



5 EASY WAYS TO INSTANTLY INCREASE YOUR HEALTHY NATURAL LIGHT AND MINIMIZE EXPOSURE TO DAMAGING BLUE LIGHT SOURCES

No matter how hard we try, it can feel impossible to escape regular exposure to blue light. The majority of us spend our days subjected to a constant onslaught of blue light emitted by our computers, phones, TVs, LEDs, and Fluorescents.

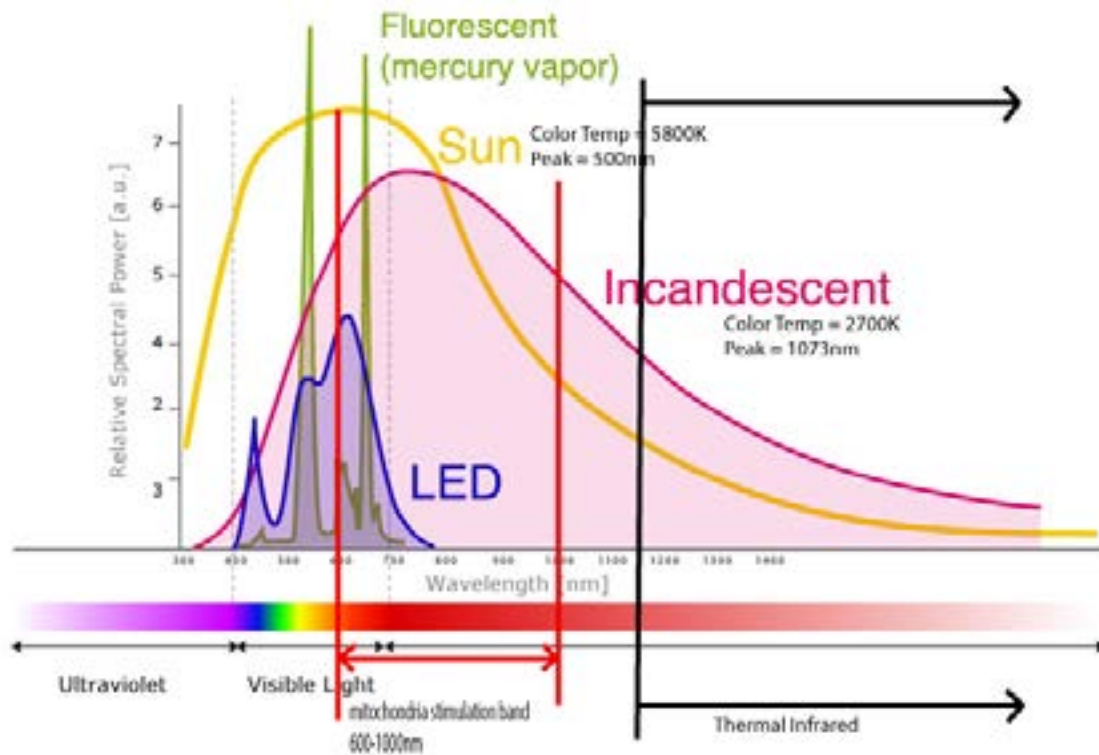
Blue light exposure is shown to cause macular degeneration, as well as severely disrupt our circadian rhythms. As you know, an out-of-whack circadian rhythm is one of the primary causes for low energy and mood. Fortunately, bringing order to your circadian rhythm and minimizing risks of macular degeneration is something that can be very easily achieved.

As modern humans, few of us have the luxury of spending our days in the way our ancestral biology has programmed us to require: working while the sun is up, socializing, reading, and relaxing around the campfire or candles when dark falls.

Our evolutionary design functions best when it's in harmony with full-spectrum, incandescent (thermal) light sources. However, most of us are forced to operate in sharp contradiction to these precedents.

Incandescent light is created when a material is heated up to a hot enough temperature that it emits full-spectrum light. However, there is more to incandescent light than what meets the eye. In addition to visible light, it also emits a whole spectrum beyond what we can see.

Within this spectrum is a forgotten, potent, and necessary nutrient: Near Infrared Light (NIR). NIR light is capable of penetrating deeply into your body to stimulate mitochondrial repair and cellular healing. So, not only are we getting inundated with damaging quantities of blue light every single day, but we are also missing out on our daily dosage of restorative NIR light.



