

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

RM Cervero



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