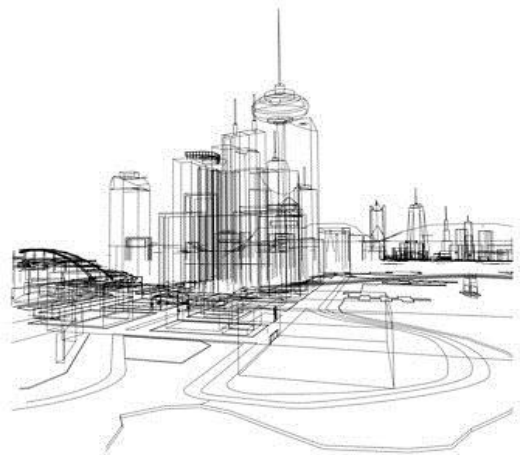




Lighting Control for Better, Greener Spaces

Why bad lighting makes you FAT !!!



NUMEROUS STUDIES INDICATE THAT INADUQUATE SLEEP CAN SERIOUSLY AFFECT INSULIN RESISTANCE

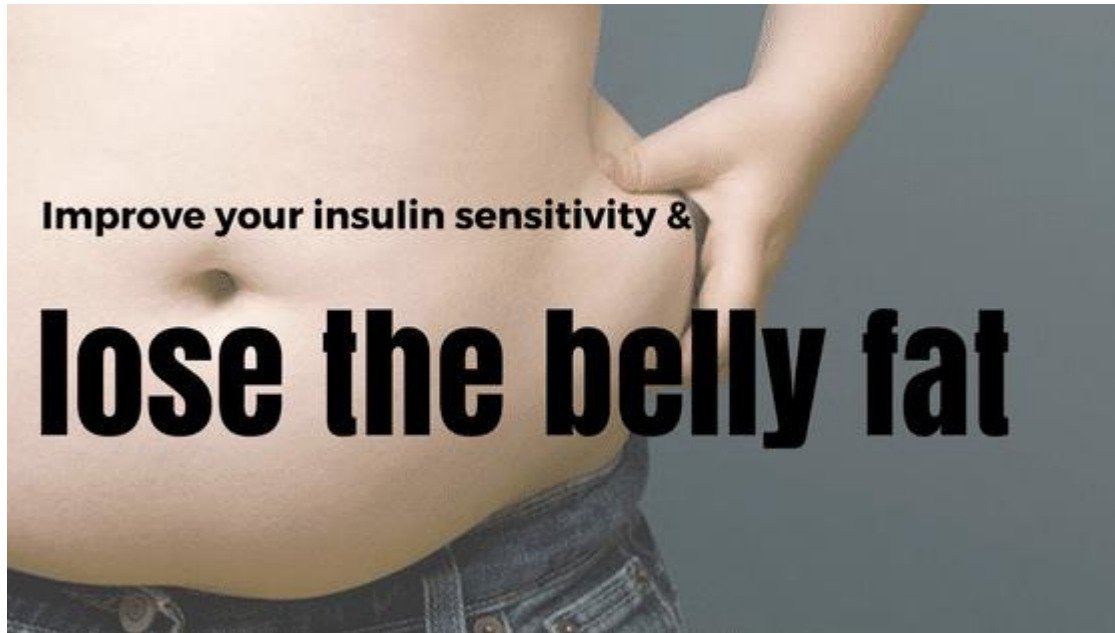


SLEEP DEPRIVED SUBJECTS IN A RECENT STUDY WERE UP TO 50% MORE INSULIN RESISTANT THAN THE CONTROL GROUP



YOUR SENSITIVITY TO INSULIN DIRECTLY AFFECTS HOW EFFICIENT YOUR BODY IS AT SWITCHING OFF THE FAT STORAGE MECHANISM !!!

