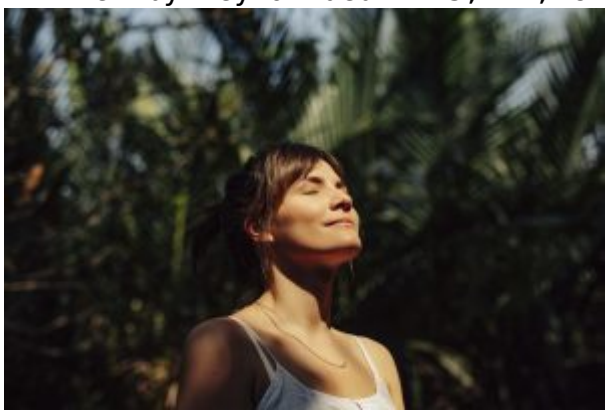
# Leyla Weighs In: How Natural Light Supports Metabolic Health and Blood Sugar Control

written by Leyla Muedin MS, RD, CDN | May 1, 2026



Did you know spending more time in natural light could enhance your metabolic health and sleep quality? “Leyla Weighs In” on a study revealing how exposure to daylight can stabilize blood sugar and improve your metabolism. Don’t miss it!