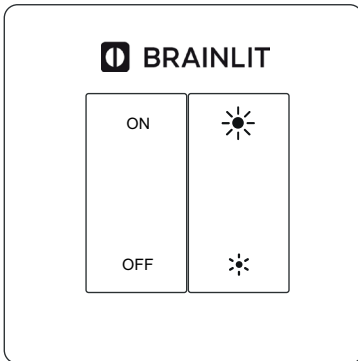


# You have Biocentric light in your meeting room!

BrainLit's Biocentric lighting system recreates daylight indoors by mimicking the most important aspects of daylight. Biocentric light recipes gradually adjust the light during the day to give you the right light at the right time, fulfilling your biological needs and helps you maintain a healthy circadian rhythm. The Biocentric lighting system comes with light recipes tailored for different activities. Learn how to manage your recipes!


## How to manage the light switch




Wireless Light Switch

**ON** Switch on Biocentric light. The light gradually adjusts during the day to help the user maintain a balanced circadian rhythm and provide good visual lighting.

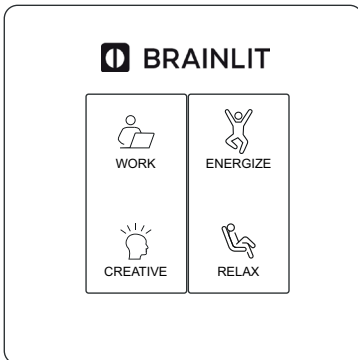
**OFF** Switch off the light.

 Increase light intensity.\*

 Reduce light intensity.\*

\*Manually changing the light intensity may affect the circadian effect of the Biocentric lighting.

## Choose the right light for your activity



Wireless Light Recipe Switch Office

**LECTURE:** The default recipe for Office. Designed for all kinds of work in office setting. The light gradually adjusts during the day to help the user maintain a balanced circadian rhythm and provide good visual lighting.

**CREATIVE:** For creative work and teamwork. A warmer, more directional light that stimulates creative processes. Reverts to WORK after 10 hours.

**ENERGIZE:** Get an energy boost! An intense, cool light that increases alertness, and decreases sleepiness. Reverts to WORK after 30 minutes.

**RELAX:** Use to wind-down and de-stress. A warm light, with low intensity to stimulate the relaxation process. Reverts to WORK after 10 hours.