



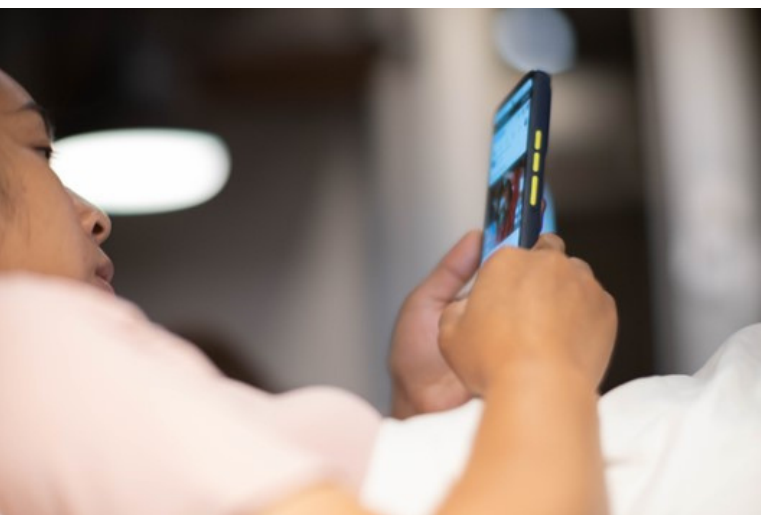
Tips to keep you airborne!



The Dark Side of the Light Chasers October 2024

Thomas Edison's genius incandescent lightbulb moment in 1879 illuminated the way forward to a modern world glowing in perpetual light.

Think how street lighting, TVs, smartphones, and computer screens light up our lives in more senses than one when the sun goes down (and yes, you've guessed where I'm headed to with this line of thought) and how they can jeopardise a decent night of slumber by disrupting our circadian rhythms.



Enter an enlightening study by researchers in Monash University, Melbourne Australia (published in Nature Mental Health in October 2023) that came across my radar the other day.

The researchers headed to the UK Biobank where they performed the largest to date cross-sectional analysis of light, sleep, physical activity and mental health with a pool of 86,772 adults in which they examined the association of day and night-time light exposure with the risk for psychiatric disorders and self-harm.

So, what did they find?

Greater night-time light exposure was associated with increased risk for major depressive disorder, generalized anxiety disorder, PTSD, psychosis, bipolar disorder, and self-harm behaviour.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

Something to ponder, yes?

I've been harping on for yonks to clients (as part of a sleep coaching programme) about the importance of dimming the lights in the lead up to bedtime, culminating in total darkness when it's time to shuteye. Why? For the timely release of melatonin (the Dracula hormone, a.k.a. the hormone of darkness) to help you fall asleep faster and stay asleep.

This research has shown that there's an added bonus to doing so.

Getting to sleep and staying asleep can be tricky at the best of times and there are many variables in the mix. Light exposure is just one of them.

So do your sleep and your mental health a favour by seeing what it would take to chase the dark instead of the light when heading into the night.

Time curfew for gadgets? Blue blocker glasses? Red LED night lights from the floor up? Silky-smooth, padded memory-foam mask? Romantic candle-lit dinners? The list goes on...

Till next month, here's to taking restorative action!

Caroline

PS – If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.

PPS – If you're struggling with sleep, work with me directly to see how you can benefit from some wellbeing coaching. Hit the reply button to this email with "yes, more information please".



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