



BRAINLIT ELDERLY CARE SET

COMMUNAL AREA TABLE VIDAR

Biocentric Lighting, BCL, is lighting with benefits for health and well-being 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.

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. 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:

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



Improve sleep quality and well-being for residents in elderly care facilities! A ready-made set comes with pre-calculated Biocentric lighting design, delivering health benefits for everyone around a table in communal areas.

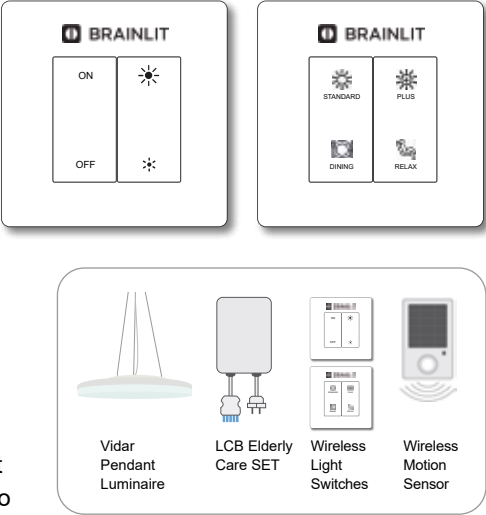
The Biocentric lighting luminaires are easy to install over tables providing Biocentric lighting for the people sitting around the table. Simply mount the luminaires, plug in the power and mount the wireless switch. The light switch uses an energy-harvesting technology where the energy needed to control 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 recipes:

- **Standard:** The standard recipe provides the best balance between circadian impact and visual comfort.
- **Plus:** A recipe that maximizes the circadian impact while still following gradual daytime variation. This recipe gives extra high circadian impact during the day. It will automatically transition back to Standard recipe after 60 minutes.
- **Dining:** A recipe to be used during meals which will give more light during early morning and evening to ensure enough light during meals regardless of time of day. The recipe is designed to make the food look more appetizing and will automatically transition back to Standard recipe after 60 minutes.
- **Relax:** A recipe with lower light intensity and warmer colours that supports rest and relaxation. It will automatically transition back to Standard recipe after 60 minutes.



Sets with ready-made Biocentric light design, EN12464-1 compliant:

ART NR	201101	201103	201105
Vidar	1	2	3
LCB Elderly Care SET	1	1	1
Wireless Light Switch	1	1	1
Wireless Recipe Light Switch	optional	optional	optional
Wireless Motion Sensor	optional	optional	optional
Table diam / length	1,5m	3,1m	4,8m
BCL impact nighttime	10lux mEDI / 0,02 CS	10lux mEDI / 0,02 CS	10lux mEDI / 0,02 CS
BCL impact facing table	> 700lux mEDI / 0,53 CS	> 800lux mEDI / 0,55 CS	> 850lux mEDI / 0,56 CS

References:

- **Figueiro et al.**, Tailored lighting intervention improves measures of sleep, depression, and agitation in persons with Alzheimer’s disease and related dementia living in long-term care facilities, *Clinical Interventions in Aging*, (2014), DOI: 10.2147/CIA.S68557
- **van Lieshout-van Dal et al.**, Biodynamic lighting effects on the sleep pattern of people with dementia, *Building and Environment*, (2019), DOI: 10.1016/j.buildenv.2019.01.010
- **Konis et al.**, Pilot study to examine the effects of indoor daylight exposure on depression and other neuropsychiatric symptoms in people living with dementia in long-term care communities, *Clinical Interventions in Aging* (2022), DOI: 10.2147/CIA.S165224
- **Grant et al.**, Impact of Upgraded Lighting on Falls in Care Home Residents, *Journal of the American Medical Directors Association* (2022), DOI:10.1016/j.jamda.2022.06.013
- **Royer et al.**, Light therapy for seniors in long term care, *J Am Med Dir Assoc.* (2012), DOI: 10.1016/j.jamda.2011.05.006

