

Sources Morning Sunlight

- <https://www.melatonin-research.net/index.php/MR/article/view/19/208>
- <https://www.sciencedaily.com/releases/2021/11/211124154118.htm>
- <https://www.sciencedaily.com/releases/2014/11/141120112348.htm>
- <https://www.sciencedaily.com/releases/2021/11/211124154118.htm>
- <https://www.melatonin-research.net/index.php/MR/article/view/19/208>
- <https://biohacklongevity.com/morning-sunlight-ayurveda/>
- <https://jackkruse.com/quantum-biology-7-vitamin-d/>
- <https://www.sciencedirect.com/science/article/abs/pii/S0006322301012008>
- <https://www.bbc.co.uk/ideas/videos/why-morning-light-is-so-crucial-to-your-health/p0bl8d5w>
- <https://www.kaiyanmedical.com/post/the-children-of-fire-infrared-light-fire>
- A 2014 study published in the Journal of Psychiatric Research found that participants who were exposed to bright light in the morning had higher levels of dopamine metabolites in their cerebrospinal fluid compared to those who were exposed to dim light.
- Another study published in the Journal of Affective Disorders in 2016 found that participants who were exposed to morning light therapy had increased dopamine receptor availability in certain regions of the brain.
- A 2017 study published in the journal NeuroImage found that exposure to bright light in the morning increased dopamine release in the striatum, a part of the brain that is associated with reward and motivation.