

BrainLit Alven™: Happier and more productive employees

Introducing BrainLit Alven™, a free-standing LED luminaire that delivers patented BioCentric Lighting™ to support employee well-being.

Traditional office lighting does not support our physiological needs

Lighting in office environments has traditionally focused on ergonomics and visual function, but light is not only for vision. In the retina, a sub-population of cells play an important function in synchronizing the body and its natural circadian rhythm with the solar day.

Independent research shows that individuals who receive the appropriate type and amount of simulated daylight can experience ^{1,2,3,4,5}:

- Better sleep rhythm and quality
- Higher alertness levels
- Improved cognitive performance
- Better mood
- Improved health and well-being

Lighting needs are personal

Recent research evidence points to genetic variability of clock genes associated with individual differences in sleep patterns, circadian physiology, and a non-visual response to light⁶. This means that the same light environment is registered by the circadian system very differently between individuals.

People also have different chronotypes, which translates into their preferred time for sleeping and waking up. These differences in chronotype can be addressed by dynamic lighting, which promotes the circadian alignment of biological and solar time.

Sources: **1)** Beaven CM, Ekström J, A comparison of blue light and caffeine effects on cognitive function and alertness in humans, *PLoS One* (2013) Oct 7; 8(10):e7607. **2)** Alkozei A, Smith R, Dailey NS, Bajaj S, Killgore WDS, Acute exposure to blue wavelength light during memory consolidation improves verbal memory performance, *PLoS One* (2017) Sep 18;12(9):e0184884. **3)** Ferlazzo F, Piccardi L, Burattini C, Barbalace M, Giannini AM, Bisegna F, Effects of new light sources on task switching and mental rotation performance, *J Environ Psychol* Sept (2014) 39:92-100. **4)** Viola AU, James LM, Schlangen LJ, Dijk DJ, Blue-enriched white light in the workplace improves self-reported alertness, performance and sleep quality, *Scand J Work Environ Health* (2008) Aug;34(4):297-306. **5)** Figueiro MG, Steverson B, Heerwagen J, Kampschroer K, Hunter CM, Gonzales K, Plitnick B, Rea MS, The impact of daytime light exposures on sleep and mood in office workers, *Sleep Health* (2017) Jun;3(3):204-215. **6)** Archer SN, Schmidt C, Vandewalle G, Dijk DJ. *Sleep Med Rev.* 2018 Aug;40:109-126.

BrainLit Alven™:

A connected, free-standing, multi-user LED luminaire that delivers dynamic, personal lighting to support health and well-being.

BrainLit Alven™ provides an exceptional office environment by leveraging BrainLit's patented BioCentric Lighting™ System. BrainLit Alven™ creates an optimal and personal natural lighting environment, with proper variations of light intensity and color at the right time of the day, to synchronize the body's circadian rhythm and the production of the necessary hormones (e.g., cortisol and melatonin) to keep your body system in balance. This helps you feel more energized, maintain focus, and perform at your very best.

Light based on individual need

The different light settings of BrainLit Alven™ can be used throughout the day to maintain an individual's natural circadian rhythm, to receive an energy boost before an important meeting, or to unwind towards the end of a busy day.

Multi-user system

BrainLit Alven™ is a multi-user system, so multiple employees can create accounts, download the BrainLit app, and enjoy the benefit of BioCentric Lighting™ by checking in or checking out of the system.

Future-proof solution

BrainLit Alven™ can also be connected to the BrainLit cloud, which means your BrainLit Alven™ can receive software updates remotely and can always feature our latest findings in light science technology.

BrainLit App

Download the BrainLit app to control your BrainLit Alven™ and to further personalize your BioCentric Lighting™ experience.

Learn more:
brainlit.com/brainlit-alven

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