Let the sun shine upon you and energize you! 😎

Did you know that getting sun exposure every day is critical to balancing your sleep and wake cycles? Letting the sun hit your face first thing in the morning can have a huge impact on your energy and ability to get good quality sleep.

Every morning I get outside within about 1 hour of waking up for some natural sunlight, even if it’s only for 10 minutes. I open all the curtains and blinds in the house to let the sunlight in to charge my body like a battery.

There are many ways to easily fit this into your routine without having to take much time. You could...

🌞 Walk your dog in the morning if you have one

🌞 Sit outside to drink your coffee or eat breakfast

🌞 Or simply spend a few minutes in front of an open window

Exposing yourself to sunlight in the morning triggers the body to release cortisol giving you energy. Your cortisol is supposed to be highest shortly after waking up, but when you don’t get sunlight your body doesn’t know what to do.

If you just can not get outside a fantastic alternative is the Happy Light by Verilux! Real sun is always better but we do the best we can with what we have and I LOVE my Happy Light!

\*Don’t be fooled into thinking you need to slather yourself with some cheap sunscreen either! (more on that later!!)

As part of the challenge, get sunlight exposure first thing in the morning tomorrow and continue this habit for the next 14 days to improve health and feel your best!

[#IntegrativeSpeechandLanguage](https://www.facebook.com/hashtag/healthboss?epa=HASHTAG) #healthyskinbeginswithin #healthybeginswithin #selfcare [#fitness](https://www.facebook.com/hashtag/fitness?epa=HASHTAG) [#health](https://www.facebook.com/hashtag/health?epa=HASHTAG) [#weightloss](https://www.facebook.com/hashtag/weightloss?epa=HASHTAG) [#weightlossjourney](https://www.facebook.com/hashtag/weightlossjourney?epa=HASHTAG) [#hormones](https://www.facebook.com/hashtag/hormones?epa=HASHTAG) [#thyroid](https://www.facebook.com/hashtag/thyroid?epa=HASHTAG) [#guthealth](https://www.facebook.com/hashtag/guthealth?epa=HASHTAG) [#leakygut](https://www.facebook.com/hashtag/leakygut?epa=HASHTAG) [#eatclean](https://www.facebook.com/hashtag/eatclean?epa=HASHTAG) [#glutenfree](https://www.facebook.com/hashtag/glutenfree?epa=HASHTAG) [#cleaneating](https://www.facebook.com/hashtag/cleaneating?epa=HASHTAG) [#healthtips](https://www.facebook.com/hashtag/healthtips?epa=HASHTAG) [#healthychoices](https://www.facebook.com/hashtag/healthychoices?epa=HASHTAG) [#mindset](https://www.facebook.com/hashtag/mindset?epa=HASHTAG) [#mindandbody](https://www.facebook.com/hashtag/mindandbody?epa=HASHTAG) [#hashimotos](https://www.facebook.com/hashtag/hashimotos?epa=HASHTAG) [#adrenals](https://www.facebook.com/hashtag/adrenals?epa=HASHTAG) [#adrenalfatigue](https://www.facebook.com/hashtag/adrenalfatigue?epa=HASHTAG) [#fatigue](https://www.facebook.com/hashtag/fatigue?epa=HASHTAG) [#energy](https://www.facebook.com/hashtag/energy?epa=HASHTAG) [#workout](https://www.facebook.com/hashtag/workout?epa=HASHTAG) [#highcortisol](https://www.facebook.com/hashtag/highcortisol?epa=HASHTAG) [#lowcortisol](https://www.facebook.com/hashtag/lowcortisol?epa=HASHTAG) [#adrenalfatiguerecovery](https://www.facebook.com/hashtag/adrenalfatiguerecovery?epa=HASHTAG) [#cortisol](https://www.facebook.com/hashtag/cortisol?epa=HASHTAG) [#exhaustion](https://www.facebook.com/hashtag/exhaustion?epa=HASHTAG) [#chronicfatigue](https://www.facebook.com/hashtag/chronicfatigue?epa=HASHTAG)