HEALTHY LIGHTING FOR 24-HOUR OPTIMAL HEALTH, FITNESS & PERFORMANCE

Improving Alertness, Mood and Sense of Well-being

DynamicBlu™ Spectrum Control
With Zirc™ Day and NightSafe™ Technology
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MAKE SURE YOUR LIGHTS KNOW YOU ARE SELLING HEALTH & FITNESS

CIRCADIAN® ZIRC™ LIGHTS PROVIDE THE COMPETITIVE EDGE IN FITNESS CENTERS

You come to the Fitness Center, get a great workout and cannot sleep at night
Once the sun sets, which can happen at 4pm on winter evenings, we become incredibly sensitive to the blue content of light. Most electric lights are rich in blue, and it only takes a little light in the evening to disrupt sleep and undermine all the benefits of the workout. And a fatigued jet-lagged customer is not motivated to come back.

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 disrupts 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 Fitness Center is a key differentiator that will attract and retain members. An added bonus is that CIRCADIAN spectrum-controlled lighting also boosts the mood, morale and health of your staff, reducing absenteeism and turnover.

Benefits of CIRCADIAN® Zirc™ Lights for Members:
- Boost physical workout performance
- Improves alertness, mood and sense of well-being
- Promotes sleep at night and prevents circadian disruption
- Reduces the risk of injury or accidents

Benefits of CIRCADIAN® Zirc™ Lights for You and Your Staff:
- Key market differentiator for prospective members looking for a new fitness center
- Increases staff energy, performance and alertness
- Reduces employee turnover and absenteeism due to fatigue

• Members and Staff 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.

• Members and Staff 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.
Common Errors in Lighting Fitness Centers

• Only thinking about Energy Efficiency and Savings on the Electric Bill:
  LED Lights are promoted as cheap and energy efficient, but they disrupt nocturnal sleep, increase obesity, diabetes, breast and prostate cancer risk when used between sunset and before sunrise. You cannot use these LED lights and be serious about selling health and fitness to your members.

• Only thinking about Design and Ambience:
  Lighting can provide a great look and feel, but do nothing to boost health and workout performance. So beware the snake oil of pretty lighting which does not benefit the well-being of your members.

• Relying on Traditional Lighting:
  Fluorescent and halogen lighting provides too little healthy light during the day, and too much blue content after sunset resulting in suppressed melatonin and an increase in health risks and sleep disruption.

• Not Recognizing the Difference Between Fake and Real CIRCADIAN Lighting:
  Beware color tuning lights that change the color of lights across day and evening hours, without providing the spectrum required for health. Check that they meet the UL verification mark of “Less than 2% blue content at Night”.

THE SCIENCE OF CIRCADIAN LIGHT

20 years of scientific research, thousands of research studies, and warnings from the World Health Organization (WHO), American Medical Association (AMA), and the US National Institute of Health’s National Toxicology Program verify the harmful effects of blue rich light at night and insufficient exposure to daylight. The wrong lighting disrupts the circadian clock, resulting in an increased risk for a variety of medical conditions, including diabetes, obesity, sleep disruptions, mood disorders and certain forms of cancer.

Light also has a clear measurable effect on physical work and the ability to sustain an optimal workout. The science shows that the stimulation of increased light boosts energy consumption and performance. Spending time indoors in a fitness center under inadequate lighting, interferes with your clients workout effectiveness, disrupts their circadian rhythms, and negatively impacts their energy and sleep. The result is depressed mood, decreased energy, chronic fatigue -- and non-renewal of membership.
SPECIFICATION FEATURES

LED TROFFER 1x4, 2x2 & 2x4 CSPT/CSM Series

SHALLOW PLENUM (CSMP Series)

1X4

SHALLOW PENDANT (CSMP Series)

2x2

SURFACE MOUNT (CSM Series)

2X4

SPECIFICATIONS

Human Performance Optimized: Proven results using human subject testing in 24/7 simulation of 12-hour day and night shifts in our medical research facility.

DynamicBlu™ Spectrum Control: DAY-LED provides blue-rich light during the daytime, while NIGHT-LED provides blue-depleted light (removes over 90% of blue light emitted by conventional LEDs) after sunset and during the night.

Color Characteristics: High quality white light, CRI >80; CCT 3200 – 4200K; Spectrum modulates based on astronomical time.

Dimmable: 0-10V dimming controls are standard.

LED Troffer 1x4, 2x2, & 2x4 Mounting Options: Recessed Troffer, Surface Mount, and Pendant.

LINEAR Pendant 4L-P-D & 4L-P-ID Architectural Series Mounting Options: Pendant
Intelligent light technology that removes the harmful effects of bio-active blue light at night.

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