



# PROTECT YOUR CIRCADIAN RHYTHM

*my top tips to address blue light*

A M I E S K I L T O N N D D B M B H S C

# A NOTE FROM THE AUTHOR



## WELCOME

The intention of this ebook is not to diagnose anything, nor is it a replacement for seeing your healthcare practitioner - but rather a place to start on the journey to circadian rhythm health.

Of course, your solution to blue light should be unique to you - and if you're worried about the health hazards of blue light in your home or office the best person to assess this is a Building Biologist or IEP trained in this area.

That being said - any reduction in blue light exposure will have a beneficial effect and this cheatsheet is designed to help you do that, simply.



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[WHATHENATUROPATHSAID.COM](https://www.whathennaturopathsaid.com)

A handwritten signature in black ink that reads "Amie". The signature is stylized with a large, flowing 'A' and a cursive 'mie'.

AMIE SKILTON  
[whathennaturopathsaid.com](https://www.whathennaturopathsaid.com)

# LIGHT MANAGEMENT

Light management is all about eliminating blue light or reducing its effects on you as much as possible and utilising natural sunlight to prompt optimal hormone and neurotransmitter synthesis - and ultimately restoring the balance of light and dark.

What this means is:

- reduce or eliminate your exposure to blue light as much as possible, and
- expose yourself to healthy levels of natural sunlight

## OPTIMISE NATURAL LIGHT

Ideally you would expose your bare eyes, and a seasonally appropriate amount of skin to the sun for 5-20 minutes at sunrise and sunset, and 5-10 minutes of midday sun.

## LIMIT BLUELIGHT

Avoiding artificial light (and therefore unnatural levels of blue, green and violet light) can look any number of ways depending on what works for your lifestyle.

# BLOCK BLUE LIGHT

There are many ways you can limit your exposure to blue light and you can find simple solutions down below.

	GOOD	BETTER	BEST
Digital devices i.e. phone, iPad, laptop, desktop computer.	When using your digital devices wear blue blockers - between sunset and sunrise wear the red ones (and cover your skin as much as possible)	When using your digital devices between sunset and sunrise put it in 'red/night mode'**	Don't use your digital devices between sunset and sunrise
TV	When watching TV wear blue blockers - between sunset and sunrise wear the red ones (and cover your skin as much as possible)	Avoid watching TV between sunset and sunrise	Don't watch TV at all
Lights at home	When using lights wear blue blockers from sunset onwards and cover your skin	Change your LEDs to BioLight and/or change your pendant and lamp bulbs to the yellow (living areas) and red (bedrooms).	Don't use lights at all and use the light of flames (burn beeswax candles and/or have a fire)
Sleeping conditions	Don't leave lights on inside the home at night and draw curtains and blinds to reduce light coming from the outside	Use a sleep mask to block light from the eyes, and keep skin covered to limit light activation on the skin	Completely blacked out room (use block out blinds and eliminate all sources of light)

Recommendations for blue blocking glasses, blue-free bulbs etc can be found on the next page.

# BLUE LIGHT PRODUCTS

You can support your circadian rhythm *without* blue-light blocking products - but these products do make it much easier to live your life on your terms without compromising your circadian rhythm at the same time!

**[Click here to visit the BON CHARGE website](#)**

Bon Charge are good for the sleep mask, plug in night light, and you get a better discount on the reading lamps and accessories.

*Use the code AMIE at the checkout to get a 15% discount*

**[Click here to visit the BLOCK BLUE LIGHT website](#)**

I recommend the light bulbs from this site over the other one because they are softer on the eyes.

They have the full spectrum BioLight (bulbs and LEDs), Twilight Red, Sweet Dreams (Yellow), NoBlue LED strips as well as reading lamps and motion sensor night lights.

They also have the most competitive price if ordering prescription blue light glasses.

*Use the code AMIESKILTON10 at the checkout  
to get a 10% discount*

**[For the USA click here to visit the RA OPTICS website](#)**

These guys just do blue light blocking glasses (kids and adults).

*Use the code AMIE at the checkout to get a 10% discount*

# LUX MATTERS

Lux is the standard international (SI) unit of illuminance, equal to one lumen per square metre. It's not the same as brightness (how intense light the eyes perceive light to be), but it is related.

Natural Light Condition	Typical Lux
Direct Sunlight	32,000 to 100,000
Ambient Daylight	10,000 to 25,000
Overcast Daylight	1000
Sunset & Sunrise	400
Moonlight (Full moon)	1
Night (No moon)	< 0.01

Artificial light can range from 50-500, and places like supermarkets and stadiums may be 750-1000 lux.

You want to keep lux at 10 or below the 3 hours leading up to bedtime - ideally from sunset onwards - and lux at 1 and below in your sleeping environment.

