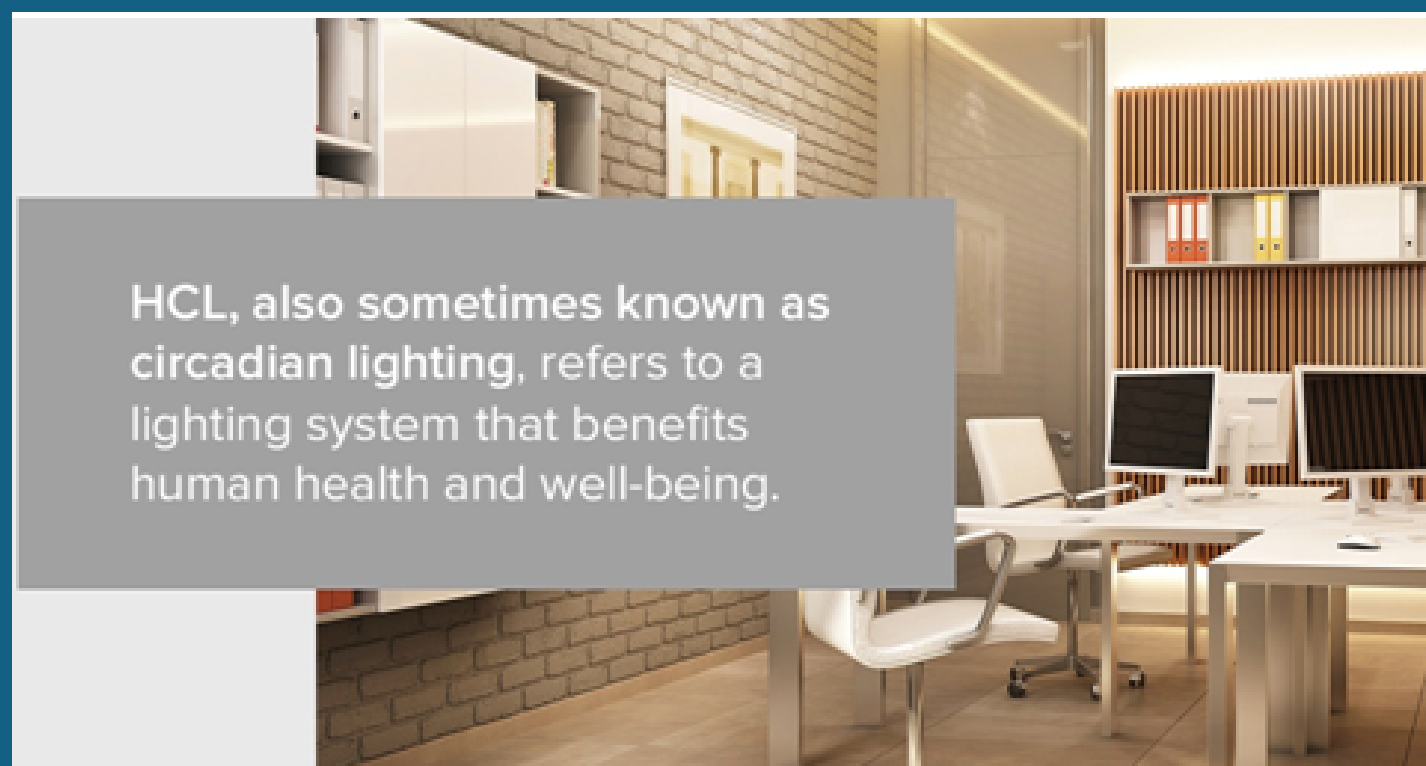


## INTERIOR DESIGN WITH HUMAN CENTRIC LIGHTING (HCL)

Natural light is the number one component in setting our body clocks. These circadian rhythms tell us when to wake and when to sleep, and are critical to good health, hormone production, metabolism and sleep/wake cycles.

Unfortunately, 90% of our day is spent indoors, surrounded by artificial light and computer screens. Most of this indoor lighting is designed only for energy efficiency, making it too dim in the day and too bright in the evening.

Human Centric Lighting (HCL), the leading edge innovation in lighting technology, brings natural lighting indoors, stimulating the mind in daytime for greater productivity and dimming light at night for better sleep.



