

# CIRCADIAN RHYTHMS

## MYTH

## VS

## FACT

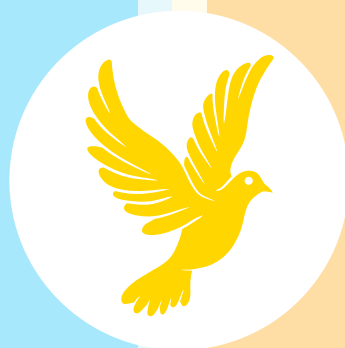
Blue light is bad for you



Blue light in the evening will delay sleep, but **you need it** in the morning!

Open the curtains or go for a walk. You can even try using a medically approved lightbox.

You're either a morning lark or night owl



Most people don't have extreme morning or night preferences.

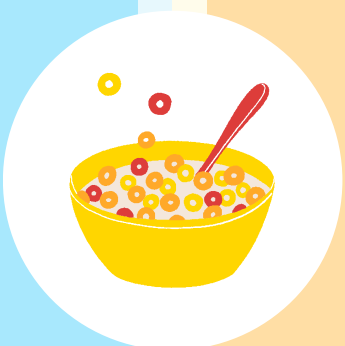
**You're probably an average 'dove'**. Your preferences will also naturally change as you age.

You need to catch up on sleep on your days off



It is important to get enough sleep every night and to **keep a regular schedule**. If you wake up significantly later at the weekend, you develop 'social jet lag' which will make you more tired during the following week.

Light and sleep are the only things which matter to your internal clock



Light and sleep do have a huge effect on regulating your internal rhythms, but when you **eat, exercise and socialise** can also affect your internal clock.