



THE SUNLIGHT

Edge



UNLOCK FAT LOSS, HORMONE BALANCE & RECOVERY – BY GETTING THE RIGHT LIGHT AT THE RIGHT TIME

WHEN TO GET SUNLIGHT: DAILY TIMING GUIDE

Time of Day	What You Get	Why it Matters
Sunrise (First light)	Blue + Infrared (no UV)	Sets circadian rhythm, boosts alertness, primes cortisol
Mid-morning (8–10 AM)	UVA + more infrared	Supports mood, nitric oxide release, mitochondrial prep
Midday (10 AM–2 PM)	Peak UVB + UVA	Supports mood, nitric oxide release, mitochondrial prep
Afternoon (2–5 PM)	Decreasing UV, more red + infrared	Recovery, reduces oxidative stress, inflammation
Sunset (Golden Hour)	Red, Infrared, low blue	Calms nervous system, improves sleep quality



WHAT EACH TYPE OF LIGHT DOES

Light Type	Wavelength	Key Benefits
Blue Light	~450–495 nm	Sets circadian rhythm, boosts focus & alertness (best in AM)
UVA	~315–400 nm	Stimulates nitric oxide, supports heart health, improves mood
UVB	~280–315 nm	Creates Vitamin D, supports hormones, immunity, and bone health
Red Light	~620–750 nm	Boosts ATP (energy), reduces inflammation, speeds recovery
Infrared (IR)	~750–1000+ nm	Penetrates deeply, supports joint & tissue repair, circulation, relaxation

QUICK START: HOW MUCH DO YOU NEED?

Skin Tone	Midday UV Time (Arms/Legs)
Fair / Light	10–20 min
Medium	20–30 min
Darker Skin	30–45+ min

- GET EARLY AM LIGHT IN YOUR EYES DAILY (NO SUNGLASSES OR WINDOWS)
- EXPOSE AS MUCH SKIN AS PRACTICAL AT MIDDAY (AVOID BURNING)
- END YOUR DAY WITH SUNSET LIGHT TO WIND DOWN NATURALLY



SUNLIGHT ISN'T DANGEROUS. BURN IS.

USED PROPERLY, LIGHT IS A TOOL – NOT A THREAT. THE GOAL ISN'T TANNING. IT'S PERFORMANCE, RECOVERY, AND LONG-TERM HEALTH. YOUR BODY DOESN'T JUST TOLERATE SUNLIGHT – IT REQUIRES IT.



Want to Learn More?

Contact me with “THE SUNLIGHT EDGE” and I’ll craft a personalized routine that includes sunlight at optimal times for you and your daily schedule or any questions around how sunlight exposure can help you!

Contact Me	Info
Email	Theflipflopfitnessguy@gmail.com
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