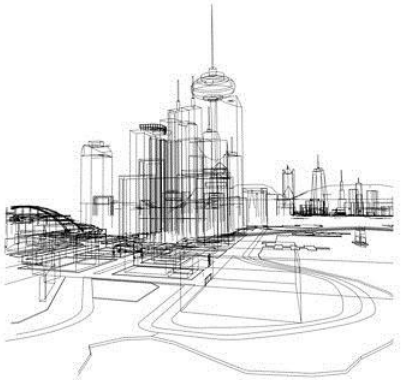
INSULIN SENSITIVITY ALSO AFFECTS OUR SUSCEPTIBILITY TO THINGS LIKE DIABETES AND CERTAIN AUTOIMMUNE DISEASES



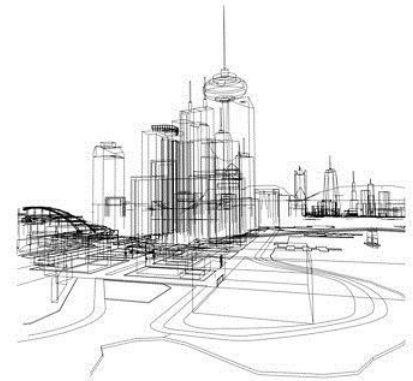
COOL WHITE PRODUCES SERETONIN WHICH IS GREAT FOR CONCENTRATION AND PRODUCTIVITY IN THE MORNING



WARM LIGHT FITTINGS DO NOT INHIBIT MELETONIN PRODUCTION WHICH KEEPS YOUR CICADIAN RHYTHM FROM BEING DISRUPTED

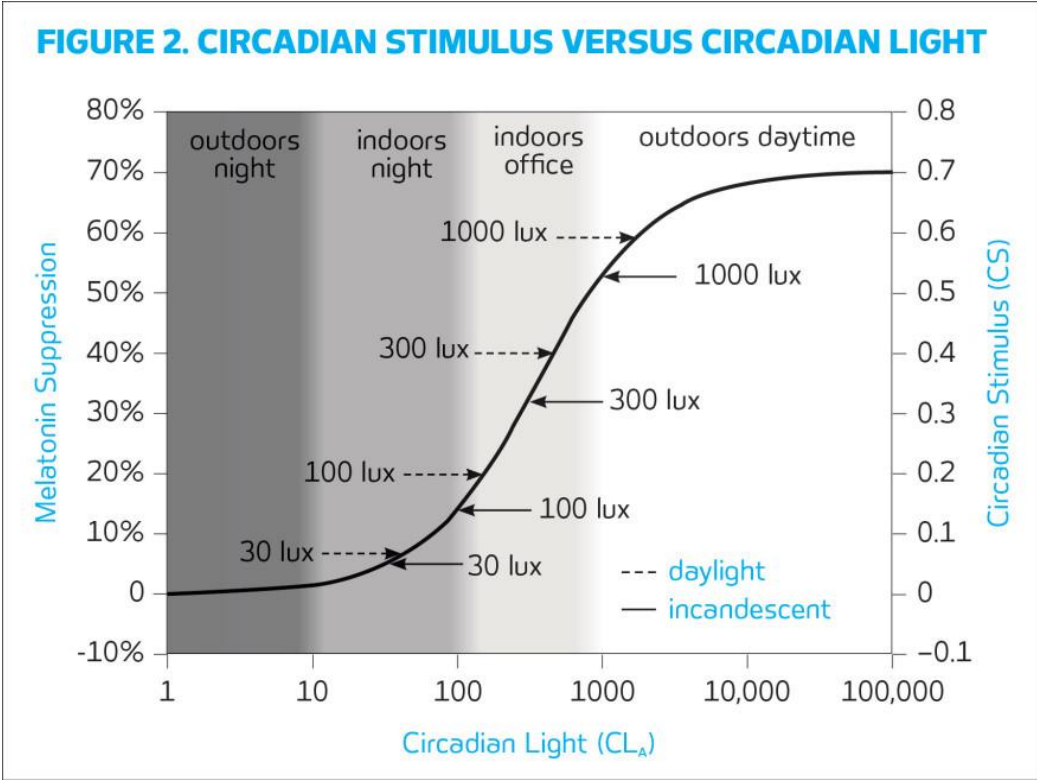


SUPPRESSION OF MELATONIN CAUSES CIRCADIAN RHYTHM DISRUPTION WHICH SIGNIFICANTLY AFFECTS SLEEP DURATION AND QUALITY.



