

Introduction

Welcome to Week 3 of the 2018 Certified Green Lab Program! If you missed last week's or the first week's newsletter, feel free to catch up on their content [here](#). This week, we will go over Elective Action #2.

2. If your lab has windows, use daylight rather than turning on lights during the day.

As a reminder, completion of five Elective Actions beyond the Required Actions will earn you Bronze level certification, completion of ten will earn Silver level certification, and fifteen Elective Actions will earn Gold level certification.

Instructions

Elective Action #6: If your lab has windows, use daylight rather than turning on lights during the day.

If your lab has an abundance of large windows facing the outside of the building, there's a pretty good chance at least part of your office could be lit with natural light. It doesn't even necessarily have to be a sunny day for enough light to come in -- some of the rooms here at the iSEE office almost never have their lights on, even when it's cloudy and despite the fact our windows face north. It might be a bit of an adjustment to get used to working in somewhat dimmer light, but the adjustment should be well worth it even for reasons outside the vast energy savings. Studies have found a [number of advantages](#) of natural light for office workers. Among them are an average of 46 minutes more per night of sleep, gains in office productivity and creativity, as well as better moods and less stress.

This is a simple action with a lot of potential for energy conservation. Remember, it doesn't always take a huge lifestyle change to be more eco-friendly -- building small habits like this will make a difference, no matter how inconsequential they might sometimes feel!