In the push for energy efficiency, fluorescents, and eventually LEDs, have replaced incandescent light bulbs. The consequence is that rather than living our lives surrounded by full-spectrum, healthy light, we are subjected to digitized, unnatural, and damaging spectrums from fluorescents and LEDs.

While you cannot control the light in every environment, you CAN take some easy steps to begin to improve your sleep, energy, and overall quality of life. Here are 5 easy and impactful ways to minimize your exposure to blue light and increase your dosage of Nlr light.

Kick LEDs and Fluorescent Light Bulbs to the Curb

Make incandescent bulbs your primary light source wherever you can. They may not be labeled as incandescent, but a quick look at the filament will indicate which ones to grab. Go to the store, stock up, and switch out your bulbs today.





Get Outside

Modern medicine has done a good job of trying to scare us away from the sun, but it's the ultimate incandescent light source. Carve out as little as ten minutes a day to bask in the sun's rays, preferably with some skin exposed.



Enlist a Team of Blue Light Protectors

As hard as you try, you're going to encounter blue light around every corner. Luckily, there are some great products that can help to minimize what actually makes it to your eyeballs.

Make friends with a pair of [blue blocker glasses](#), [f.lux computer monitor filter](#), and the built in [light filters on your phones and tablets](#)



Step Away from the Screens

Cut back on screen time in the evenings. Opt for activities that will help you wind down, rather than rev you up.

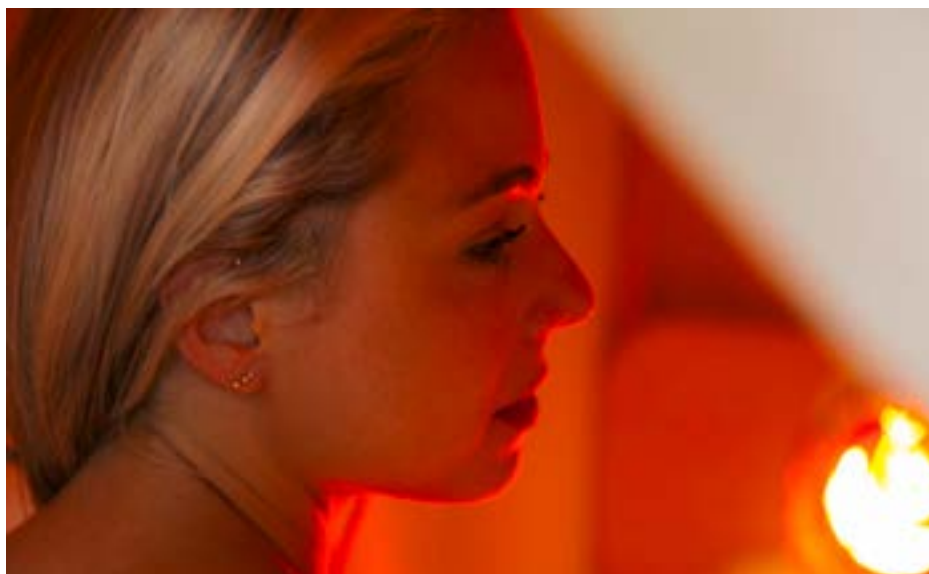
We know, easier said than done. But a little digital detox will pay off in more ways than just cutting down on your blue light levels.

Harness Light for Good

Use a NIR Sauna every day (or night). Blue light isn't the only toxin you're exposed to on a daily basis. NIR Saunas provide a safe and effective way to not only detox, but to repair the damage we incur from living in a toxic world.

However, not all saunas are created equally. At SaunaSpace, we carefully design every single detail of our Pocket Sauna® to create a safe and effective space for achieving optimal health.

Our SaunaSpace Pocket Sauna® is the only hypoallergenic, incandescent, portable, American-made sauna available on the market. We combine full-spectrum light and feel-good heat to create a powerful tool that empowers your body to heal itself as nature intended.



And we'd like to help you make your healing journey even easier!

Use Coupon Code **INCREASEYOUENERGY** for 10% off your very own in-home, blue-light banishing, detox accelerating, mitochondrial repairing, energy optimizing SaunaSpace Pocket Sauna®.

[Get your SaunaSpace now!](#)