



Light





BIO-COMPATIBLE LIGHTING SOLUTIONS

Light Guide for Human Bodies

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INTRODUCTION

WHAT IS LIGHT?

We define it as electromagnetic radiation in a range emitted by the sun. It spans a broad spectrum that includes ultraviolet (**UV**), **visible light**, and infrared (**IR**) wavelengths. It is the force that makes life on Earth possible.

By using sunlight as our benchmark, we highlight that everything else must be compared to this life sustaining spectrum. All other forms of light are snippets of this spectrum.

WHY SHOULD WE CARE?

Contrary to what we've been led to believe, **light is** not just visual. It's **biological**. It's absorbed through the skin, not just retina. It affects our hormones, metabolism, sleep, mood, energy, focus, and long-term health in profound ways.

HOW TO USE THIS GUIDE

If you're curious about the "why's" behind our recommendations, read through the whole guide once or twice. This way you'll gain a basic understanding of all things light related, and be able to make your own decisions on light regardless of what's being peddled to you through mainstream or social media.



If you just want to skip straight to solutions and replace your current lights STAT, go straight to Page 40 and use those links & discounts codes where applicable to order more bio-compatible bulbs.

We've come a long way since the days of the Edison bulb, yet much of this so called progress in electrical lighting has been at the expense of hormonal disruption and deteriorating sleep quality.

Sunlight has been vilified, while radiation from screens has been declared harmless.

LED lights have created ubiquitous flicker, unbalanced light spectrum distribution, dirty electricity emissions, while eliminating infrared that the human body needs. All this in the name of "efficiency". Turns out diseased bodies are conveniently efficient for at least some stakeholders.



We're here to help you resolve these issues. The quality of sleep for the entire family will get an instant upgrade, and we all know that good sleep is **FOUNDATIONAL** to good health.

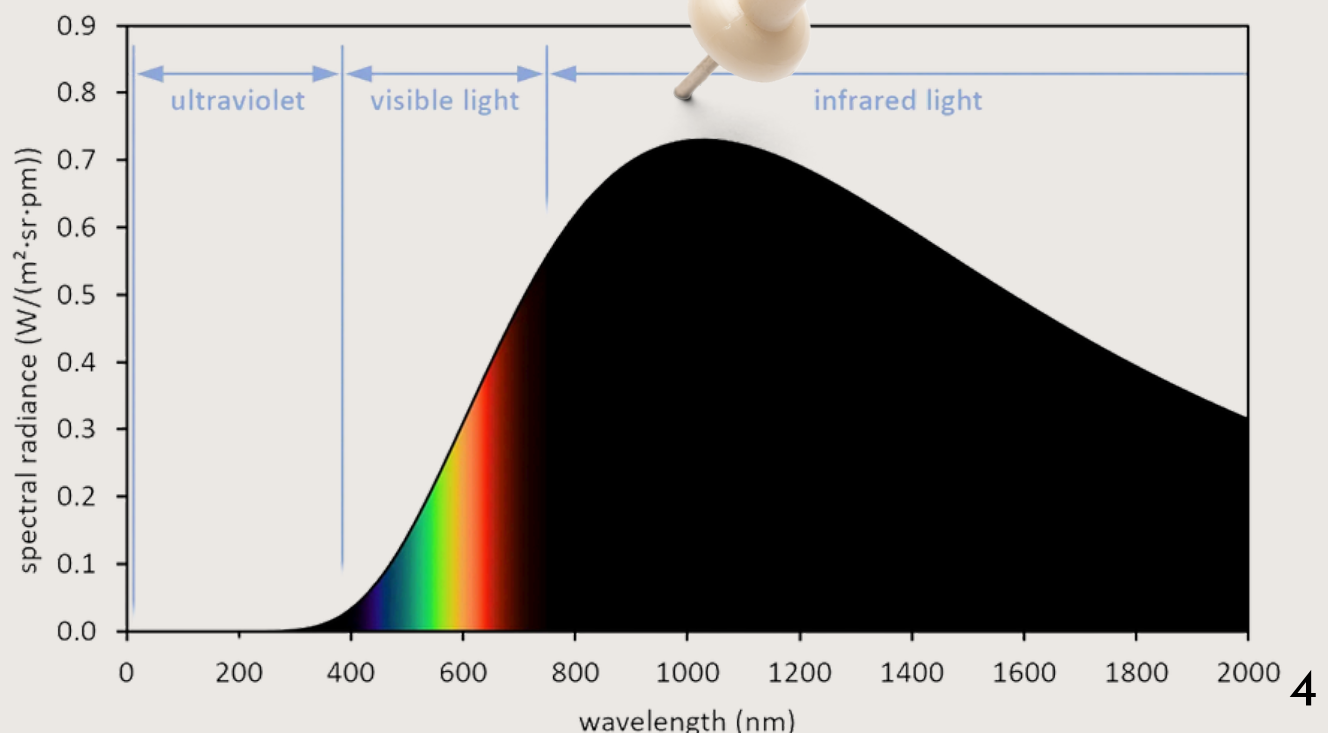
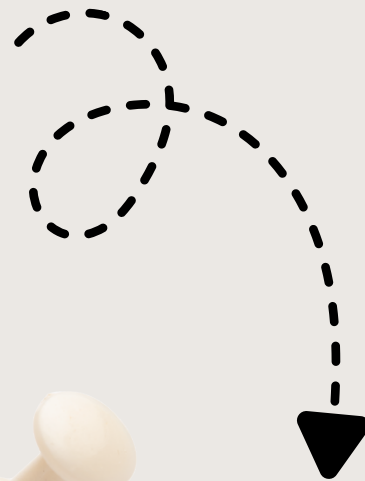


