

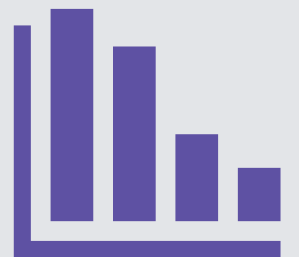
# FULL SPECTRUM LIGHT

5 Healthy benefits of natural light



## 1. Decrease Cancer Risk

A study showed that a tumor-susceptible strain of mice lived more than twice as long under full spectrum light as they did under standard lighting, and rats exposed to full-spectrum light had significantly lessened tumor development.



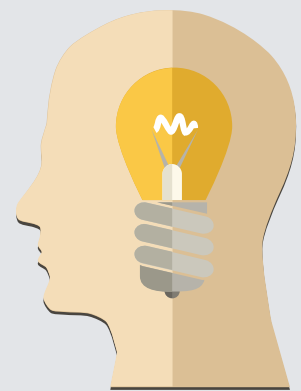
## 2. Sleep Better

Full spectrum light helps your brain produce melatonin and serotonin, a key factor in maintaining your circadian rhythm.

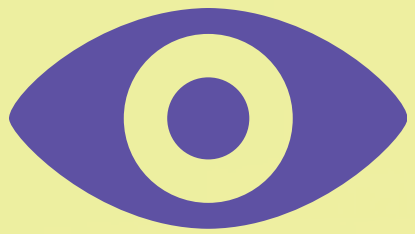


## 3. Treat Depression

Daily exposure to full spectrum light has been shown to reduce the symptoms of depression and seasonal affective disorder.



## 4. Better Visual Acuity



Full spectrum light has higher color temperatures, which have been demonstrated to increase brightness perception and visual acuity.



### Learn More About Full Spectrum Light Filters

[www.makegreatlight.com](http://www.makegreatlight.com)



## 5. Increase Alertness

Full spectrum light increases a person's attention and mental alertness.



1. Dr. Ott JN. Lecture to Society for Clinical Ecology, 1974 2. Mayo Clinic Website 3. *Brighten Your Life*, Daniel F. Kripke, M.D. | Mayo Clinic 4. Rensselaer Polytechnic Institute, 2005 5. Light, Sight and Photobiology, 1998