## APPLICATIONS

Human-centric lighting has solutions for every space application, it only needs to be tailored to the specific needs of the space users. HCL has a wide variety of SPACE applications like

**RESIDENTIAL - COMMERCIAL -  
SCHOOLS - HEALTH FACILITIES -  
OFFICES - INDUSTRIAL BUILDINGS**

## HUMAN CENTRIC LIGHTING (HCL) ALSO INCLUDES

### Therapeutic lighting

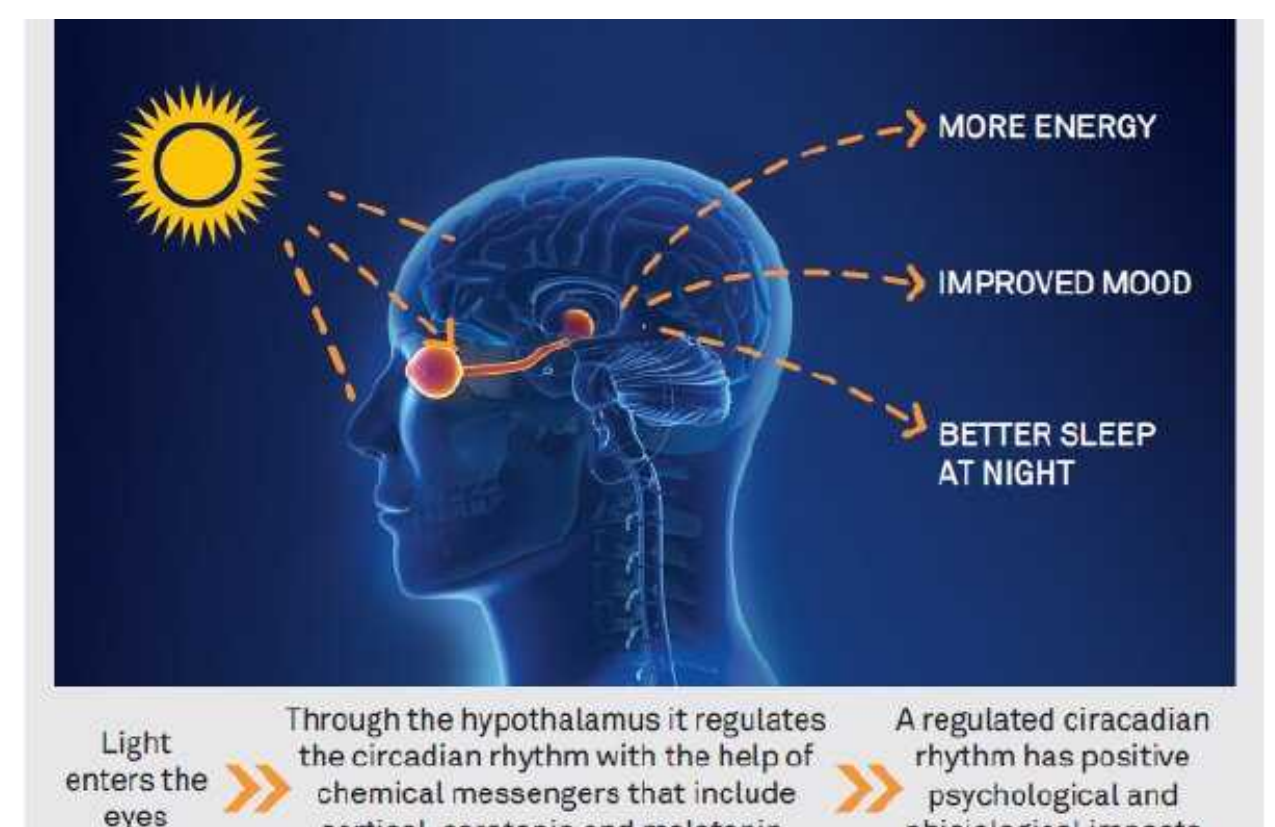
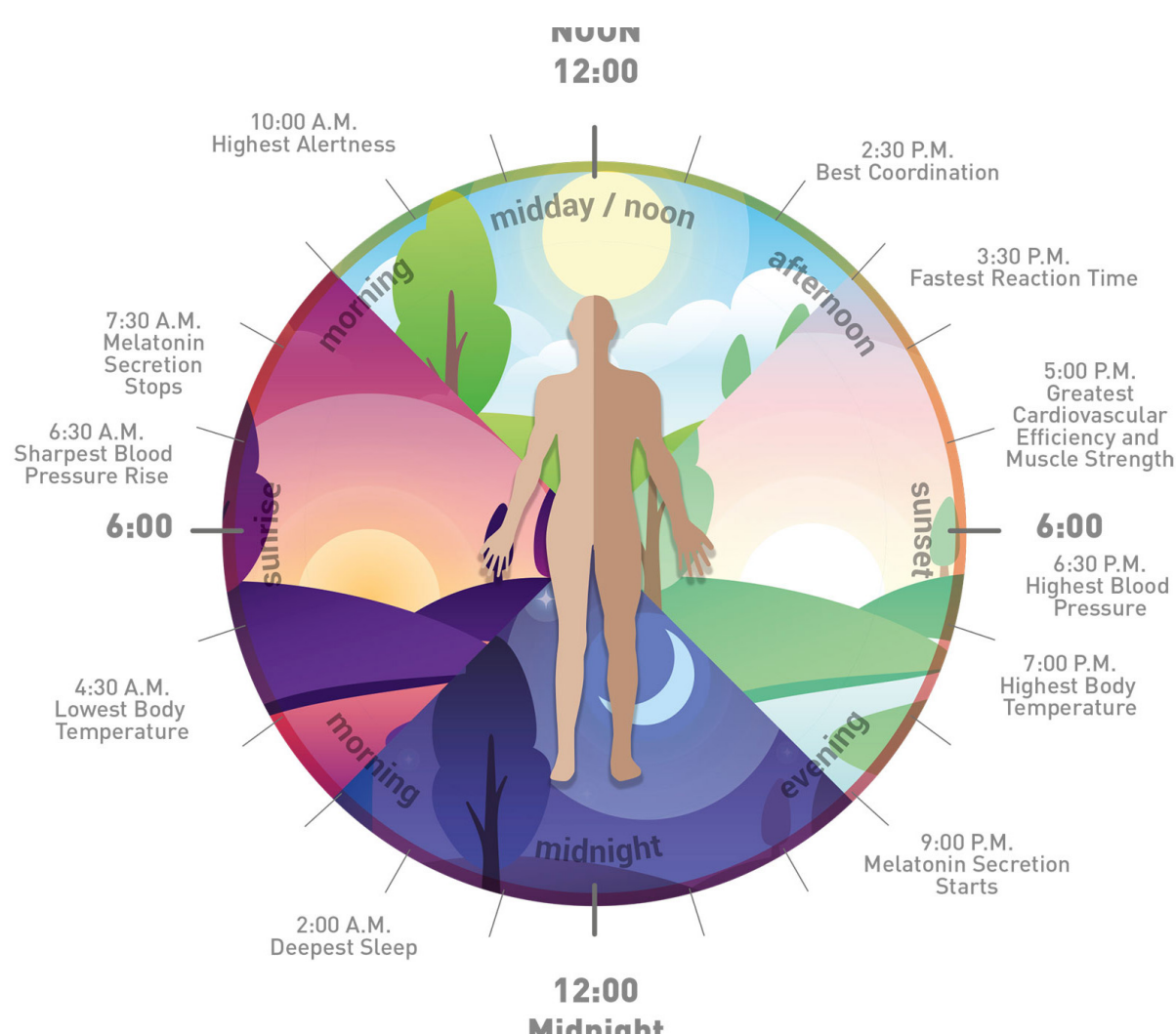
Solutions that can play a part in the treatment and well-being of space occupants suffering from health issues related to stress, lack of vitality and concentration. This is achieved by coordinated effect of lighting and interior colors

