



# Cleaning & Maintenance

Our circadian lighting system is being calibrated this weekend to optimize your natural sleep-wake cycle. You'll continue to experience lighting that supports your well-being and productivity.<sup>1,2</sup>

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

1. Legates TA, Fernandez DC, Hattar S. Light as a central modulator of circadian rhythms, sleep and affect. Nat Rev Neurosci. 2014;15(7):443-454. doi:10.1038/nrn3743
2. Cho Y, Ryu S-H, Lee BR, Kim KH, Lee E, Choi J. Effects of artificial light at night on human health: A literature review of observational and experimental studies applied to exposure assessment. Chronobiol Int. 2015;32(9):1294-1310. doi:10.3109/07420528.2015.1073158

