



NATURAL LIGHT

Spend 15 minutes
outside in the sunlight before noon

Position your work-from-home 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