Complimentary CIRCADIAN® ZircLight™ Training on:

Using Light to Improve Sleep, Alertness and Circadian Health
Workforce Training on “Using Light to Improve Sleep, Alertness and Circadian Health”

The #1 Health and Wellness Trend is True Circadian Health:
“We predict a major shift in wellness: less focus on all the generic sleep solutions and a keen new focus on circadian health optimization for not only sleep but for all the brain and body systems that are controlled by the circadian clock. It means that the TIMING of biology will become something we need to measure and manage, and light will be a central part of any solution.”
- Global Wellness Summit – The Future of Wellness

CIRCADIAN ZircLight lighting solutions are designed to optimize the health, safety and performance of your workforce. To gain full benefits from this powerful lighting technology, it is helpful to provide your personnel with an education of how best to take advantage of circadian lighting technology both at work and in their daily lives, so they can achieve peak circadian health and well-being.

CIRCADIAN is pleased to provide as an added value to the lighting system, a complimentary 60-minute training class on “Using Light to Improve Sleep, Alertness and Circadian Health” via web-meeting. Additional classes can be purchased (quote available upon request).

The training class is led by one of CIRCADIAN’s master trainers and provides authoritative information and practical solutions for optimizing sleep, increasing energy, and maximizing our circadian health in our non-stop, 24/7 world.

Some of the items addressed in the training include:

- What are circadian rhythms and why are they crucial to health and well-being
- The role of light in entraining and disrupting circadian rhythms
- How to manage light to get better sleep
- How to manage light to boost alertness and energy
- How does the CIRCADIAN ZircLight system work
- Tips to optimize your sleep hygiene and environment for best sleep
- The impact of blue light on circadian rhythms and health
- Tips to reduce fatigue and increase alertness
The Using Light to Improve Sleep, Alertness and Circadian Health training class will not only help educate your workforce on the features and benefits of the lighting system, but also help improve their sleep, performance, and circadian health to provide long lasting benefits for their productivity, morale and energy.
To validate CIRCADIAN ZircLight in real world conditions, CIRCADIAN’s lights were installed in a 24/7 control center at a major energy company. Employee health and performance assessments were conducted before installation and 1-year after installation.

One-year after installing CIRCADIAN ZircLight:

Employees were less fatigued & made fewer errors
- 50% reduction in excessive sleepiness
- 33% reduction in fighting sleep or nodding off at work several times a month or more often
- 67% reduction in employees making mistakes and errors

Employee health was improved
- 28% reduction in obese or overweight employees
- 20% reduction in gastrointestinal disorders
- 43% reduction in frequent use of OTC pain medication
CIRCADIAN ZircLight is the leader in evidence-based circadian lighting. Our LED lights strengthen circadian rhythms, protect human health, reduce human error, increase safety and boost performance, without compromising light quality or energy efficiency.

The mission of CIRCADIAN® ZircLight is to address a fatal flaw in the $80 billion a year LED lighting industry. The current LEDs in use today were designed and optimized for energy efficiency, but unfortunately not for human health, safety or well-being.

Our team led by former Harvard Medical School professor, Dr Martin Moore-Ede, a leading world expert on circadian disruption by light, has defined and patented the precise light spectrum that need to be controlled across day and night to ensure optimal human health and well-being.

CIRCADIAN® ZircLight is a member of the CIRCADIAN® group, the global leader in providing 24/7 workforce performance and safety solutions for businesses that operate around the clock. Through a unique combination of consulting expertise, research and technology, software tools and informative publications, CIRCADIAN helps organizations in the 24-hour economy optimize employee performance and reduce the inherent risks and costs of their extended hours operations.

Working from offices in North America, South America, Europe, Asia, and Australia, CIRCADIAN experts ensure that over half the Fortune 500, and other leading international companies, improve their competitiveness in the global 24/7 economy. CIRCADIAN’s core expertise is the staffing, scheduling, training and risk management of their most vital asset – the 24/7 workforce.