



Many health
benefits for
both caretakers
and caregivers

Biocentric lighting in elderly care

In care facilities, caretakers and caregivers commonly spend the majority of their time indoors, preventing them from sustaining their circadian rhythm. More advanced age groups face bigger challenges with their circadian rhythm.

Elderly caretakers could benefit even more from circadian light support than younger individuals. Circadian effective lighting has a direct mood enhancing effect. This can help elderly feel happier and improve their subjective perception of well-being. It can also promote the drive for social interaction.

Biocentric lighting can help elderly regain their appetite, from the improved state of mind and by visually making food more appetizing. This is seen in a recent BrainLit nursing home installation with significant weight gain among residents, post installation.

Why is Biocentric lighting beneficial in elderly care?

- ✓ Improves life quality and ensures a healthy sleep cycle
- ✓ Reduces depressive symptoms and fall accidents
- ✓ Easy to use, benefits both caretakers and caregivers

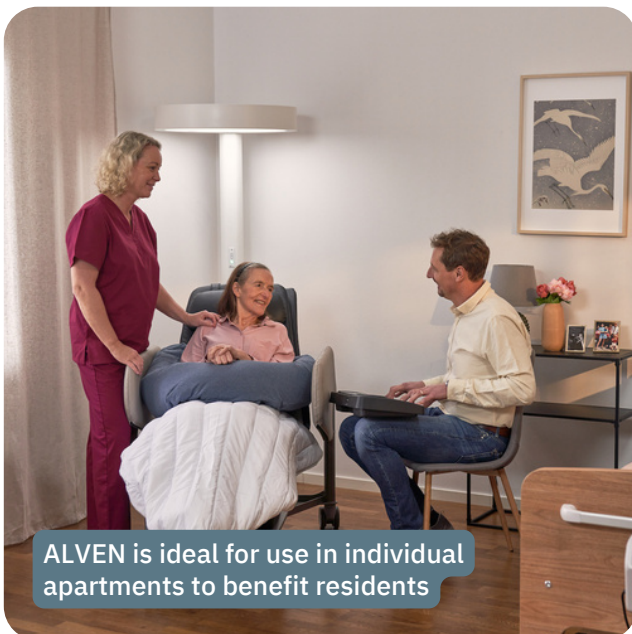
Biocentric lighting is a lighting system that simulates the most important aspects of daylight indoors. The light is designed to support a stable circadian rhythm with many benefits for our health and well-being, including improved sleep and mood.

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Reduce depressive symptoms and fall accidents

Among elderly who suffer from Alzheimer's disease and related dementia, abnormal sleep patterns and depression are common side effects. To alleviate symptoms, proper light exposure can be used to increase sleep, length, efficiency and consolidation and reduce the number of daytime naps.¹ Daylight exposure also has a proven effect on reducing depression symptoms for individuals with dementia.²

Insufficient light can have major consequences when it comes to fall accidents. One study assessed the impact of upgraded lighting on the rate of falls in long-term care home residents, with 43% less fall accidents following the installation.³



ALVEN is ideal for use in individual apartments to benefit residents



SAGA pendants from BrainLit in the common area of a retirement home in Lund, Sweden

Sleep you can count on

Among elderly, sleep issues are common. They rarely get the sleep they need and it is common for them to wake up during the night. Biocentric lighting enables a secure and regular sleep schedule by bringing the most important aspects of daylight indoors, supporting the circadian rhythm.

Benefits both caretakers and caregivers

One of the biggest challenges with light in elderly care is the adaptability of the light solution. BrainLit offers both custom made solutions, or ready-made-sets. The light recipes that come with our elderly care sets are developed and tailored specifically for an elderly care environment, to help its users maintain a healthy circadian rhythm. The sets are quick and easy to install and the light can be adapted by caregivers if desired.

1. 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
2. Konis K, Mack WJ, Schneider EL. 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. 2018:1071-1077.
3. 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