The hottest-ticket in lighting right now is circadian lighting. But buyer-beware… not all so-called “circadian” lighting solutions are created equal.

What is circadian lighting? It is lighting which prevents circadian (24-hour biological clock) disruption to optimize human health, safety and performance.

Learn the 3 key questions buyers should ask to anyone selling a circadian lighting solution. It will help you separate the wheat from the chaff.

Senior Living Residents and Staff

DaySync™ delivers over 20% blue content during the day

Less than 2% blue light content at night

Learn the 3 key questions buyers should ask to anyone selling a circadian lighting solution. It will help you separate the wheat from the chaff.
QUESTION 1
How much blue light (between 440-490nm) is emitted at night? Is the fixture UL verified to provide less than 2% blue light?

Why ask?
• Exposure to blue-rich light sources (e.g., LEDs, fluorescents) in the evening and at night is a well-documented serious risk to our health by disrupting our circadian rhythms. This health risk has been recognized by the World Health Organization, the American Medical Association, the U.S. National Institutes of Health and many other independent agencies.
• Circadian disruption has been directly linked to poor sleep, anxiety, cancer, diabetes, obesity and many other conditions.
• Many lights that are marketed as “circadian,” “healthy” or “human-centric” contain too much blue light and continue to disrupt circadian rhythms.
• Changing color by time of day (e.g., white color-tuning lights that change to warmer/yellower color at night) does not remove the harmful blue content, and still emits 8-10% blue.
• Look for fixtures that are independently verified to provide less than 2% blue light content at night.

Red Flag
• If the lighting company can’t (or won’t) tell you how much blue light is emitted at night (what percent of visible light is blue)....that’s a major red flag.
• If the blue-light emission levels are greater than 2% that is another red-flag.

QUESTION 2
Will the light system automatically change the levels of blue light to provide the right light at the right time for my people?

Why ask?
• Blue light is the main cue for setting our circadian rhythms. We need blue-rich light (440-490nm) during the day to synchronize our circadian rhythms - BUT getting too much of it in the evening and at night - can disrupt circadian rhythms, negatively impact our sleep, and contribute to poor performance and a jet-lag malaise.
• Many lighting systems are manually operated and require the user to change the type of light that is provided. This can lead to being exposed to the wrong light by people forgetting to adjust the light properly during the day.

Red Flag
• A circadian lighting system that does not automatically control the blue-light levels by time-of-day, season and location (latitude/longitude) to ensure you’re getting the right light, at the right time. If the so-called “circadian” lighting system doesn’t do this, that’s a major red flag.

QUESTION 3
Have the lights been tested with human subjects in a medical research center? Are there any case-studies of real-world installations?

Why ask?
• Remember the goal of circadian lighting is to entrain circadian rhythms (and prevent circadian disruption) to optimize human health, safety and performance. Ask for evidence their lights achieve this.
• While many lighting companies call their lights “healthy” or “circadian” or promote them as “color-tuning” most companies have never tested their lights on human subjects. Nor can they provide any direct research linking their product to an impact on circadian rhythms.
• Ask them what data they have collected from human subjects in a controlled setting.

Red Flag
• If they have never tested their lights on human subjects in a research study that’s a major red flag.
QUESTION 1
How much blue light (between 440-490nm) is emitted at night? Is the fixture UL verified to provide less than 2% blue light?

Why ask?
• Exposure to blue-rich light sources [e.g. LEDs, fluorescents] in the evening and at night is a well-documented serious risk to our health by disrupting our circadian rhythms. This health risk has been recognized by the World Health Organization, the American Medical Association, the U.S. National Institutes of Health and many other independent agencies.
• Circadian disruption has been directly linked to poor sleep, anxiety, cancer, diabetes, obesity and many other conditions.
• Many lights that are marketed as “circadian”, “healthy” or “human-centric” contain too much blue light and continue to disrupt circadian rhythms.
• Changing color by time of day (e.g. white-color-tuning lights that change to warmer/yellower color at night) does not remove the harmful blue content, and still emits 8-10% blue.
• Look for fixtures that are independently verified to provide less than 2% blue light content at night.

Red Flag
• If the lighting company can’t (or won’t) tell you how much blue light is emitted at night (what percent of visible light is blue)… that’s a major red flag.
• If the blue-light emission levels are greater than 2% that is another red-flag.

QUESTIONS 2
Will the light system automatically change the levels of blue light to provide the right light at the right time for my people?

Why ask?
• Blue light is the main cue for setting our circadian rhythms. We need blue-rich light (440-490nm) during the day to synchronize our circadian rhythms - BUT getting too much of it in the evening and at night - can disrupt circadian rhythms, negatively impact our sleep, and contribute to poor performance and a jet-lag malaise.
• Many lighting systems are manually operated and require the user to change the type of light that is provided. This can lead to being exposed to the wrong light by people forgeting to adjust the light properly during the day.

Red Flag
• A circadian lighting system that does not automatically control the blue-light levels by time-of-day, season and location (latitude/longitude) to ensure you’re getting the right light, at the right time. If the so-called “circadian” lighting system doesn’t do this, that’s a major red flag.

QUESTIONS 3
Have the lights been tested with human subjects in a medical research center? Are there any case-studies of real-world installations?

Why ask?
• Remember the goal of circadian lighting is to entrain circadian rhythms (and prevent circadian disruption) to optimize human health, safety and performance. Ask for evidence their lights achieve this.
• While many lighting companies call their lights “healthy” or “circadian” or promote them as “color-tuning” most companies have never tested their lights on human subjects. Nor can they provide any direct research linking their product to an impact on circadian rhythms.
• Ask them what data they have collected from human subjects in a controlled setting.