Incandescent Bulbs 101

This is the light wave distribution of an average incandescent bulb: 12% visible light and 88% infrared.



As you can see the **blue** end of the spectrum is **very low**. Most of the light veers toward the **red** end and beyond. It emits **mostly infrared** light, not visible to human eye, but **beneficial** to human body.



Incandescent Bulb Recs



To summarize, these types of bulbs have a desirable light spectrum but don't last as long as LEDs. They also **emit heat**. On Amazon they disappear from specific vendors all the time (because light is political) so just look for them using the search bar if our links say they are out of stock. Select **AMBER** or **WARM WHITE**.

Incandescent Light bulb A19 60 Watt

\$19 for 6

<https://amzn.to/3RcXQNs>

Incandescent Light bulb E12 60 Watt

\$10 for 12

<https://amzn.to/3XTGxow>

Halogen recessed Bulb E26 50 Watt (for daytime use)

\$36 for 6

<https://amzn.to/3Yj5b2f>

LED Bulbs 101



These bulbs may look similar to incandescent bulbs but they use fundamentally different technology. They don't use filament nor produce heat, which is what makes them more "efficient." This efficiency comes at the cost of health.

Most LEDs that are readily available on Amazon and in hardware stores use a **blue** light-emitting **diode** chip.

This is because:

- Blue LED chips are efficient and cheap to produce
- They generate high energy photons, which can excite a phosphor coating to create white-ish light.



LED Bulbs 101

How “White” or “Warm” light is made from Blue:

- Manufacturers apply a phosphor coating (usually yellowish) over the blue LED.
- The blue light excites the phosphor, which glows yellow/orange.
- The combined effect of blue + yellow phosphor tricks your eye into perceiving white or warm light

But your BODY knows
it's getting BLUE light.



So even a “warm” LED (2700K for example) is still **emitting a sharp blue spike** - it's just masked by added yellow/red hues. **UNLESS** it's a LED that uses a different color diode.

LED Bulbs 101

Blue light that's part of full sunlight spectrum is not the same thing as unbalanced blue light spikes.

Why blue light SPIKES are problematic:



Melatonin production disruption: sleep problems, mood changes, hormone imbalances, metabolic dysfunction (weight gain!).



Eye strain (short wavelength scatters and doesn't focus well on the retina);
Oxidative stress in the retina



Skin aging (through production of reactive oxygen species) and hyperpigmentation (via melanocyte stimulation)



MITOCHONDRIA stress (super important as mitochondria are cellular energy engines)

Your *SKIN* absorbs blue light not just your eyes. So blue blocking glasses alone don't resolve the issue if you continue to bathe standard *LED* bulb light!

LED Bulbs 101

FLICKER



LED lights run on a DC circuit whereas electricity in your house is AC (if you're getting power from the electric grid). Internal driver circuits are required to convert from AC to DC. Unless these are flawlessly designed, fluctuations in AC will cause sub-perceptual flicker.

To validate this for yourself use your phone slow motion camera to record your lights and see if there's flicker on replay.



Even with the well designed driver circuitry, power supply "ripple" (fluctuation in voltage) can cause some flicker.



Pulse Width Modulation (PWM) is a common technology used in LED bulbs to control brightness. This is another source of flicker, if the switching is not perfectly filtered.

WHY IT'S AN ISSUE:



- Diminishes brain function by up to 30%
- Eyestrain
- Headaches
- Increase in seizures

LED Bulbs 101

DIRTY ELECTRICITY

Dirty electricity refers to electrical noise - unintended high frequency signals and voltage transients -that rides on top of the standard 50/60 Hz AC waveform. Humans are electrical beings so anything that changes electric fields in our environment matters.

You can see how some of the tech that causes flicker would also create dirty electricity. The primary culprits are AC/DC conversion and PWM mentioned on the previous page. Interaction with dimmers, especially ones not specifically designed for LEDs, is another dirty electricity source.

