



# NATURAL LIGHT

Spend 15 minutes  
outside in the sunlight before noon

Position your WFH desk so that you  
see some sunlight during the day

Take your work breaks outside. Bundle up!

Use your PCP-approved Happy Lamp  
for 20-30 minutes within one hour of waking

Send a message to your PCP and ask if it  
is appropriate to start a vitamin D supplement  
or have your levels checked

Adjust all your devices  
([Android](#) or [Apple](#) or [Microsoft](#)) to automatically turn on  
nighttime screen settings when the sun goes down

On the next sunny day, take an activity you'd usually do  
inside to the great outdoors: Work, play, or socialize  
outside to take advantage of the sunny day