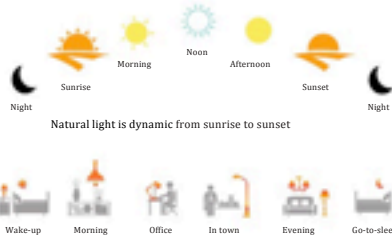


# Human Centric Lighting

Lighting designed to benefit human health and well-being



There is a discrepancy between natural and artificial light with regard to intensity, color and dynamics of light



We need the right light for our activities at the right place at the right time



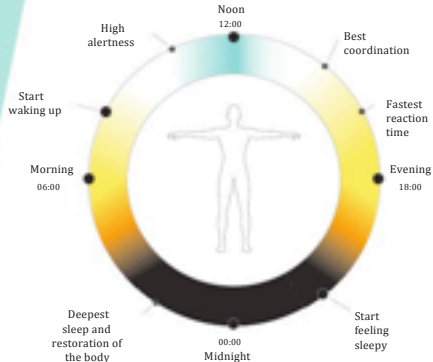
Lighting applications



We need light and darkness

There is a period of the day when we are active and a period when we are sleeping

Light is the most important timer for our internal clock



Light has an effect on



Vision  
Sight

Body  
Alertness, cognitive performance and sleep/wake cycle

Emotion  
Mood, energize and relaxation

Look beyond energy efficiency  
Human Centric Lighting increases the vision, well-being and performance of people



Examples of benefits



Source: Report 'Quantified Benefits of Human Centric Lighting' by LightingEurope & ZVEI, April 2015