

# Cycled Lighting In The NICU



Your premature baby born less than 32 weeks gestation is growing and maturing. Because your baby's sight is the last sense to mature, we protect your baby's eyes from bright lights by keeping the Giraffe incubator covered. In addition, we cover the eyes with a cloth or a hand whenever we do cares.

## Why do we do Cycled Lighting?

- Natural light helps to promote a 24 hour biological clock, or circadian rhythm in your baby, which can help:
  - o Promote longer sleep duration and weight gain
  - o Stimulate the release of growth hormones
  - o Reduce the level of Cortisol, the stress hormone

## What and how do we do Cycled Lighting?

Cycled lighting is the practice of exposing your baby to indirect light during the day, or for 12 hours, from 7AM to 7PM and providing dim lighting during the evening and night hours, from 7PM to 7AM.

When your baby reaches 32 weeks gestation, we will remove the Giraffe cover and replace it with a smaller, lighter blanket so that your baby will be exposed to indirect lighting. The window shades have light sensors and will automatically raise or lower. At night, lights will be dimmed if used, and your baby's eyes will be covered if bright lights are needed for care.