### Ergonomic lighting

Solutions in which lighting technology is used to produce light of different colors (ranging from blue-moon light color to yellow -daylight color) in order to create ideal visual working conditions

### Biological Lighting

Solutions that mimics the qualities of daylight to enhance human performance, wellbeing and to support a favorable circadian rhythm





HUMAN-CENTRIC LIGHTING WILL CONTINUE TO GROW IN POPULARITY AS HOMEOWNERS BECOME MORE AWARE OF THE SOLUTIONS AVAILABLE TO HELP THEM LIVE A MORE HOLISTIC, NATURE-INSPIRED LIFESTYLE AT HOME



## WHY INSTALL A HUMAN CENTRIC LIGHTING SOLUTION?

### You sleep better

Studies show that can improve your sleep time by up to 46 minutes and sleep quality by up to 15% with human centric lighting. Set your lights to automatically dim and tune to a lower ambient temperature when it's time for bed and help your body unwind for the day.

### You perform better

HCL can improve performance by enhancing the ability to concentrate, increasing alertness and reducing fatigue. Studies show that you can increase your productivity by up to 15%.

### Increased Wellness

According to scientists around the world, this technology can lead to a happier and healthier lifestyle. Mimic the natural daylight cycle to synchronize your internal clock and fall asleep more easily.

Access bright, sunlight-quality lighting indoors at any time to decrease depression and improve overall mental health. Improve study or work habits with a specific frequency known to increase productivity. With Human Centric Lighting, the wellness possibilities are powerful.



Although the exact causes of SAD are unknown, it's believed to be affected by a lack of sunlight that occurs during the winter, which shifts the circadian cycle.

## HUMAN-CENTRIC LIGHTING - ABOVE AND BEYOND



### Setting the mood

Lighting set at a bright level and cool light temperature and intensity can energize a morning shower or late-night work session; warm and dim lighting can set the scene for a relaxing evening bath after a long day at the office.

### Anticipating real-world lighting

Lighting conditions can transform beauty and fashion statements, and help optimize grooming routines. The ability to adjust the lighting in anticipation of a range of activities whether a candlelit dinner, mid-afternoon board meeting or sunset walk, can help put you in the right frame of mind.

### Creating drama or a festive atmosphere

Custom lighting scenes can dynamically create layers of light that create the perfect atmosphere for hosting and celebrating - whether it's highlighting artwork and decorative objects, accenting a space with saturated colors for a party, or recalling scenes that create depth and drama in a multi-purpose room.