



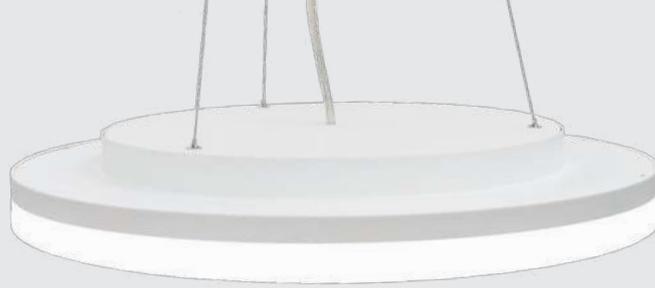
# LIGHTING FOR HEALTH AND WELL-BEING

**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.**

Access to daylight is crucial to sustain a balanced circadian rhythm. People living in elderly care facilities often 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. At the same time their need for daylight is bigger than for younger people. 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:**

- Better Sleep
- Improved mood
- Reduced depression with dementia patients
- Reduced number of falls
- Improved work environment for the staff



## VIDAR TABLE LIGHTING SET FOR ELDERLY CARE COMMUNAL AREAS

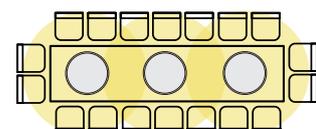
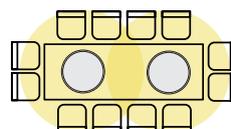
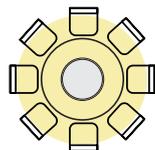
**Improve sleep quality and well-being through this ready-made set, creating a biocentric lighting environment for residents around a table in communal areas in elderly care facilities.**

The Biocentric lighting luminaires are easy to install over tables providing Biocentric lighting for the people sitting around the 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 elderly care environment, to maintain a healthy circadian rhythm for the residents.

### The set consist of:

- One or several Vidar pendant luminaires
- A Biocentric lighting control box
- A wireless light switch
- A dynamic light recipe designed for elderly care use

	1x Vidar	2x Vidar	3x Vidar
Table diam / length	1,5m	3,1m	4,8m
Seats	up to 8	up to 12	up to 18
BCL impact facing table	> 700lux mEDI / 0,53 CS	> 800lux mEDI / 0,55 CS	> 850lux mEDI / 0,56 CS
BCL impact nighttime	19lux mEDI / 0,050 CS	23lux mEDI / 0,059 CS	25lux mEDI / 0,064 CS



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

# LIGHT RECIPES

The light recipes ensure you get the right light at the right time to sustain a balanced circadian rhythm which keeps you alert during the day and makes you sleep well at night. Generally, this means high circadian impact during the day and low circadian impact when it is approaching bed time. The light recipe controls the light to gradually and unnoticeably vary in intensity and colour appearance to mimic daylight variations. The standard light switch included in the set comes with a Standard recipe that can be dimmed up and down. In addition, the light recipes, Plus, Dining and Relax, can be made available by adding a recipe light switch.



## Standard recipe

The standard recipe provides the best balance between circadian impact and visual comfort to make you feel alert and active during the day and have a good quality sleep at night (included in the standard light switch).



## Plus recipe

A recipe that maximizes the circadian impact while still following gradual daytime variation. This recipe gives extra high circadian impact during the day and can be used if the user is only able to sit in the light during a short time or if the user is sitting further away from the table.



## Dining recipe

A recipe to be used during meals which will give more light than the standard recipe during early morning and evening to ensure enough light during meals regardless of time of day. The recipe is designed using color temperatures that will make the food look more appetizing. The Dining recipe will automatically transition back to Standard recipe after 60 minutes.



## Relax recipe

A recipe with lower light intensity and warmer colours that supports rest and relaxation. This recipe can be used when the users want to relax or do stress-relieving activities. The Relax recipe will automatically transition back to Standard recipe after 60 minutes.

STANDARD  
LIGHT SWITCH



The standard light switch which always is included in the Set includes the Standard recipe and the possibility to dim the light up and down.

RECIPE  
LIGHT SWITCH



Recipe light switch which also includes the light recipes Plus, Dining and Relax (optional).

