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enjoy your

shuteye. Avoid

Blue Light at Night.

The light that

comes from

electronic devices

and energy-

efficient lightbulbs

is called blue light –

this has a powerful

effect on your body

clock. At night,

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organ in your body
has a
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schedule to keep
on a daily basis.

Most of us in the
West have never
been aware of this,
but Chinese and
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through the

seasons of the

year, and then

goes further down

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into 2-hour periods.

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the the time of the

day you eat, sleep,

and use pressure

points can have an

effect on your

health? I didn't, but

it does make

sense.

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