CIRCADIAN® ZircLight™ Improves Health and Safety

CASE STUDY: One year case study of energy company control room operators before and after CIRCADIAN® ZircLight™ Installation

1. Reduced Fatigue at Work
   • 50% reduction in number of employees with excessive sleepiness.
   • 33% reduction in nodding off/fighting sleep while working.

2. Reduction in Errors and Mistakes
   • 67% reduction in number of employees making frequent errors in mission critical control room.

3. Reduction in Obese & Overweight Employees
   • 28% reduction in obese and overweight employees.
   • 45% reduction in number of snacks eaten on the night shift.

4. Less use of Over the Counter Pain Relievers
   • 43% reduction in employees with frequent use of over the counter pain medication.

The same employees were assessed before and after CIRCADIAN® Zirc™ Lights.