



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.

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. 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:

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



Increase alertness and productivity during meetings and workshops! A ready-made set comes with pre-calculated Biocentric lighting design, delivering health benefits for everyone around a conference table.

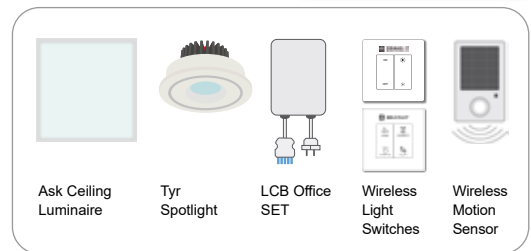
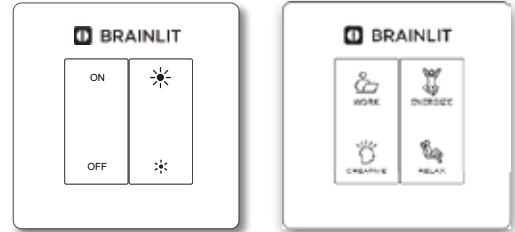


Biocentric lighting ceiling panels Ask and spotlights Tyr create a complete light environment for the entire room. A Biocentric lighting environment is provided for the people sitting around the meeting room table. Simply mount the luminaires in the drop-down ceiling, plug in the power and mount the 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 standards of visual light.

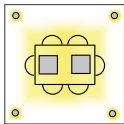
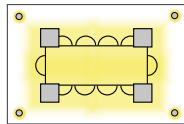
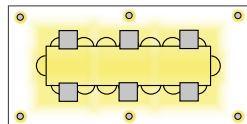
The recipes:

- **Work:** For all kinds of office work. Cold white, diffuse light to stimulate productivity, concentration and cognitive performance. High circadian stimulation for a healthy circadian rhythm.
- **Creative:** Neutral, more directional light to stimulate creative work and teamwork. Helps maintain a healthy circadian rhythm.
- **Energize:** Cold white, intense light for maximum alertness and circadian stimulation. 30 minute timeout.
- **Relax:** Warm light, low intensity light to stimulate relaxation and wind-down.



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

ART NR	202102	202104	202106
Ask	2	4	6
Tyr	4	4	6
LCB Office SET	1	1	1
Wireless Light Switch	1	1	1
Wireless Recipe Light Switch	optional	optional	optional
Wireless Motion Sensor	optional	optional	optional
Table size	up to 2m	up to 3,2m	up to 5,2m
Room size (LxWxH)	up to 3,8 x 3,8 x 2,7 (m)	up to 5,4 x 3,8 x 2,7 (m)	up to 6,8 x 3,8 x 2,7 (m)
BCL impact facing table	> 350lux mEDI*/ 0,41 CS	> 400lux mEDI*/ 0,43 CS	> 550lux mEDI*/ 0,47 CS

The sets are also available without Tyr spotlight: 2 x Ask art.nr 202101, 4 x Ask art.nr 202103 and 6 x Ask art.nr 202105.

References:

- McKinsey, <https://www.mckinsey.com/industries/life-sciences/our-insights/sleep-on-it-addressing-the-sleep-loss-epidemic-through-technology>
- Moore-Ede, <https://doi.org/10.3389/fphot.2023.1272934>
- Brown et al. <https://doi.org/10.1371/journal.pbio.3001571>
- Figuero et al. <https://doi.org/10.1177/1477153519885157>
- Xiao et al. <https://doi.org/10.1016/j.physbeh.2020.113195>
- Keite et al. <https://doi.org/10.1016/j.line.2014.09.001>

