



ENERGIZING PEOPLE

LIGHTING FOR HEALTH AND WELL-BEING

Lighting for health and well-being looks beyond the visual impact of light. It is designed to guide our circadian rhythm to ensure good health and great performance. Access to daylight is crucial to sustain a balanced circadian rhythm.

Office workers spend most of their time indoors, in static and insufficient light environments, preventing them from receiving the amount of daylight necessary to meet their biological needs. Our Biocentric lighting recreates daylight indoors by mimicking the most important aspects of daylight to help you sustain a healthy circadian rhythm. It is about getting the right light at the right time.

Benefits of Biocentric lighting environments:

- Improved alertness and productivity
- Better cognitive function
- Improved mood
- Better sleep
- Avoid the "post lunch dip"



ASK ROOM LIGHTING SET

FOR MEETING ROOMS

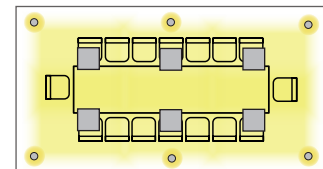
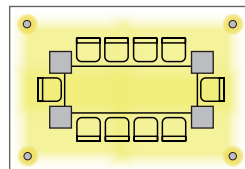
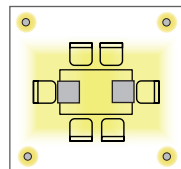
Increase alertness and productivity during meetings and workshops through this ready-made set, creating a biocentric lighting environment for the people around a meeting room table.

Biocentric lighting ceiling panels Ask and spotlights Tyr create a complete light environment for the entire room. A Biocentric lighting environment is provided for the people sitting around the meeting room table. Simply mount the luminaires in the drop-down ceiling, plug in the power and mount the wireless switch. The light switch uses an energy-harvesting technology where the energy needed to control the light is generated with the push of a button. No cables, no batteries and it can be placed anywhere. The light recipe that comes with the set is developed and tailored specifically for an office environment, to maintain a healthy circadian rhythm and to meet the standard of visual light.

The set consist of:

- Ask ceiling panel and Tyr spot luminaires
- A Biocentric lighting control box
- A wireless light switch
- A dynamic light recipe designed for office use

	2 x ASK + 4 x TYR	4 x ASK + 4 x TYR	6 x ASK + 6 x TYR
Table size	up to 2m	up to 3,2m	up to 5,2m
Seats	up to 6	up to 10	up to 16
BCL impact facing table	> 350lux mEDI* / 0,41 CS	> 400lux mEDI* / 0,43 CS	> 550lux mEDI* / 0,47 CS
EN12464-1 compliant	Yes	Yes	Yes
Modeled room size (LxWxH)	3,8 x 3,8 x 2,7 (m)	5,6 x 3,8 x 2,7 (m)	7,6 x 3,8 x 2,7 (m)



*The building standard WELL recommends at least 250 lux m-EDI for at least 2 hours every day to support the circadian rhythm.