Red Flag
• If they have never tested their lights on human subjects in a research study that’s a major red flag.
QUESTION 1
How much blue light (between 440-490nm) is emitted at night? Is the fixture UL verified to provide less than 2% blue light?

Why ask?
- Exposure to blue-rich light sources (e.g., LEDs, fluorescents) in the evening and at night is a well-documented serious risk to our health by disrupting our circadian rhythms. This health risk has been recognized by the World Health Organization, the American Medical Association, the U.S. National Institutes of Health and many other independent agencies.
- Circadian disruption has been directly linked to poor sleep, anxiety, cancer, diabetes, obesity and many other conditions.
- Many lights that are marketed as “circadian”, “healthy” or “human-centric” contain too much blue light and continue to disrupt circadian rhythms.
- Changing color by time of day (e.g., white-color-tuning lights that change to warmer/ yellower color at night) does not remove the harmful blue content, and still emits 8-10% blue.
- Look for fixtures that are independently verified to provide less than 2% blue light content at night.

Red Flag
- If the lighting company can’t (or won’t) tell you how much blue light is emitted at night (what percent of visible light is blue)… that’s a major red flag.
- If the blue-light emission levels are greater than 2% that is another red-flag.

QUESTION 2
Will the light system automatically change the levels of blue light to provide the right light at the right time for my people?

Why ask?
- Blue light is the main cue for setting our circadian rhythms. We need blue-rich light (440-490nm) during the day to synchronize our circadian rhythms. But getting too much of it in the evening and at night can disrupt circadian rhythms, negatively impact our sleep, and contribute to poor performance and a jet-lag malaise.
- Many lighting systems are manually operated and require the user to change the type of light that is provided. This can lead to being exposed to the wrong light by people forgetting to adjust the light properly during the day.

Red Flag
- A circadian lighting system that does not automatically control the blue-light levels by time-of-day, season and location (latitude/ longitude) to ensure you’re getting the right light, at the right time. If the so-called “circadian” lighting system doesn’t do this, that’s a major red flag.

QUESTION 3
Have the lights been tested with human subjects in a medical research center? Are there any case-studies of real-world installations?

Why ask?
- Remember the goal of circadian lighting is to entrain circadian rhythms (and prevent circadian disruption) to optimize human health, safety and performance. Ask for evidence their lights achieve this.
- While many lighting companies call their lights “healthy” or “circadian” or promote them as “color-tuning” most companies have never tested their lights on human subjects. Nor can they provide any direct research linking their product to an impact on circadian rhythms.
- Ask them what data they have collected from human subjects in a controlled setting.

Red Flag
- If they have never tested their lights on human subjects in a research study that’s a major red flag.

Comparison between White Color Tuning Products and CIRCADIAN NightSafe™

<table>
<thead>
<tr>
<th>Wavelength (nm)</th>
<th>400</th>
<th>500</th>
<th>600</th>
<th>700</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue</td>
<td>0.0</td>
<td>0.6</td>
<td>1.2</td>
<td>1.8</td>
</tr>
</tbody>
</table>

CIRCADIAN NightSafe™ delivers less than 2% blue content during the day and maximum blue content during the night to entrain circadian rhythms. This is ideal for day-sync (to entrain circadian rhythms) and to improve performance during the day.

CASE STUDY: One-Year Follow Up with CIRCADIAN Lights.
50% reduction in employees with excessive sleepiness on the Epworth Scale, a standardized fatigue metric.

<table>
<thead>
<tr>
<th>Pre-Installation</th>
<th>Post-Installation</th>
</tr>
</thead>
<tbody>
<tr>
<td>22.0%</td>
<td>14.7%</td>
</tr>
</tbody>
</table>
The hottest-ticket in lighting right now is circadian lighting. But buyer-beware... not all so-called “circadian” lighting solutions are created equal.

What is circadian lighting?
It is lighting which prevents circadian (24-hour biological clock) disruption to optimize human health, safety and performance.

Learn the 3 key questions buyers should ask to anyone selling a circadian lighting solution. It will help you separate the wheat from the chaff.

CIRCADIAN® Light is producing intelligent circadian white light fixtures which regulate the dosage and timing of bio-active blue light to increase human health and productivity throughout the 24/7 day-night cycle.

The initial CIRCADIAN® Light products are fully autonomous light fixtures that can be installed by any qualified electrician and regulate the timing of the bio-active blue light by time of day, season of the year and zip code (i.e. latitude and longitude) for up to 10 years without requiring any changes or additional input. They are specifically designed to boost productivity and decrease absenteeism, turnover, errors, and accidents in workplaces that operate around the clock.

By controlling the bio-active blue dosage, the proprietary CIRCADIAN® LEDs reduce the harmful spectral wavelengths that have been associated with an increase of 35-65% in obesity, diabetes, heart disease, sleep disorders, depression, reproductive disorders and multiple cancers, including breast cancer and prostate cancer. CIRCADIAN® Lights solve the night lighting problem by providing high quality white light 24/7 and avoid the dimming and low color temperature approaches used by other so-called “circadian” lighting products, which do not sufficiently reduce the bio-active blue dosage.
The hottest-ticket in lighting right now is circadian lighting. But buyer-beware… not all so-called “circadian” lighting solutions are created equal.

**What is circadian lighting?**

It is lighting which prevents circadian (24-hour biological clock) disruption to optimize human health, safety and performance.

Learn the 3 key questions buyers should ask to anyone selling a circadian lighting solution. It will help you separate the wheat from the chaff.