



“PREPARE FOR A RESTFUL SLEEP WITH DIM, SOFT LIGHTING IN THE EVENING”



Dimming your lights, and even using candlelight in the evening after dark, can greatly benefit your mood and sleep. Bright light in the evening suppresses the hormone melatonin, which signals to the body that it is time to rest. Adjusting your lighting allows your body and mind to prepare for a more restful sleep. If you have children, you can make it fun by having an evening marshmallow and story time around the 'campfire' candles.