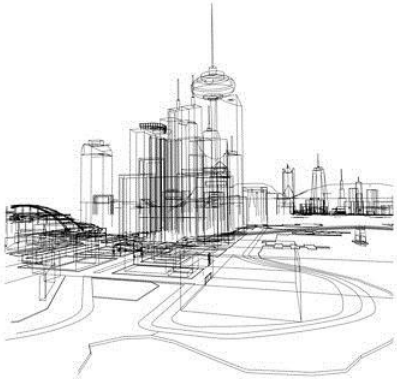
ALL LIGHT IS NOT EQUAL

SPECIFIC WAVELENGTHS SURPRESS MELATONIN PRODUCTION



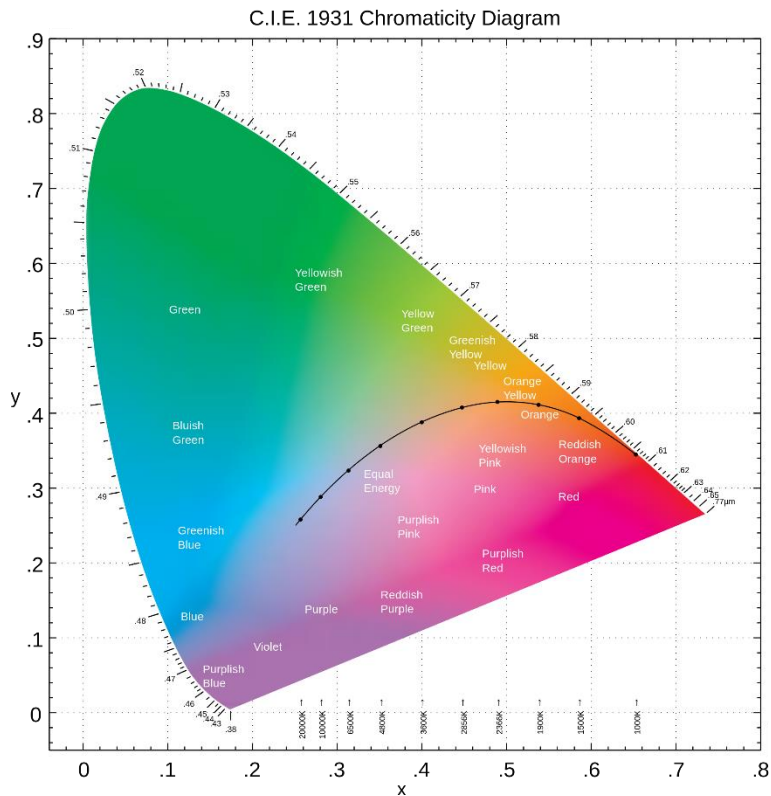
Specifically 450-470nm

BLUE



ALL LIGHT IS NOT EQUAL

LIGHT IS MADE UP OF A SPECTRUM OF COLOURS



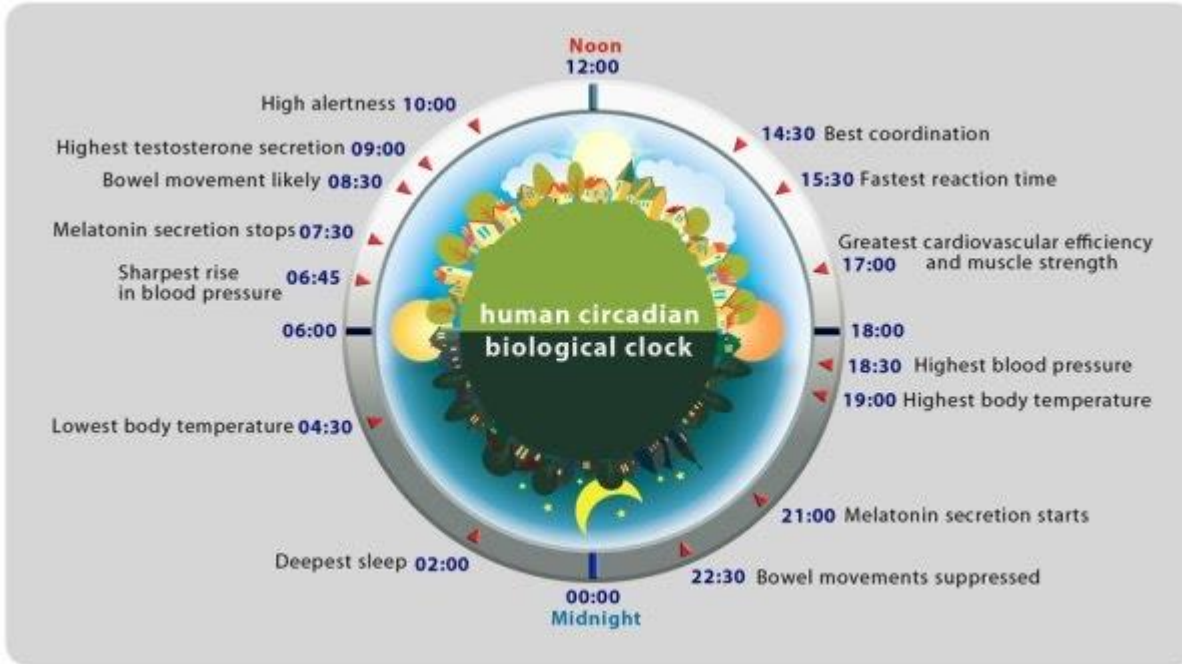
WAVELENGTH
400 – VIOLET
700 – RED

COLOUR TEMPERATURE
CAN BE SEEN ALONG
THE CURVED LINE.
2500K - WARM
8000K – COOL
6500K – WHITE

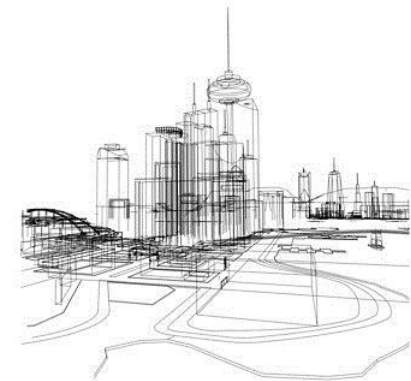


