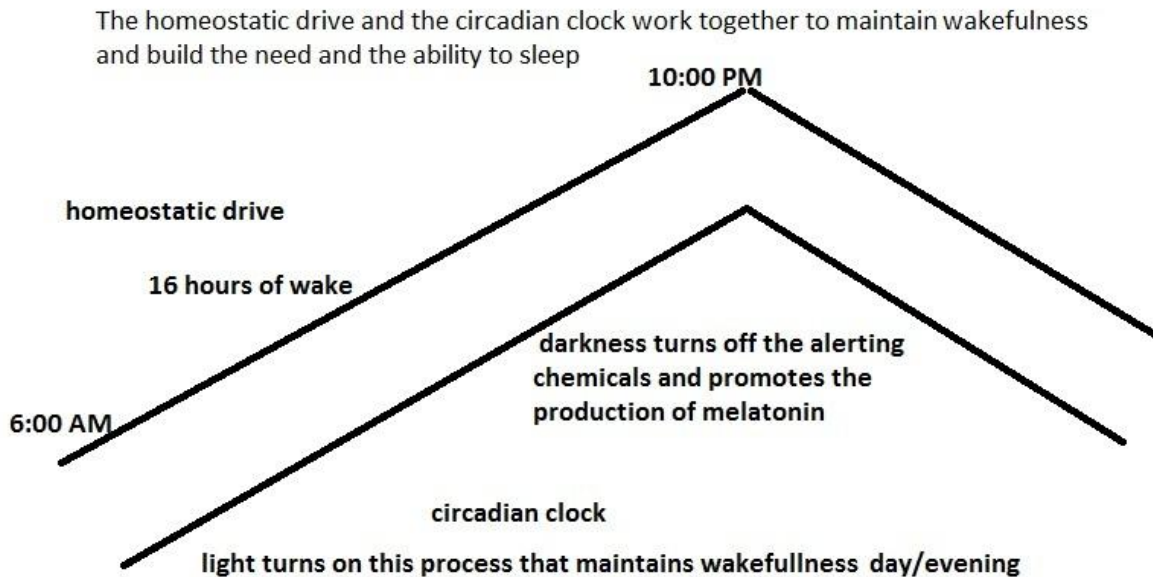


The sleep drives that build sleep and create a state of alertness

How to use light and dark to create more alertness in the day and better sleep during the night time



- Get bright natural light for fifteen minutes first thing in the morning.
- In the evening gradually reduce the amount of artificial light in your environment.
- Protect the last 90 minutes before bed from bright lights and especially the blue light from computers and televisions.
- Sleep in a completely dark bedroom without a nightlight or any light from the out of doors or hallways/bathrooms.
- Make sure bathroom lights are very minimal so that bathroom trips during the night don't stimulate alert states.
- Make sure the bedroom will also be dark in the morning so that ambient light that precedes sunrise doesn't wake you before your desired wake time.

