

INDOOR JOB, OUTDOOR CONSEQUENCES

UV STILL FINDS YOU

That coveted desk by the window, with natural light pouring in and a view that makes work feel a little brighter, seems like a small luxury. Sunlight through the glass feels like a gift; warmth, energy, and a mood boost while you type away. But before you get too comfortable, know this: the sun has a hidden side, and your window isn't keeping it out. What feels like a safe, indoor retreat is actually a slow, silent source of skin damage that most people never see coming.



UVB rays, the ones that cause sunburn, don't penetrate standard window glass very effectively, so you're unlikely to burn while sitting at your desk. That's why many people assume they're "safe" indoors and skip sunscreen or other protection. But there's a dangerous twist: UVA rays are crafty enough to sneak right through glass without you even noticing. Studies show that over 50% of UVA rays can pass through typical window glass, meaning that even if you're indoors, working by a window, you're still exposed to these invisible, skin-damaging rays all day long.

Those UVA rays penetrate deep into the skin, where they break down collagen and elastin, accelerate aging, and damage DNA in skin cells. This damage happens without a burn, without redness, without any immediate warning. That means you're getting a subtle, all-day sunbath, and that damage quietly adds up over weeks, months, and years. People who sit near windows for long hours often develop more wrinkles, dark spots, and even skin cancers on the side of the face and arm closest to the glass, a pattern sometimes called "driver's side" or "window-side" photoaging.

So don't let the window fool you into thinking you're in a UV-free zone. Just because you're indoors doesn't mean you're immune to sun damage. UVA exposure is just as harmful indoors as it is outdoors, and it's important to be proactive about protecting your skin, even when you're just sitting in your office. If you spend hours near a window, treat it like any other sun exposure: wear broad-spectrum sunscreen, consider UV-protective window film, and wear a hat or use a shade when possible. Your skin is still in the sun, even when you're "inside."

