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Summer Begins With National Daylight Appreciation Day

JUNE 21ST 2017 BY DEE LOFLIN

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NATIONAL DAYLIGHT APPRECIATION DAY and FIRST DAY OF SUMMER

National Daylight Appreciation Day is observed each year on June 21. This day recognizes summer solstice (the longest day of daylight in the northern hemisphere) and encourages people to celebrate the many benefits of the sun.

National Daylight Appreciation Day is also a day to learn more about the importance of daylighting. Daylighting is using skylights, windows and other architectural openings to natural light interior spaces. Doing so helps not only to reduce energy consumption but may also have health benefits.

Some areas are designed with automatic dimming systems when natural light is present, which reduces the amount of artificial light required. The process is known as daylight harvesting.

Daylight has positive psychological effects; it can boost your mental health and help to lower depression as well as help with increased energy levels. The Vitamin D that we naturally get from the sun has many health benefits for us.

Enjoy the summer solstice, enjoy the sunshine and let the sunshine into your home!

And enjoy #DaylightAppreciationDay all day!

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HISTORY

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National Daylight Appreciation Day is sponsored by ShowMe Times National, Inc., a manufacturer of Tubular Daylighting Devices.

SUMMER BEGINS

The longest day of the year marks the Beginning of Summer in the Northern Hemisphere which starts on June 20th, 21st or 22nd. It is also known as the Summer Solstice.

Summer Begins on different dates depending on times zones, the latest start date occurring on June 22nd.

Since ancient times, the summer solstice has been marked on calendars with celebrations honoring the sun and as a way to mark the seasons.

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