



☀️ Your Guide to Optimal Health & Sunlight Exposure ☀️

Remember, there's no one-size-fits-all answer to how much time you should spend outdoors for **optimal health**. It can vary greatly based on personal factors. However, it's generally beneficial to soak up some **natural daylight** regularly. 🌳🌻

Why? This helps keep your body's internal clock, or circadian rhythm, ticking along nicely, which can **boost your mood and alertness**. 🕒😊 Plus, sunlight is a key source of **Vitamin D**, which your body needs for good health. 💪☀️

But remember, these are just rough guidelines. The actual amount of **sunlight** you need can differ based on individual characteristics like skin color and genetics, as well as environmental factors. So, it's always important to **listen to your body** and adjust as needed. 🧬🌍

To help you gauge your light exposure, you can download any **Lux Meter app** on your smartphone. This will allow you to measure the light intensity in your environment.

Here's a rough guide to **how much time** you might need to spend outside based on the light intensity (measured in Lux):

- 💡 **Lux (Light Intensity) → Estimated Time Outside**
- 100,000 (Sunny summer day) → <10 minutes
 - 80,000 → ~15 minutes
 - 40,000 → ~30 minutes
 - 20,000 (In the shade) → ~60 minutes
 - 10,000 (Minimum for 'awake and alert' response) → ~120 minutes
 - <2,000 (Overcast day) → >5 hours

Stay healthy and enjoy the sunshine! ☀️🌈

Best Regards,

Abhi Duggal

Founder, Meditate with Abhi and The School of Breath