

# What Color Light Is Best For Sleep?

Hues of **red, orange, and yellow** are better for preparing the mind and body for sleep.



Candlelight

Sunset

Direct sun

Overcast

Blue sky



Warm light similar to a setting sun may help to signal that it is time for sleep. Exposure to bright lights and cool-toned colors, such as blue light from screens, can inhibit melatonin production and keep a person awake.

# The Colour Of Night

**JG Myers**



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