ALL LIGHT IS NOT EQUAL

RESTORED SLEEP WAKE CYCLES PROMOTE HEALTH AND WELLBEING



KEEPING OUR CIRCADIAN RHYTHM IN LINE WITH A 24 HOUR CYCLE OF WAKING AND SLEEPING HOURS HAS A NUMBER OF BENEFITS.



RESEARCH IS SHOWING US THAT WE ARE MOST COMFORTABLE IN LIGHTING WHICH SIMULATES DAYLIGHT

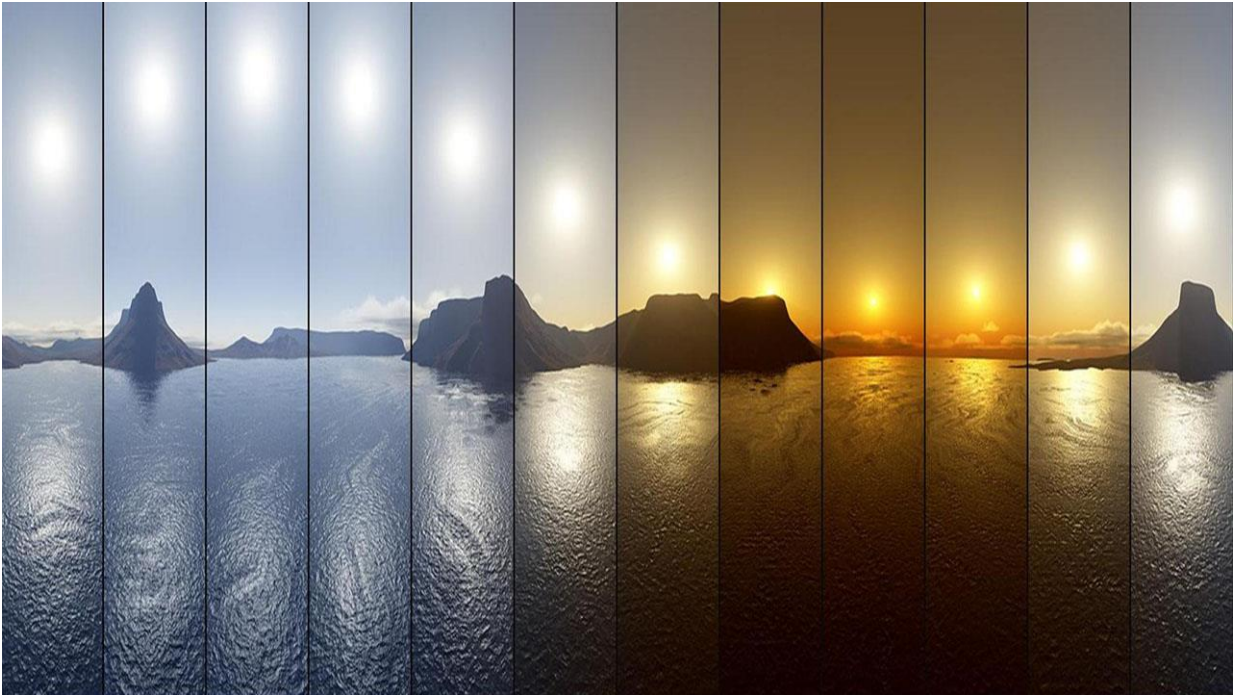
SO USING LIGHTING WHICH FOLLOWS THE NATURAL COLOUR TEMPERATURE OF DAYLIGHT WILL ENHANCE OUR WELLBEING AND CREATE A VERY COMFORTABLE ENVIRONMENT.



