**Use linking words to show cause-effect relations and make text more complex. Ig necessary, change the sentence structure and vocabulary to reach Level 3.**

Sunlight has some negative effects on human skin. Too much sunlight is not good. Sunlight also has positive effects. We should not completely avoid going out in the sun. Sunlight produces vitamin D. We need sunlight for a healthy body. Vitamin D is important. Vitamin D has a role in bone development. Sunlight has an influence on the human body clock. Regular exposure to the sun helps people sleep better. Some psychologists recommend spending time in the sun. Sunshine makes their patient feel happier.