

A trick of the light

Formed four and a half billion years ago, the sun - our closest star - sits at the centre of our universe - a spinning ball of hot gas and nuclear reactions that lights and heats our planet.

It creates our climate, provides us with energy and even dictates our seasons. Without it life on earth would be very different.

It takes just minutes for the first rays of light to appear on the horizon, yet it transforms our lives, creating the daily rhythm for life on Earth.

We've all watched a magical sunset on holiday and probably photographed one or two at some point, but what about the beginning of the day, sunrise?

Let's face it; most of us miss this spectacular event because we're still asleep in bed.

But what is it about sunrise that's so special and what's really behind the perfect sunrise?