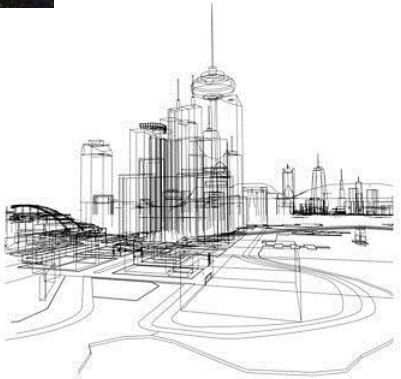
HOW DO WE ACHIEVE THIS IN MODERN BUILDINGS WHERE ARTIFICIAL LIGHT IS USED EXTENSIVELY TO AUGMENT NATURAL LIGHT



ONE WAY WE CAN ENSURE THAT WE ACHIEVE THESE POSITIVE HEALTH OUTCOMES IS TO USE TUNABLE LIGHT FITTINGS.



A MIX OF WARM AND COOL LIGHT ELEMENTS ,
CONTROLLED TO MIMIC THE DAILY CYCLE
THROUGHOUT THE DAY



TUNABLE LIGHT FITTINGS

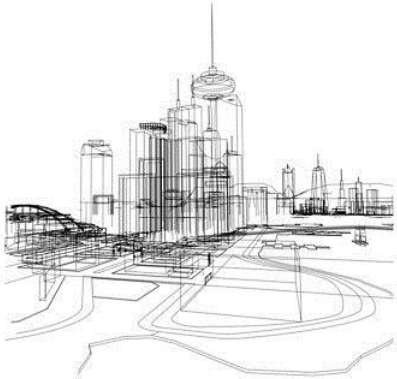
THESE CAN BE CONTROLLED BY THE LIGHTING CONTROL SYSTEM AND ENSURE THE CORRECT LIGHT COLOUR TEMPERATURE IS ALWAYS PRESENT IN THE BUILDING



THEREBY ENHANCING THE PRODUCTIVITY AND WELLBEING OF THE OCCUPANTS OF THE BUILDING

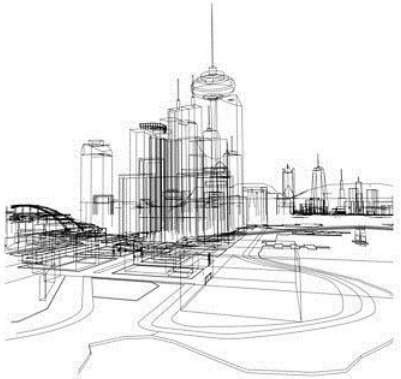


The new tunable LED lighting in the ACC Care Center corridor, shown at the morning setting (specified as 6500K at 66% output, left), the afternoon setting (specified as 4000K at 66% output, center), and the nighttime setting (specified as 2700K at 20% output, right).
Photo: Sacramento Municipal Utility District



THE SOLUTION

SO INSTEAD OF INSTALLING A GYM IN THE BASEMENT, SORT OUT YOUR LIGHTING



THE SOLUTION



THANK YOU