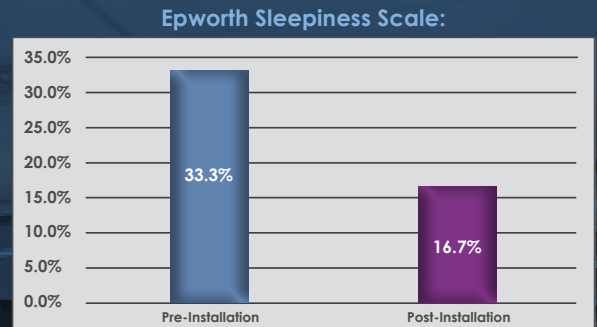




CASE STUDY: One year case study of energy company control room operators **before and after** CIRCADIAN Light Installation

1. Reduced Fatigue at Work

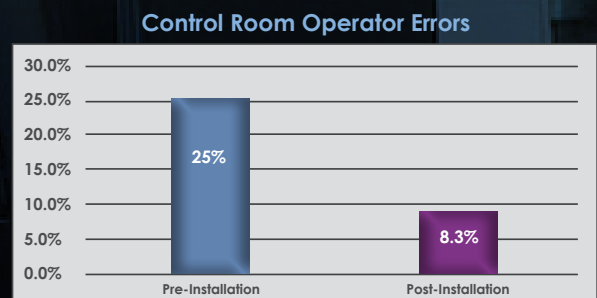
- 50% reduction in number of employees with excessive sleepiness.
- 33% reduction in nodding off/fighting sleep while working.



Percent Reporting Excessive Sleepiness

2. Reduction in Errors and Mistakes

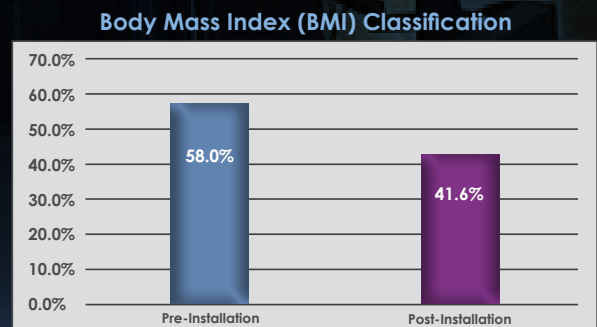
- 67% reduction in number of employees making frequent errors in mission critical control room.



Several Times Per Month or More Frequently

3. Reduction in Obese & Overweight Employees

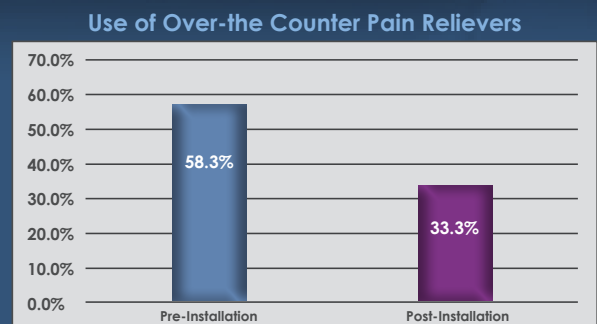
- 28% reduction in obese and overweight employees.
- 45% reduction in number of snacks eaten on the night shift.



Overweight or Obese (BMI)

4. Less use of Over the Counter Pain Relievers

- 43% reduction in employees with frequent use of over the counter pain medication.



Take Pain Relievers (i.e. Tylenol, Aspirin, etc.) several times a month or more often

The same employees were assessed **before and after** CIRCADIAN Lights.

