

# 5 HEALTH BENEFITS OF SUNLIGHT

Everyone loves a sunny day, but safe sun exposure is essential to your health.

## 1. BETTER SLEEP

Sunlight helps regulate sleep hormones. Bright light in the morning can help you sleep better at night.



## 2. STRONGER BONES

The body needs sunlight to produce vitamin D. Vitamin D deficiency contributes to reduced bone density & osteoporosis.



Stay safe in the sun.  
Use sunscreen or  
cover up if you're  
going to be outside  
longer than 15 minutes.



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## 3. IMPROVED MOOD

Sunlight helps boost serotonin, for a calmer, energized & more positive feel. Low levels of serotonin have been linked to seasonal affective disorder.



## 4. CANCER DEFENSE

Too much sun can cause skin cancer, but too little sun can increase risk of other cancers.



## 5. SKIN RELIEF

Excessive sun can damage skin, but modest sunlight exposure may help ease skin conditions like eczema, psoriasis & vitiligo.

Source: Environmental Health Perspectives

# Sunlight And Health

**Camilla Rothe**



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