



# Avatar image guide

1. Maintain consistent sleep and nap times, and aim for 7-9 hours of sleep
2. If you nap, 10-20 minutes is considered ideal
3. Consider using light-colored paints, fabrics, and other decorative elements in your home or workspace to reflect and amplify natural light
4. When using light, avoid eye strain and skin damage
5. Create an environment that soothes your mind and relaxes your body prior to bedtime
6. Avoid alerting stimuli at bedtime
7. Ensure your room is comfortable
8. Avoid using your bedroom for activities other than sleep
9. Exercise with moderate intensity 5 days a week for at least 30 minutes
10. Avoid high-intensity exercise within 2 hours of bedtime
11. Maintain a healthy and balanced diet
12. In the evening, avoid stimulus
13. Take a break with a walk outdoors
14. Avoid wearing dark lenses when unnecessary
15. Exercise outdoors or near a window indoors
16. Work outside, and not in the shade
17. Work facing or near a window
18. Use South-facing rooms or migrate rooms as the sun changes
19. Open your curtains, blinds, and privacy netting
20. Sit in a room with big windows or windows that face many directions

21. Switch the lights on, particularly during dark days
22. Use a desk light while you work
23. Use cooler lighting during the day
24. Turn up the brightness of your lights
25. Dim the lights in your house 2 hours before bed
26. Turn on "Night Mode" for your electronic devices
27. Use localized warmer lighting in the evenings
28. When you sleep, block all lighting in your room or wear an eyemask

**Categories (Recommendations):**

Sleep: 1, 2, 5, 6, 7, 8, 12

Daytime Light Exposure: 3, 4, 13, 14, 16, 17, 18, 19, 20, 21, 22, 23, 24

Nighttime Light Exposure: 25, 26, 27, 28

Exercise: 9, 10, 15

Diet: 11

- add diet recs (e.g. avoid spicy foods before bedtime)

**Categories (Habits):**

\*some captions are combined into one habit

Sleep: 1, (5,7), (6,12)

Daytime Light Exposure: 13, 16, 19, (21,22)

Nighttime Light Exposure: 25, 28