WHY IT'S AN ISSUE:



- High levels of "electrical noise" interferes with melatonin production causing sleep issues
- Headaches
- Brain Fog
- Anxiety and Mood Dysregulation
- Increased Inflammation

LED Bulbs Recs

We recommend the following bulbs from this specific vendor because

~~FLICKER~~ ~~BLUE LIGHT~~

↓
DIRTY
ELECTRICITY

USE our coupon code HOMEBODY to save 15%

For use in bathrooms, kitchens, and living rooms:

<https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/full-spectrum-light-bulb>

For overhead bedroom lights:

<https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/sleep-light-bulb-e14>

For your nightstand lamps you may choose to eliminate blue AND green light waves with these bulbs: <https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/red-light-bulb-e14>

This site also has portable zero blue light table lamps, flashlights, LED strips, night lights, and reading lights:

<https://www.blockbluelight.com/collections/sleep-enhancing-lighting>

Brightness

Zero blue light bulbs, at dim levels, are ideal for use after sunset. We want to **minimize violet, blue and green** wave exposure, so our body knows to send the signal to the pineal gland to start producing melatonin, 2 hours before we're ready for bed.

Brightness (measured in lux) is also very important! We don't expect you to walk around with a light meter, but if you want to nerd out, download a free light meter app on your phone and see where you are with your current setup.

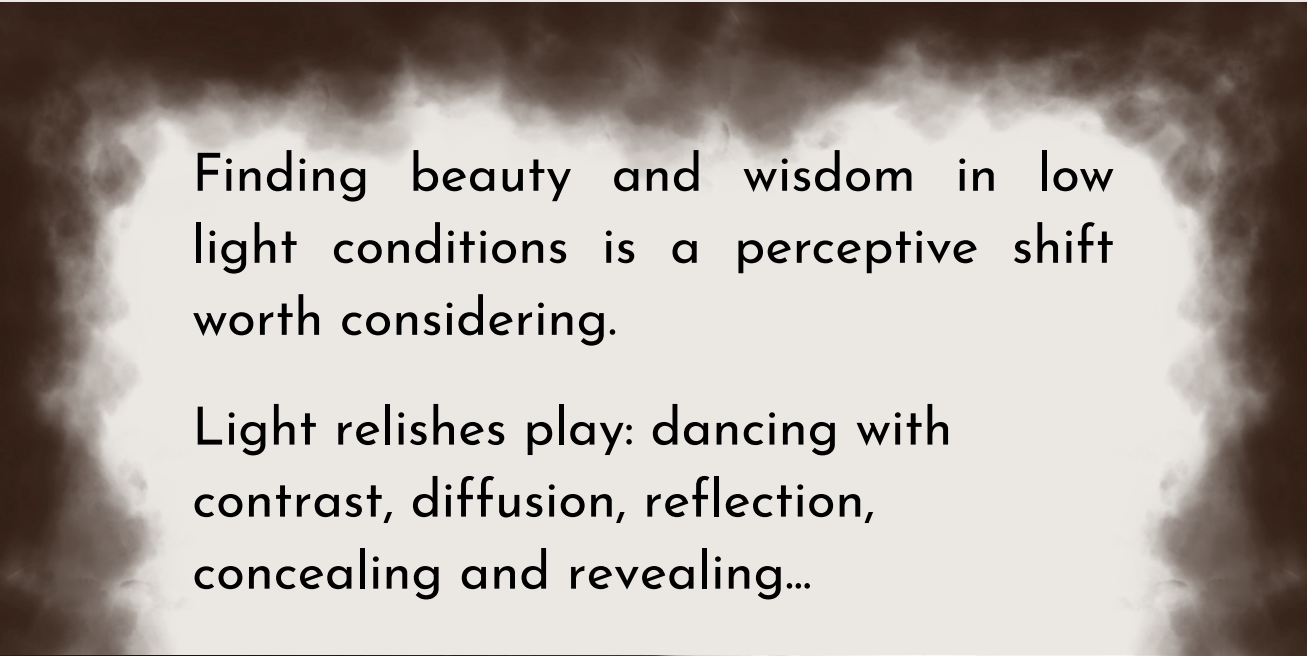
Somewhere in **20-40 lux range** is where you want to be brightness wise to avoid disruption of melatonin production.

In Praise of Shadows

In his iconic essay by this name, writer Jun'ichirō Tanizaki reflects on the beauty that lives in shadows.


We delight in the mere sight of the delicate glow of fading rays clinging to the surface of a dusky wall, there to live out what little life remains to them.





Finding beauty and wisdom in low light conditions is a perceptive shift worth considering.

Light relishes play: dancing with contrast, diffusion, reflection, concealing and revealing...



Join this dance,
embrace the
shadows, and you
will be rewarded

CRI

Color Rendering Index

CRI is a commonly used measure of how accurately a light source reveals the true colors of an object compared to natural light. It's scored on a 0-100 scale.

