



BIOS LIGHTING FOR EDUCATION

Mitigate ADHD symptoms

Improve test scores

Reduce absenteeism

Lower energy costs



LIGHT FOR LEARNING

A productive learning environment requires the focus and energy provided by a good night's sleep, however, traditional electric lighting found in most educational facilities does not provide the light signals our bodies need and can even throw off our circadian rhythms. Insufficient daytime light signals have been shown to increase the likelihood of night owl tendencies in students which impacts academic performance and often results in students feeling excessively sleepy during school hours. BIOS® SkyBlue® lighting solutions brings energy and focus back to the classroom with lighting that provides improved circadian stimulus that can help regulate sleep cycles, creating a more positive and productive learning environment.

BETTER SLEEP AND BIOLOGICAL FUNCTIONALITY

BIOS SkyBlue lighting solutions deliver key wavelengths of light that communicate directly with human circadian biology to help regulate sleep and other biological functions. This wavelength of light — which is not present in traditional electric lighting — signals the body through a recently discovered, non-visual photoreceptor in the eye called the ipRGC. The light stimulates a circadian response, which helps regulate sleep patterns and aligns student alertness with classroom hours.

A MORE FOCUSED AND PRODUCTIVE CLASSROOM

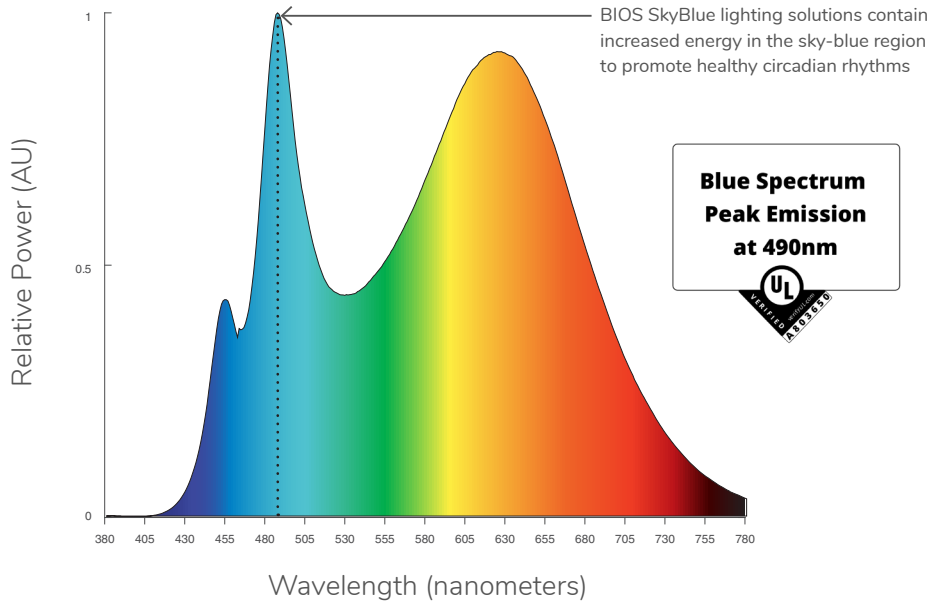
Sleep plays an important role in brain health, helping to shape memory, learning and behavior. Without the proper amount and proper timing of sleep, brain health can suffer. According to the National Sleep Foundation, 1 in 5 Americans suffer from chronic sleep deprivation. BIOS SkyBlue lighting solutions promote healthy sleep patterns by providing specific and important wavelengths of light that are lacking in traditional lighting technologies to help both students and teachers achieve better sleep, better focus and better brain functionality.*

* Studies show that night owl tendencies can reduce the amount of REM sleep needed for memory consolidation, thus impairing student's ability to learn.

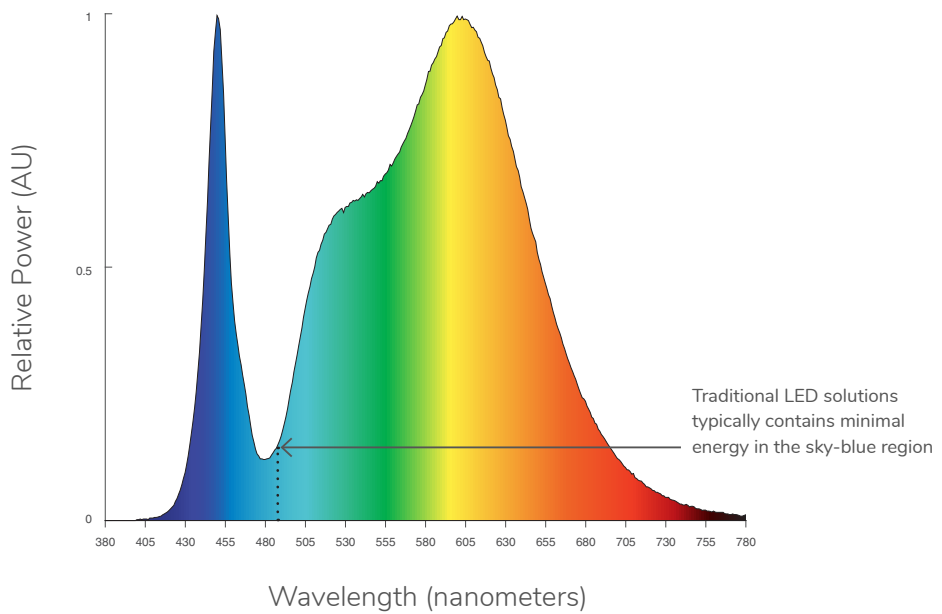
WELL BUILDING STANDARD

BIOS lighting provides industry leading LED solution that gives designers the tools they need, contributing toward satisfying Circadian Lighting Design Feature 54 under the WELL Building Standard® v1 and Feature L03 under the WELL Building Standard v2.

BIOS 3500K LED SPECTRAL POWER DISTRIBUTION



TRADITIONAL 3500K LED SPECTRAL POWER DISTRIBUTION





No complicated controls. No system overhaul. Just healthy lighting.

BIOS partners with lighting industry manufacturers and lighting designers to provide healthy, low energy lighting to everyone. Contact your lighting manufacturer to get lighting Illuminated by BIOS®

BIOS Lighting
2796 Loker Avenue West, Suite 111, Carlsbad, CA 92010
907 E. Strawbridge Ave, Suite 101 Melbourne, FL 32901
321.260.2467 | www.bioshumanlight.com

WELL is a registered trademark of International WELL Building Institute™

* For details related to statements in this document, please go to <https://bioslighting.com/hu-white-paper-case-studies-access/>