

Just as air, food, and water, light is a natural and vital source to health. It impacts energy levels, mood, productivity and most importantly sleep.

As a first step, try and implement the following three habits in your everyday life and promote them to your employees for healthier living with light:

1. Get 2 hours of natural light per day (outside or in front of a window)
2. Avoid blue light from screens 2-3 hours before bed
3. In the evening, dim the light in your bedroom, kitchen and bathroom



Good sleep and fatigue prevention



Improved mental health and wellbeing



High energy levels and alertness

Get LYS for your workplace

Use an innovative, inclusive and scalable technology, with positive outcomes backed by data.

Average rating: **4.7** ★★★★★

“The best wellbeing solution we introduced this year”

- **80%** of users say they learned something new
- **85%** of users recommend it to a friend or relative
- **17%** improvement in sleep quality
20% improvement in energy levels



Want to know your chronotype? Scan the QR code to download our app or find us on AppStore.

Would you like to hear more about what you can do to improve your employees' wellbeing and productivity?

Book a demo or reach out to aliette@lystechnologies.io

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