- 100 CRI - Perfect color accuracy
- 90-99 CRI - Excellent - Great for tasks needing color precision (art, makeup)
- 80-89 CRI - Ok - common in homes and offices
- Below 80 CRI - Poor - colors look dull, washed out, inaccurate

When a light has a high CRI, colors look more vivid, natural, and true-to-life.

Incandescent bulbs have CRI of 100.
Most LEDs have CRI in 80-90 range.





DIRECTIONALITY of light also matters

In nature, our bodies get ready for sleep with the sunlight descending in the sky

Avoid using overhead lights after sunset, whenever possible. Stick to floor lamps or table lamps to optimize your readiness for sleep.



DIMMERS



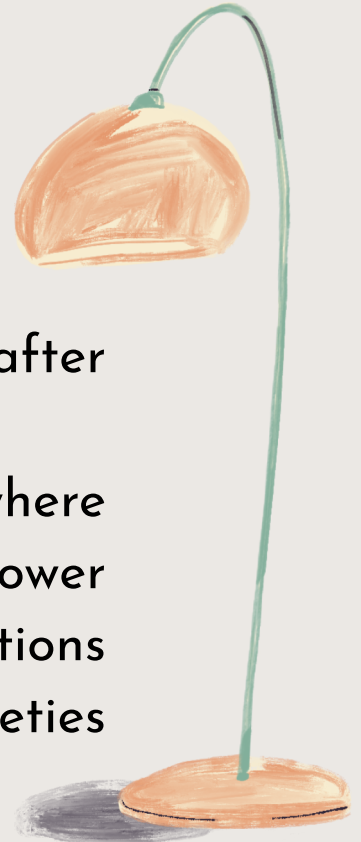
Most dimmers work by rapidly switching power on and off dozens or hundreds of times per second to reduce the total energy delivered to the lightbulb. This chopping of the AC sine wave creates lots of sharp electrical spikes and harmonics (dirty electricity).

- The result: a ripple of erratic electrical frequencies that spreads through your home's wiring and radiates into the environment.



SOLUTIONS:

- Use regular binary light switches
- Limit use of overhead lights after dark.
- Switch to floor and table lamps where you can switch out the bulbs to lower brightness varieties (we gave options for LED and incandescent varieties earlier in this doc)



Candle Light and Fire

Firelight is deeply soothing to our nervous system for a mix of biological and psychological reasons. It's one of those primal experiences that speaks to something ancient in us.



Our brains evolved to associate firelight with rest and safety, triggering a shift into parasympathetic (rest-and-digest) mode



Fire emits amber to red-spectrum light (similar to sunset) and infrared, which has a calming effect on the brain.



The gentle flicker of firelight creates slow, rhythmic visual stimulation, almost like a natural form of visual meditation.



Firelight isn't just visual – there's warmth, sound and smell. These multi-sensory inputs create a calming anchor in the environment that pulls us into the present moment and away from racing thoughts or digital overstimulation.

Candle Light and Fire



Some studies have shown that watching a fire lowers blood pressure, heart rate, and even increases prosocial behavior. It's not just cozy – it's neurologically therapeutic.

Unfortunately most candles are made with toxic materials so we recommend that you:

- Use candles made from 100% beeswax with cotton wick and no metal components (naturally honey scented so no added fragrance needed) <https://get.aspr.app/SH14NI>
- Use beeswax candles scented with pure essential oils <https://fontanacandlecompany.com/collections/bestsellers>




Beeswax emits negative ions when burned, which can bind to positive ions (like dust, mold, pollen, and toxins), causing them to fall out of the air thus acting as little air purifiers



Some soy and coconut candle options are also non-toxic however they tend to undergo more processing which doesn't get disclosed. Soy is also mostly genetically modified (unless labeled organic or non GMO).

Sunlight

A stylized sun with yellow rays. The sun is a solid yellow circle in the center, and it has approximately 20 yellow rays of varying lengths radiating outwards in all directions. The rays have a slightly textured, hand-drawn appearance.

Unfiltered sunlight (meaning sunlight that reaches your skin and eyes without passing through glass or heavy sunscreens) is **the most potent natural regulator** of our biology

Sunlight

The benefits of the sun literally extend to every bodily function.



- We require **UVB** rays to **synthesize vitamin D**. Window glass filters out UVB. Use the “dminder” App to get a feel for how much exposure you need daily based on your geographic location and time of year.
- **Infrared** present in sunlight structures water in our cells, increasing every levels and optimizing organ function
- Sun sets our **circadian rhythm** responsible for our sleep quality and the whole endocrine cascade (this involves melatonin production in the brain)
- Sun also triggers **INTRACELLULAR melatonin** production (in the mitochondria). This type of recently discovered melatonin is arguably the single most important antioxidant that also acts as a precursor to glutathione
- Sunlight also boosts **serotonin**, creating a positive impact on mood, focus, and emotional regulation

Sunlight



A few more benefits and precautions to consider:

