

Two diamond-shaped decorative elements. The top-left diamond shows a close-up of several warm-toned incandescent light bulbs hanging from black cords, with some green foliage visible in the background. The bottom-left diamond shows a dark background with numerous out-of-focus, warm-toned circular light spots (bokeh).

# Light

Our smart lighting gradually shifts throughout the day, mimicking natural sunlight patterns to support your energy levels and sleep quality <sup>1,2</sup>. Technology working in harmony with your biology.

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The WELL Building Standard (WELL)<sup>™</sup>  
L03

1. Boubekri M, Cheung IN, Reid KJ, Wang CH, Zee PC. Impact of windows and daylight exposure on overall health and sleep quality of office workers: A case-control pilot study. J Clin Sleep Med. 2014;10(6):603-611. doi:10.5664/jcsm.3780
2. Amundadottir ML, Rockcastle S, Khanie MS, Andersen M. A human-centric approach to assess daylight in buildings for non - visual health potential, visual interest and gaze behavior. Build Environ. 2016;113:1-40.

