

#### **COUNT ON LIGHT**

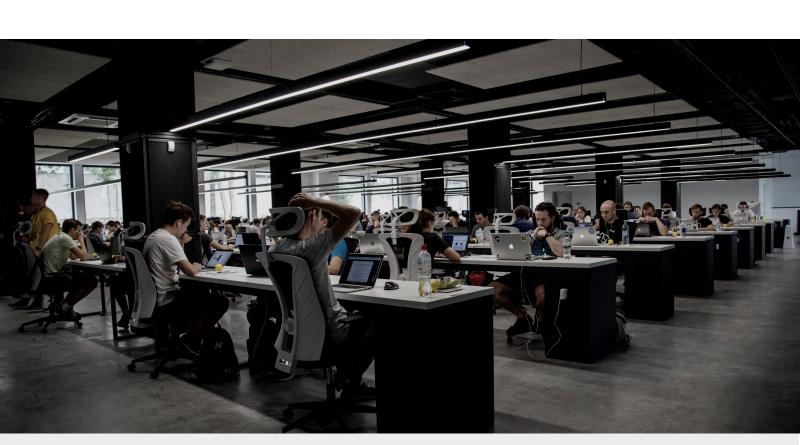
## THE PROBLEM

The problem with Modern Lighting and Buildings - We get exposed to the wrong light at the wrong time.



# MOST NEGATIVE IMPACT COULD BE

- Sleep Problems
- ★ lack of energy.
- Less active and productive.
- ➤ Difficulties with learning and concentration.



**87%** 



Today We Spend up to 87% of our time Indoors. 2/3



'2/3 of the European population suffers from Social-Jetlag.

## **LOW LIGHT**



Today most light we encounter indoor is around 500lux.
Light-intensity under an overcast sky is 8.000-10.000lux.

In order to know if you have right amount of light at right time, you need to measure through new INTEGRATIVE LIGHTING Standards.

To know more about importance of Integrative lighting , Well Being and Indoor Climate please visit www.ocutune.com



#### **COUNT ON LIGHT**

## INTEGRATIVE LIGHTING MEASUREMENTS

380 400 420 440 460 480 500 520 540 560 580 600 620 640 660 680 700 720 740 760 0.418 µW/cm<sup>2</sup>/nm Daylight is Rich in Integrative Lighting Melanopic EDI (lux) Daylight

# Measurement parameters include:

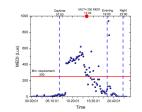
- Illuminance (lux)
- Correlated color temperature (K)
- Color rendering index (CRI)
- Melanopic daylight equivalent illuminance MEDI(lux)
- Melanopic daylight efficacy ratio (mDER)
- Alpha-opic EDI (lux)
- Flicker





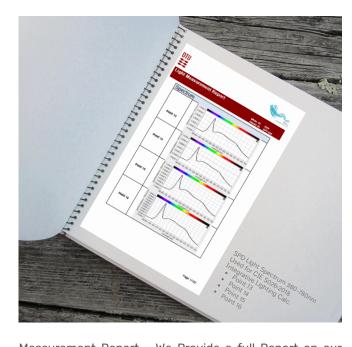
Melanopic EDI (lux)

Melanopic Equivalent Daylight Illuminance describes the response of the non-visual photoreceptors, provides an indication of the ability of a light stimulus to entrain the circadian system.



**Datalogging** 

Allows continuous measurement at a set position, obtaining the lighting history for a period of time, thus providing a better insight on the progression of the lighting condition.



findings to see if they meet the min reco- mendations for Integrative Lighting incl. CIE S026:2018 measurements. And interpret the potential impact on visual and nonvisual indoor climate.

UN SDGs - Focus on Integrative Lighting secure focus on several of the Sustainable Development Goals (SDGs), also known as the Global Goals, adopted by the United Nations,



Ensure healthy lives and promote wellbeing for all at all ages.

Monitor and optimize quality of light for wellbeing. Support circadian and psychological health through indoor daylight/ Light exposure and outdoor light nature views. Implement programming, policies and design that promote physical activity.



Increase building energy efficiency maximizing daylight access, and Promoting energy efficiency practices.

### SECURE THE RIGHT LIGHT, AT THE RIGHT TIME, FOR INDIVIDUAL WELL-BEING AT WORK.

- Improved sleep
- ✓ Improved concentration/ productivity
- More energy during the day ✓ Circadian system in sync.

## FIND US AT

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