- UVA exposure (especially early or late in the day) releases **nitric oxide** into your bloodstream enhancing vascular flexibility, improving circulation and blood pressure, supporting detox and nutrient delivery
- Most sunscreen are toxic to the body and ALL sunscreens impede the benefits of sunlight. You're better off **ditching the sunscreen** and limiting your sun exposure to a level appropriate to your tolerance without burning (dminder app will help to figure this out if you're uncertain)
- Eating **seed oils** is what will make you prone to **sunburn**, thus we recommend ditching this toxic "food"
- Your eyes need sun as well and they do a great job of serving as a barometer for when you've had enough sun. Thus **ditch your sunglasses!**



Sunlight

There's a lot of misinformation about sunlight. You should be skeptical about all the villainizing of sunlight in the mainstream narrative.

MYTH: Sun destroys Collagen and Elastin

This view:

- Comes mostly from dermatology studies done in vitro (outside the body) or in extreme contexts (e.g. excessive UVB without context).
- Ignores the body's adaptive, self-regulating response to sunlight.
- Views UV light in isolation, not as part of the full spectrum we evolved under (which includes UVA, UVB, infrared, red, etc.).
- Fails to consider circadian biology, mitochondrial function, or redox potential

Sunlight

DEEPER dive reveals:



1. Sunlight builds collagen and elastin via red and infrared light.

Before UVB even shows up mid-morning, red and infrared light flood the sky. This light:

- Preconditions the skin to handle UV later.
- Stimulates fibroblasts to increase collagen and elastin production.
- Enhances mitochondrial function via cytochrome c oxidase, increasing ATP production and tissue repair.

2. UV light isn't the villain—it's the context that matters.

UVB light creates vitamin D, which:

- Is essential for skin barrier function.
- Supports immune regulation.
- Prevents overactivity of MMPs (matrix metalloproteinases), the enzymes that do break down collagen when left unchecked.

Sunlight

DEEPER dive reveals:

3. Most people have a collagen deficiency not from the sun, but from:

- Artificial blue light at night (which destroys melatonin and disrupts collagen synthesis during sleep).
- Poor mitochondrial function due to circadian mismatch.
- Lack of full-spectrum light exposure (especially in the morning).
- Endocrine-disrupting skin products and seed-oil-rich diets that make skin fragile and more UV-reactive.

Sunlight

MYTH: Sun causes skin cancer. This view is outdated, reductionist, and—frankly—dangerous. It's similar to saying that food causes heart disease.



The real driver of skin cancer isn't sunlight—it's how your body is (or isn't) equipped to handle sunlight.

Melanoma often shows up... where the sun doesn't shine.

- It's commonly found on the buttocks, soles of the feet, and under fingernails.
- It's extremely rare in people with adequate vitamin D levels.

Melanoma is a mitochondrial disease, not a sunlight disease.

Sunlight

Here's the Bigger Picture:

1. Skin cancer rates have risen while sun exposure has dropped.

- People spend more time indoors than ever in human history.
- Yet skin cancer rates are climbing, especially in industrialized nations.
- If sun exposure were the main cause, lifeguards, surfers, and outdoor farmers would be riddled with melanoma. They're not.



Melanoma is more common in indoor workers than outdoor workers.

2. Artificial light is the real carcinogen.

- Blue light without red (aka LED and screen light) disrupts circadian rhythms and creates oxidative stress.
- Artificial light at night suppresses melatonin, one of your body's most potent anti-cancer agents—especially for the skin.

Sunlight

Here's the Bigger Picture Cont.:

3. Sunlight is protective when used correctly.

- UVB light triggers vitamin D synthesis, which:
 - Promotes apoptosis (kills off mutated cells)
 - Modulates immune function
 - Inhibits tumor growth
- Red and near-infrared light, present during sunrise and sunset, repair and precondition the skin, making it resilient to UV stress.
- Full-spectrum light exposure synchronizes circadian clocks in the skin, brain, and gut—a must for cellular health and DNA repair.

4. The real cancer recipe?

- Polyunsaturated seed oils stored in skin
- Chronic sunscreen use (which blocks vitamin D synthesis but allows UVA to penetrate)
- Constant exposure to artificial blue light
- A decoupled circadian rhythm
- Poor redox status, mitochondrial dysfunction, and processed diets

Sunlight

Sun **protection** we can get behind when you've had enough unmediated exposure:



- Wear **clothes** that creates a physical barrier between you and unfiltered sunlight (preferably not of the plastic variety! Light-weight cotton and linen are ideal)



