



SkyBlue™ LED Circadian Solutions



LIGHTING FOR RESIDENCES

- Increase Daytime Productivity and Alertness
- Promote Healthy Sleep Patterns
- Improve Mood and Well-Being
- Create Tranquil Evening Environments





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YOUR HOME - YOUR SANCTUARY

Our homes should be a place of rest and rejuvenation. Now more than ever, we are spending the majority of our daytime at home looking at screens and in spaces that have low light levels, both of which do not support healthy circadian rhythms.

Extended daytime exposure to low light levels and increased screen time into the evening can throw off circadian rhythms impacting sleep quality and our overall health.

BIOS SKYBLUE™ - FOR 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 Clinic¹ 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 EI, Higgins PA, Daly 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



SKYBLUE A21/A19 & BR30 LIGHT BULB

Daytime: High melanopic lux at full output, to help support strong circadian signals.



Nighttime: Dimmed to a warm amber, all blue light is removed for the perfect lighting solution.

NIGHTFALL A19 LIGHT BULB



Nighttime: Reduces daytime cues—with 500% uplight reduction—to create a tranquil evening

SKYVIEW™ CIRCADIAN TABLE LAMP

SkyView Wellness Table Lamp is the most effective way to promote circadian stimulus and offers a uniquely effective and beautiful approach to circadian lighting - bringing the light closer to you, including a twilight setting that establishes important beginning and end-of-day cues.



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.

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