutes later each day.

Light can resynchronize it to match our lifestyle.

Monday



**Our sleep wake cycle is easily disrupted** by modern living: jet lag, late nights, shift work, etc.

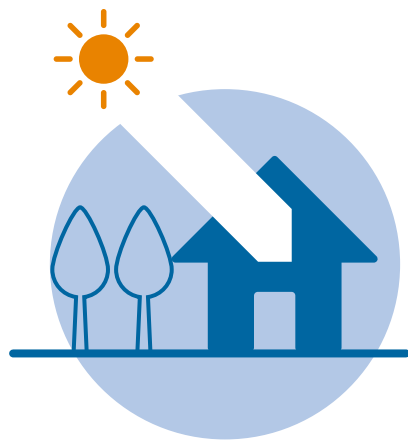


**Blue-rich light keeps you awake**



Our body cannot tell the difference between natural and artificial light. So don't confuse it at night.

**Different activities** require different types of light



Only a few pulses of blue-rich light is needed to wake you up. Set your lights on a timer on darker winter days.



You can still dine late without resetting your body clock, but try candle light which is rich in red and yellow light.



Use dimmers or tunable light in your kitchen so you don't mistake your finger for the vegetables you're slicing, but dim the light when you're done.