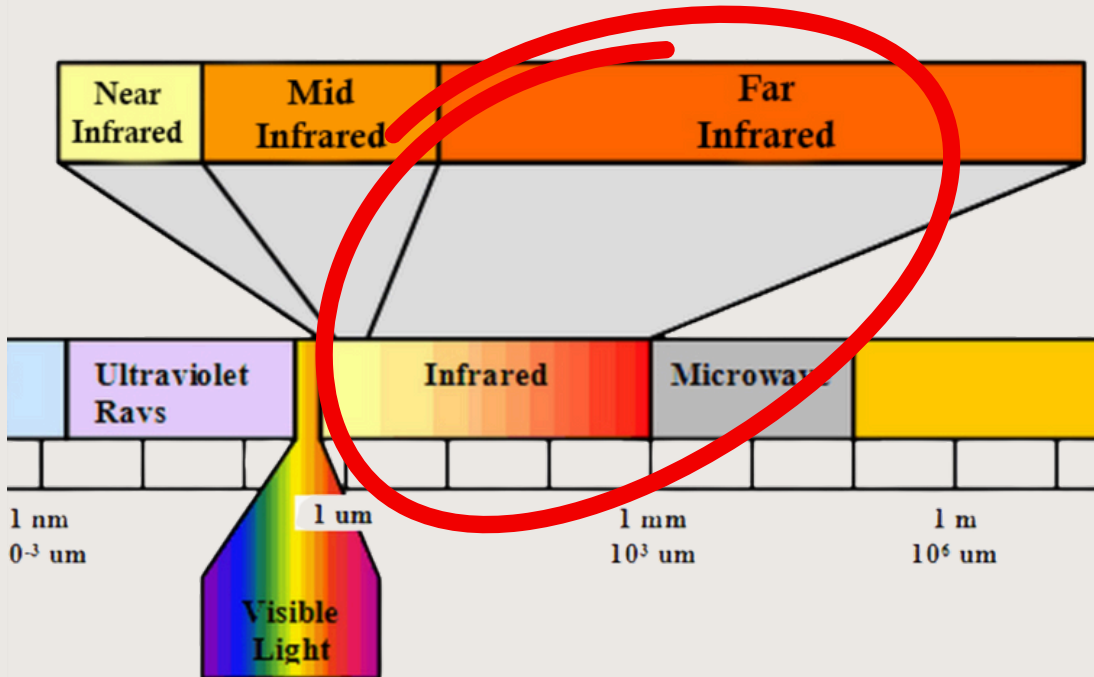
- Wear a **hat** instead of sunglasses
- Use **beach umbrellas** and **tents** to create some shade for yourself. This is our absolute favorite brand: <https://businessandpleasureco.com/>
- If you must wear a **sunscreen** this is the brand we'd recommend, but only when you're spending a whole day at the beach and are limited in your shade options: <https://amzn.to/3Gq7Zo4>

Far Infrared Light

Invisible light spectrum that heals.

What Is Far Infrared?

- Wavelength range: ~15 to 1000 microns
- Felt as: Deep, radiant heat (invisible to the eye)
- Source examples:
 - The sun
 - Human body (we naturally emit far infrared)
 - Infrared saunas (<https://amzn.to/426YQrC>)
 - Certain ceramics and natural minerals



★ FIR increases sweating at the cellular level, helping eliminate: heavy metals, petrochemicals, BPA, and pesticides

Far Infrared Light

More FIR benefits:

2. Improved Circulation & Heart Health

- Gently increases blood flow and oxygenation, even in tiny capillaries.
- Encourages vasodilation, lowering blood pressure and improving:
 - Heart function
 - Nutrient delivery
 - Waste removal

3. Stress Reduction & Relaxation

- Activates the parasympathetic nervous system (rest-and-digest mode).
- Lowers cortisol and promotes a calm, grounded feeling.
- Can improve mood, sleep, and nervous system resilience.

4. Muscle Recovery & Pain Relief

- Soothes sore muscles, inflammation, and joint pain.
- Penetrates tissues ~1.5-2 inches deep, helping:
 - Reduce stiffness & accelerate healing
 - Decrease inflammation (often used for arthritis, fibromyalgia, etc.)

Far Infrared Light

More FIR benefits:

5. Enhanced Sleep

- Gentle infrared exposure, especially in the evening, can:
 - Promote melatonin release
 - Relax tight muscles
 - Calm the nervous system for deeper rest

6. Skin Benefits

- Stimulates collagen production
- Improves circulation to the skin, aiding in:
 - Faster wound healing
 - Reduced acne and scarring
 - More hydrated, radiant skin

7. Mitochondrial Activation

- FIR supports cellular energy (ATP) production, helping tired cells function better.
- Great for those with chronic fatigue, burnout, or poor metabolic function.

Lightwave Patches are a cool non-invasive tech that reflects your own infrared emissions back into your body to boost production of specific peptides.

<https://lifewave.com/lifewaveinc/store/product/39000.022.009>

Near Infrared Light

Invisible light spectrum that heals.

Near Infrared (NIR) is a powerhouse for healing, with a slightly different mechanism and benefit profile than Far Infrared (FIR).

What is Near Infrared Light?

