



Promote health, wellness and productivity at work

Biocentric lighting in office

Office employees spend the majority of their days indoors, often in insufficient light environments. Poor light can have a negative impact on the employees with a high cost for individuals and business alike.

Fluorescent lighting systems are still the most prevalent sources of illumination in offices. Conventional indoor lighting has insufficient blue light needed to entrain the sleep/wake rhythm with the solar day.

At BrainLit we believe that office lighting should be designed not just for sight and ergonomics but for human health and well-being.

How can Biocentric lighting benefit office employees?

- ✓ Improve mood and get better sleep^{1, 2}
- ✓ Promote work accuracy and improve productivity³
- ✓ Feel more energized and avoid the “post lunch dip”

Biocentric lighting is a lighting system that simulates the most important aspects of daylight indoors. The light is designed to support a stable circadian rhythm with many benefits for our health and well-being, including sleep and cognitive performance.



Visit brainlit.com to learn more

Restore the natural day and get better sleep

In a conventional office lighting, the difference in preferred sleep and wake time may vary as much as six hours between individuals. That is far from the distribution of less than three hours in a natural light environment. Biocentric lighting can reduce this offset by 85%, to a three-hour window. This way evening owls and morning larks can be efficient when they need to be, at the same time.

Furthermore, by getting access to Biocentric lighting during the day, you can protect yourself against the negative effects of poor evening light. This includes blue light exposure from screen time, which may otherwise interfere with sleep.



Instant and long-lasting effects

Employees do not need to be at the office every day of the week to benefit from the light. The effect of the light is both instant and long-term. Amongst other effects, our customers report no longer experiencing a “post lunch dip” alongside a general feeling of higher energy levels in the office.

In addition to better sleep and higher energy levels, the right light can also help promote productivity and accuracy at work.⁴ There are many positive measurable outcomes following Biocentric lighting installations.

Activity-based light

Biocentric lighting recipes are tailored to support the circadian rhythm appropriately for the application, population and activity. The light recipes represent an automated variation of circadian impact and there are recipes to support specific activities, such as work or creative.

1. Nagare R, Woo M, MacNaughton P, Plitnick B, Tinianov B, Figueiro M, Access to Daylight at Home Improves Circadian Alignment, Sleep, and Mental Health in Healthy Adults.
2. A Crossover Study, Int J Environ Res Public Health (2021) Sep 23;18(19):9980.
3. Figueiro MG, Steverson B, Heerwagen J, Kampschroer K, Hunter CM, Gonzales K, Plitnick B, Rea MS, The impact of daytime light exposures on sleep and mood in office workers, Sleep Health (2017) Jun;3(3):204-215.
4. Viola AU, James LM, Schlangen LJ, Dijk DJ, Blue-enriched white light in the workplace improves self-reported alertness, performance and sleep quality, Scand J Work Environ Health (2008) Aug;34(4):297-306.