WHY YOU NEED CIRCADIAN® Zirc™ NightSafe™ LIGHTS

1. Light on the Night Shift is a Known Carcinogen
   Twenty years of medical research has confirmed the link between light at night and breast cancer, prostate cancer and other cancers according to:
   - 2018 NIH National Toxicology Report (based on 650 research studies)
   - 2012 American Medical Association (AMA) Council on Science and Public Health
   - 2007 World Health Organization, International Agency for Research on Cancer (IARC)

2. Blue Content of light at night is the major health risk
   White Energy-Efficient Florescent and LED lights are rich in blue. When these lights are used in the evening and at night their rich blue content causes circadian disruption and suppressed melatonin, significantly increasing the risk of obesity, diabetes, heart disease, breast cancer and prostate cancer.

3. Blue-Rich White Light during the Day, and Blue-Depleted White Light at Night is Protective
   Circadian Disruption and Melatonin Suppression are prevented by bright Blue-Rich Light during the Day, and light with low Blue content at Night (sunset to sunrise).

4. CIRCADIAN® ZircLight™. The right light at the right time of day
   The only white light that automatically delivers blue rich day, and blue depleted Zirc™ NightSafe™ light at night. These are the only lights verified by UL to meet the standard of less than 2% blue at night.