- Wavelength range: ~700 to 1400 nanometers (nm)
- Felt as: Gentle heat (less intense than FIR)
- Emitted by:
 - Sunlight
 - Incandescent light

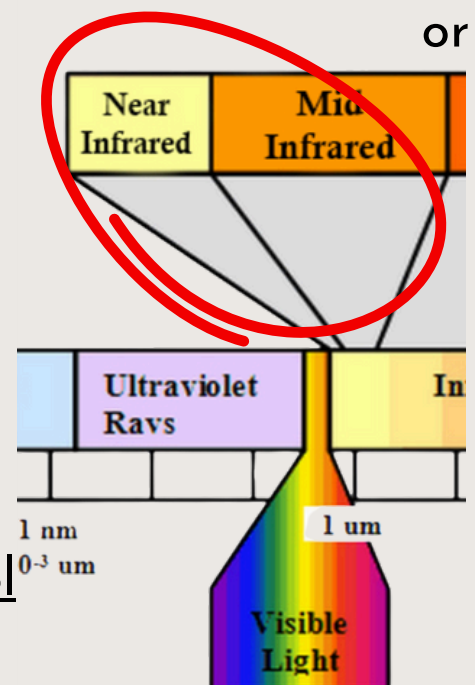


- Specialized NIR LEDs
- red light therapy devices

Consider EMF emissions when selecting therapeutic red light panels + intensity of lights. Our rec (use **HOME BODY** discount code to **save 15%**):

<https://www.blockbluelight.com/collections/red-light-therapy-panels>

Unlike FIR, NIR penetrates tissues more directly – and deeper – without relying on radiant heat. This makes it more photobiomodulation-based than heat-based.



Near Infrared Light

NIR benefits:

1. Cellular Energy (ATP) Boost.

- NIR stimulates cytochrome c oxidase, an enzyme in mitochondria. This is especially beneficial for addressing fatigue, slow healing, brain fog, aging-related sluggishness

2. Brain Health & Cognition

- NIR can penetrate the skull (especially 810 nm wavelength). Benefits include:
 - Improved blood flow to the brain
 - Increased neurogenesis and brain-derived neurotrophic factor (BDNF)
 - Reduction in brain inflammation
 - Potential support for conditions like depression, TBI, Alzheimer's

3. Anti-Inflammatory Effects

- Reduces chronic, low-grade inflammation throughout the body. Especially useful for:
 - Joint pain
 - Autoimmune issues
 - Skin flare-ups (e.g., eczema, rosacea)

Near Infrared Light

More NIR benefits:

4. Wound Healing & Skin Repair

- Stimulates collagen and elastin production and encourages angiogenesis (new capillary growth). Great for:
 - Post-surgical recovery
 - Acne scars
 - Cuts, burns, and abrasions
 - Anti-aging skin therapy

5. Improved Circulation & Microvascular Flow

- Opens up microcapillaries increasing oxygenation to tissues. Beneficial when:
 - Poor circulation limits healing (like diabetic limbs or scar tissue)

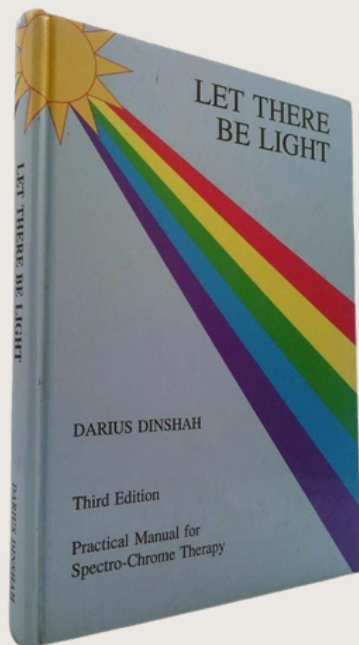
6. Muscle Recovery & Athletic Performance

- Speeds up muscle repair and regeneration:
 - Reduces DOMS (Delayed Onset Muscle Soreness)
 - Commonly used by pro athletes for performance enhancement

Spectrochrome Therapy

Healing with colored light

Spectro-Chrome Therapy is a color-based healing system developed in the early 1900s by a brilliant polymath Dinshah Ghadiali. It uses different colored lights (with very specific filters) to restore balance and health by influencing the body's energy systems.




Before you roll your eyes and dismiss this as a bunch of woowoo, know that it was used in hospital burn units with incredible results.

This information is being included here to bring it into your field of awareness. You can learn more about the technology behind this evidence based practice in this book: <https://amzn.to/42Om32a>

Screens

It's ideal to eliminate screen exposure after dark but if that's not on the docket, here are some recommendations on minimizing the impact of screens.

- Use blue blocking glasses (**NOT** the kind from you optometrist that only block 10% of blue light waves!)
- Use screen blue light shield on your phone, computer, and tablet (for TV you still need blue blockers so that's our preferred all around solution)
- There are also amber lenses for daytime computer use that minimize eye stress 

See next page for specific recommendations and links!

