



# Light

The workstation where you sit daily is designed to reduce glare and to promote natural daylight. The lighting in your space is designed to improve your overall experience and keep you energized throughout the day.

Lighting in your space was specifically designed to minimally disrupt your circadian rhythm; in fact, the lighting was designed to optimize your body's natural routines by promoting daytime alertness and enhancing sleep at the end of the day <sup>1,2</sup>.

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## The WELL Building Standard (WELL)<sup>™</sup> L01, L02, L03, L04, L05, L06, L07, L08, L09

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.

