You come to locker rooms, have a great team practice and cannot sleep at night. Insufficient exposure to light can prevent the body from establishing a healthy circadian, or daily, energy cycle—an especially challenging dilemma for players tasked with performing at their highest levels after the sun sets.

Sleep and circadian physiology have profound effects on human function including the performance of elite athletes. Professional football players playing close to the circadian peak in performance demonstrate a significant athletic advantage over those who are playing at other times. Application of this knowledge is likely to enhance human performance.

Benefits of CIRCADIAN® Zirc™ Lights for Your Athletes and Overall Performance:

- Lessen the effect of time zone change (jetlag)
- Increases team energy, boosts performance, gain competitive advantage
- Improves reaction times, alertness, safety, mood and sense of well-being
- Promotes sleep at night and prevents circadian disruption
- Reduces injury rates and accidents
- Key market differentiator for prospective athletes and your team’s organization

CIRCADIAN® Zirc™ Lights provide the competitive edge for professional, college, and school sports teams.
LIGHT IS THE MOST IMPORTANT EXTERNAL SYNCHRONIZER FOR THE CIRCADIAN RHYTHMS IN THE BODY

The Key to Health and Fitness Lies in the Light Spectrum
Our eyes and bodies are incredibly sensitive to lighting levels and color, and this sensitivity varies across the 24-hour day. Both daylight and electric light is made up of a rich palate of violet, blue, green, yellow and red light which together combine to make white light. In the morning blue rich light wakes us up, and synchronizes our biological clock, but that same blue light in the evening disturbs sleep and creates a jet-lag feeling by disrupting our circadian rhythms.

The CIRCADIAN® Zirc™ Lighting Solution
Installing sophisticated CIRCADIAN® Zirc™ Lighting systems in your world class locker rooms is a key differentiator that will attract and retain top athletes. An added bonus is that CIRCADIAN spectrum-controlled lighting also boosts the mood, morale and health of your athletes reducing injury and improving overall health.

By providing the precise wavelengths of blue-rich light during the day, and high-quality blue-depleted white light after sunset, we optimize the energy and performance of athletes. The blue-depleted light at night also helps to preserve the circadian cycle, allowing athletes to obtain ideal restorative sleep.

To design the best light system for locker rooms, CIRCADIAN® ZircLight™, with support from the National Institutes of Health, developed and tested in our Medical Research Center the optimal lighting solution for people exposed to various lighting conditions over a 24-hour period.

• **Athletes need Specially Designed Blue-Rich Light During the Day** - Blue-rich light during the day stimulates alertness, boosts energy and increases productivity. It also serves to synchronize our biological clocks and helps us get better sleep at night.

• **Athletes need Blue-Depleted Light After Sunset** - Blue-depleted light after sunset prevents circadian disruption – a significant health concern.

• **Automatic controls** adjust the blue content by time of day and season to the latitude & longitude of your facility. The lights take care of themselves, with no demands on your staff.

• **Easy installation:** CIRCADIAN® Zirc™ Lights can be installed by any qualified electrician.