Screen Light Protection Recs

Note that to offer protection from the full spectrum of blue light waves lenses must be orange; any clear coatings only offer partial protection.

Premium blue blockers
available with and
without prescription
lenses

<https://raoptics.com/collections/night-lenses>

Budget Blue light
blockers

<https://amzn.to/4hiRNS2>

Kid blue light blockers

<https://amzn.to/3Y7AbC8>

Daytime Computer
Lenses

<https://raoptics.com/collections/day-lenses>

The only screen shield
we recommend
(partial protection)

[Reticare.com](https://reticare.com)

Bedroom Lighting

Getting the bedroom lighting right is foundational to falling and staying asleep. Our Tips:



- > Use **blackout** shades/curtains to ensure there's no light leak from street lights/car headlights
- > **No overhead light** after dark. Stick to a nightstand light that's bright enough to read if that's your thing but not bright enough to light up the whole room.
 - Don't buy a nightstand with a dimmer switch
 - Use either incandescent bulbs or zero blue LED bulbs we recommend in the LED section of this PDF
- > **Salt lamps** are great for ambient bedroom lighting not only because of their warm, amber glow but because they also benefit the air quality.
 - It's strangely hard to find one **without a dimmer** switch on Amazon so we recommend you get yours on Etsy or buy on Amazon and replace the cord.
 - Make sure that a lamp you select uses **incandescent bulbs** (the whole idea is to heat the salt!) because some lamps on Amazon use LEDs. 🤯
 - **Salt plugins** are the **BEST nightlight** option if you need one for a nursery or a bathroom.
<https://amzn.to/4bthv58>

• Lighting Matrix

| SOLUTION | PRICE | LINK |
|---|---------------------------------------|---|
| Incandescent Light bulb A19 60 Watt | \$19 for 6 | https://amzn.to/3RcXQNs |
| Incandescent Light bulb E12 60 Watt | \$10 for 12 | https://amzn.to/3XTGxow |
| Halogen recessed Bulb E26 50 Watt (for daytime use) | \$36 for 6 | https://amzn.to/3Yj5b2f |
| LED for bedroom overhead lighting | Varies. Use code HOMEBODY to save 15% | https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/sleep-light-bulb-e14 |
| LED for your nightstand lamps to eliminate blue AND green light waves with these bulbs: | Varies. Use code HOMEBODY to save 15% | https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/red-light-bulb-e14 |
| LED for kitchen, bathroom, living room | Varies. Use code HOMEBODY to save 15% | https://www.blockbluelight.com/collections/sleep-enhancing-lighting/products/full-spectrum-light-bulb |
| Portable zero blue light table lamps, flashlights, LED strips, night lights, and reading lights | Varies. Use code HOMEBODY to save 15% | https://www.blockbluelight.com/collections/sleep-enhancing-lighting |

• Lighting Matrix

| SOLUTION | PRICE | LINK |
|--|---------------------------------------|---|
| 100% Beeswax candles (no added scent, naturally smells like honey) | \$8.75 | https://get.aspr.app/SH14NI |
| 100% Beeswax candles scented with essential oils | \$25.50 | https://fontanacandlecompany.com/collections/bestsellers |
| Non-Toxic Sunscreen | \$36.99 | https://amzn.to/3Gq7Zo4 |
| Inexpensive Cedar Infrared Sauna | \$958-\$1198 (depending on sales) | https://amzn.to/426YQrC |
| Powerful and Low EMF red light therapy units | Varies. Use code HOMEBODY to save 15% | https://www.blockbluelight.com/collections/red-light-therapy-panels |
| Let There Be Light Spectro-Chrome Therapy book | \$29.99 | https://amzn.to/42Om32a |
| Premium blue blockers available with and without prescription lenses | \$174-\$297 | https://raoptics.com/collections/night-lenses |
| Super chic beach umbrellas and tents | Varies | https://businessandpleasureco.com/ |

• Lighting Matrix

| SOLUTION | PRICE | LINK |
|--|------------------------------|---|
| Budget blue light blockers | \$30.59 | https://amzn.to/4hiRNS2 |
| Kid blue light blockers | \$24.99 | https://amzn.to/3Y7AbC8 |
| Daytime Computer Lenses | \$174-\$297 | https://raoptics.com/collections/day-lenses |
| The only screen shield we recommend (partial protection) | \$20-\$50 | Reticare.com |
| Salt Plugin | \$17.95 for 2 | https://amzn.to/4bthv58 |
| Salt Lamp (need to replace cord) | \$25.98 | https://amzn.to/4jscBJl |
| Salt lamp replacement cord (non dimmable) | \$7.99 | https://amzn.to/4lOtylH |
| Lifewave Patches | \$99/month with subscription | https://lifewave.com/lifewaveinc/store/product/39000.022.009 |