

## SkyBlue™ LED Circadian Solutions



Increased Employee Productivity and Focus Promote Healthy Sleep Patterns Reduce Absenteeism Lower Energy Cost











# SkyBlue™ LED Circadian Solutions

### LIGHTING FOR WORKPLACES

#### **BRINGING DAYLIGHT INDOORS**

On average, we spend more than 90% of our time indoors, often in an office setting, under lighting conditions that do not provide sufficient daytime circadian light signals and contribute to circadian disruption.

In fact, 87% of non-shift workers have some form of circadian dysfunction. Circadian disruption leads to a host of increased medical risks, including increased risk of addiction, obesity, cardiovascular disease and metabolic disease.

### BIOS SKYBLUE™ - BETTER SLEEP. BETTER **ENERGY, AND BETTER WELLNESS**

BIOS SkyBlue is the only LED circadian lighting solution that captures the lighting spectrum of the natural blue sky (490nm) to promote better sleep, better energy, and better wellness.

Traditional lighting lacks 490nm and a study by the Cleveland Clinic<sup>1</sup> concluded that higher amounts of this "blue-sky" (490nm) wavelength of light corresponded to better sleep and better moods.

1 Office of Research and Innovation, Nursing Institute, Cleveland Clinic, Cleveland, Ohio

Bernhofer El. Higgins PA. Dalv BJ. Burant CJ. Hornick TR. "Hospital lighting and its association with sleep, mood and pain in medical inpatients." Journal of Advanced Nursing. 2014 May; 70(5):1164-73

#### MORE FOCUSED AND PRODUCTIVE WORKPLACE

BIOS SkyBlue brings energy and focus back to the office with lighting solutions that have simple control options and provides improved circadian stimulus—helping people achieve better nighttime sleep for better productivity and energy.

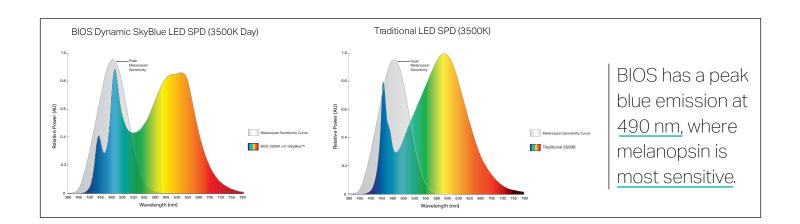
#### WELL BUILDING STANDARD™

BIOS SkyBlue lighting provides industry-leading LED technology that gives designers the tools they need, to create healthier spaces toward satisfying Circadian Lighting Design Feature LO3 under the WELL Building Standard v2.

#### **ABOUT BIOS**

As former NASA engineers and researchers, our founders created lighting solutions to help astronauts regulate their circadian rhythms while on the International Space Station.

Today we continue to use these discoveries to innovate, creating biological lighting solutions that redefine what is possible and improve the health and wellness of people here on Earth.



Specifications subject to change without notice. Contact BIOS with any questions for the most current Information.

bioslighting.com (321) 260-246 info@bioslighting.com

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