There are a number of free apps you can download on your phone to check the lux in your environment - just search 'lux meter'.

# \*\*TECH TIPS

When it comes to using digital devices there are a number of apps, filters or strategies you can employ to reduce the amount of blue light coming off them:

For computers and laptops you can use:

- Iris (seems to be the best) works on a Mac or Windows:  
<https://iristech.co/>
- F.lux for Mac: <https://justgetflux.com/>
- Skyscreen for Windows:  
<https://www.skytopia.com/software/sunsetscreen/>

For mobile phones you can use:

- Twilight
- Night mode
- Iris
- Dimly
- Night owl

# TECH TIPS

If you have an iPhone this eliminates \*all\* blue light:

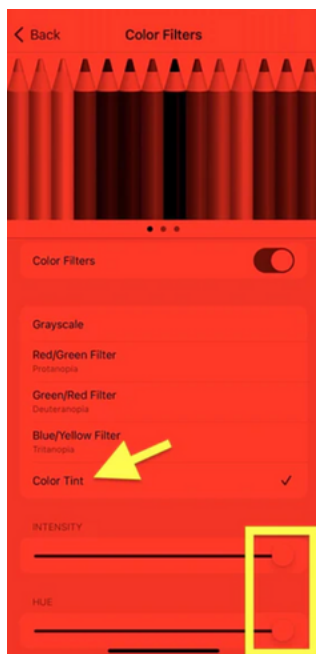
## For iPhone 8 and Older

**Step 1:** Find the "Colour Filters" section by going to Settings > General > Accessibility > Display Accommodations.

**Step 2:** Select "enable colour filters" and then choose the filter "colour tint" as your default setting. Scroll down and locate the sliders for intensity and hue. To get the most benefits out of a red phone screen, both should be set to the maximum setting.

**Step 3:** You may often need to toggle between your red filter and your normal screen. For instance, you could suddenly have to turn on your screen recorder for work. Save yourself the hassle of having to adjust your screen settings each time by creating a shortcut to your red iPhone setting.

Select Settings > General > Accessibility > Accessibility Shortcut > Colour Filters. Once you're done, all you need to do is press the home button three times to switch between your default settings and your custom red screen.





# TECH TIPS

If you have an iPhone this eliminates \*all\* blue light:

## For iPhone X and Newer:

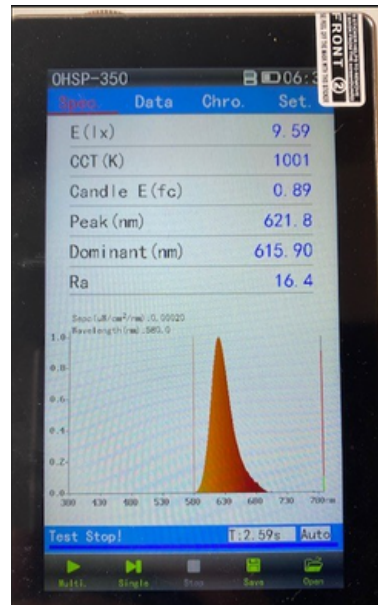
The accessibility features for newer iPhones (such as the iPhone 11 and 13) are further enhanced, making it easier for you to adjust the tint on your screen.

**Step 1:** Select Settings > Accessibility > Display and Text Size > Colour Filters.

**Step 2:** Like with older iPhone models, you need to enable "Colour Filters" and choose "Colour Tint" for your screen. Next, scroll down and adjust the Intensity and Hue to bring out more of the red shades on your phone. Set both fields to the maximum capacity for a more pronounced redness.

**Step 3:** Create a shortcut by going to Settings > Accessibility > Accessibility Shortcut > Colour Filters. This allows you to switch between your regular daytime screen and your custom red tint by just pressing the right side button three times.

After applying these changes, you may want to do a hard reset in order to restart iPhone. Even though your phone may be working properly, restarting it will give it time to refresh itself and avoid any slow responses.





## MEET THE AUTHOR

### AMIE SKILTON

Amie Skilton, functional medicine practitioner of almost 20 years, is a well known and respected educator in naturopathic medicine. For over 15 years she has graced conference stages, TV sets and - in recent times - laptop screens via Zoom; and in that time has presented more than a thousand keynotes to functional medicine practitioners, integrative GPs, holistic pharmacists and the general public.

In 2017, after developing an environmentally-acquired illness (CIRS), she discovered the world of building biology and the various ways in which the built environment has a profound impact on human health. She realised her naturopathic, nutritional and herbal toolkit were only as useful as her environment was healthy.

She's now on a mission to raise awareness in the public arena, and educate practitioners, on a commonly overlooked but monumentally significant influence on health and wellbeing.

HAVE QUESTIONS?  
CONNECT BELOW.



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