COME OVER TO THE DARK SIDE

Too much light while you sleep is linked to health risks

The electric light bulb has many fine qualities—but it’s the vicious enemy of sleep.

Light wakes you up (can be good, can be bad) and messes with your body clock (definitely bad).

Sleeping in too-light conditions appears to be linked to diabetes, depression, cancer, and obesity, according to research.

Walk away from the light:

- Make sure your bedroom isn’t light enough at night to see across it.
- Sleep with the TV off.
- Shut down your gadgets at least 30 minutes before bed.
- Improv blackout curtains: Hang a black fleece blanket.
- Sleeping in total darkness? Awesome. But you still need a full night.

What type of night owl are you? For customized sleep strategies, see Student Health 101, April 2016.

Sources: