



BIOS® LIGHTING FOR WORKPLACE

Increase employee productivity and focus

Promote healthy sleep patterns

Reduce absenteeism

Lower energy costs



BRINGING DAYLIGHT INDOORS

On average, we spend more than 90% of our time indoors, often in an office setting. And in most offices, the lighting doesn't send the right daytime cues. This can lead to people feeling hungry, sleepy and unmotivated. Moreover, it can throw off circadian rhythms, impacting sleep and health. Circadian disruption leads to a host of increased medical risks, including increased risk of addiction, obesity, cardiovascular disease and metabolic disease. In fact, 87% of non-shift workers have some form of circadian dysfunction. BIOS® lighting solutions provide the exact blue-sky wavelengths responsible for daytime alertness and productivity.

THE SCIENCE

Newly discovered receptors in the eye drive non-visual responses to light, including daytime vigilance, concentration and mood. BIOS SkyBlue® lighting pinpoints this non-visual receptor to bring the benefits of daylight indoors; making it perfect for daytime use.

A MORE FOCUSED AND PRODUCTIVE WORKPLACE

Sleep plays an important role in brain health, helping to shape memory, learning and behavior. Without the proper amount and timing of sleep, brain health can suffer. According to the National Sleep Foundation, 1 in 5 Americans suffer from chronic sleep deprivation. BIOS SkyBlue lighting solutions promote healthy sleep patterns by providing specific and important wavelengths of light that are lacking in traditional lighting technologies to help people achieve better sleep, better focus and better brain functionality.*

WELL BUILDING STANDARD

BIOS lighting provides industry-leading LED solutions that give designers the tools they need to contribute toward satisfying Circadian Lighting Design Feature 54 under the WELL Building Standard® v1 and Feature L03 under the WELL Building Standard v2.

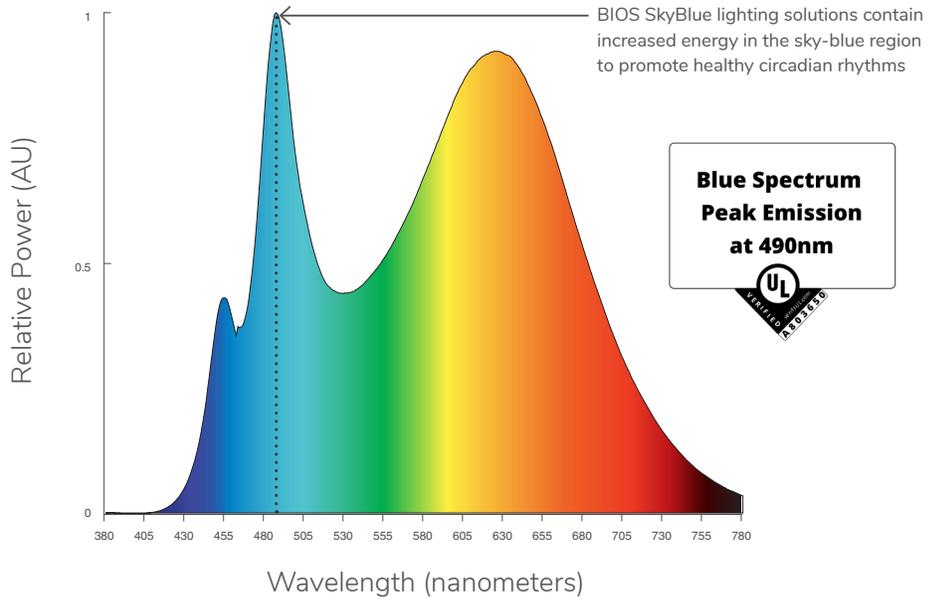
THE BIOS DIFFERENCE

BIOS offers LED circadian lighting solutions that are unparalleled in the lighting industry, boasting the highest melanopic to photopic ratios (m/p) for a given color temperature while maintaining color quality.

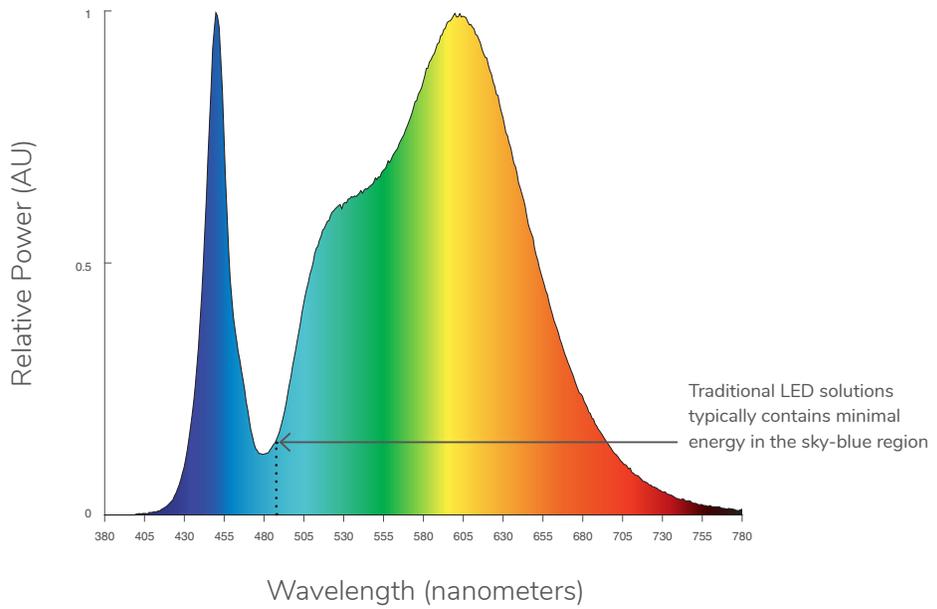
When specifying BIOS circadian lighting solutions, there are several key performance metrics that can be included to help designers hold spec and get the quality and performance needed to achieve the most effective and comfortable circadian lighting.

- m/p ratio of at least 0.70 @ 3000K
- m/p ratio of at least 0.80 @ 3500K
- m/p ratio of at least 0.90 @ 4000K
- Peak blue spectrum at 490nm.
- CRI 80+ and R9 >80

BIOS 3500K LED SPECTRAL POWER DISTRIBUTION



TRADITIONAL 3500K LED SPECTRAL POWER DISTRIBUTION





No complicated controls. No system overhaul. Just healthy lighting.

BIOS partners with lighting industry manufacturers and lighting designers to provide healthy, low energy lighting to everyone. Contact your lighting manufacturer to get lighting Illuminated by BIOS®

BIOS Lighting

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* For details related to statements in this document, please go to <https://bioslighting.com/hu-white-paper-case-studies-access/>