



*wellbeing in offices*

**tunableWhite**

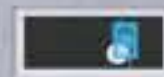
connecting with nature

CREATING

LIGHT

CREATES

LIFE

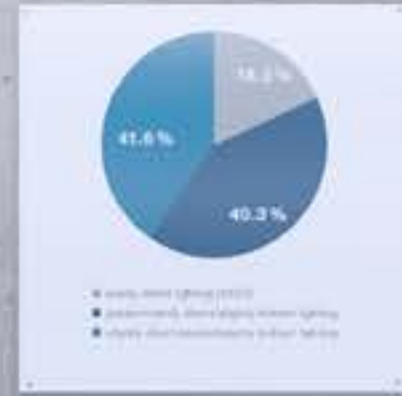


*working indoors*



Most employees that work indoors tend to spend their day in spaces only partially lit by daylight. Artificial light is used to make up for the missing daylight. But there is more to light than meets the eye. It is deeply linked to our wellbeing on all emotional, physical and cognitive levels. Therefore, we have been asking ourselves...

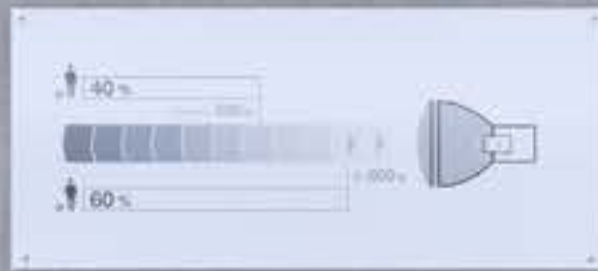
*...how can we mimic nature  
and bring daylight dynamics into the office?*



.... B



A....



.... C



Looking at ways to improve indoor lighting we turn to the outdoors. Why is it that natural light keeps our concentration and motivation levels up so much longer? Together with the Fraunhofer Institute we went on a scientific search for the perfect light in working environments. Participants in our survey favoured: [A] a mix of different colour temperatures, [B] a mix of direct and indirect lighting and [C] higher lux levels. Zumtobel's Active Light imitates natural light through a careful blend of intensity, colour and direction at the right time.

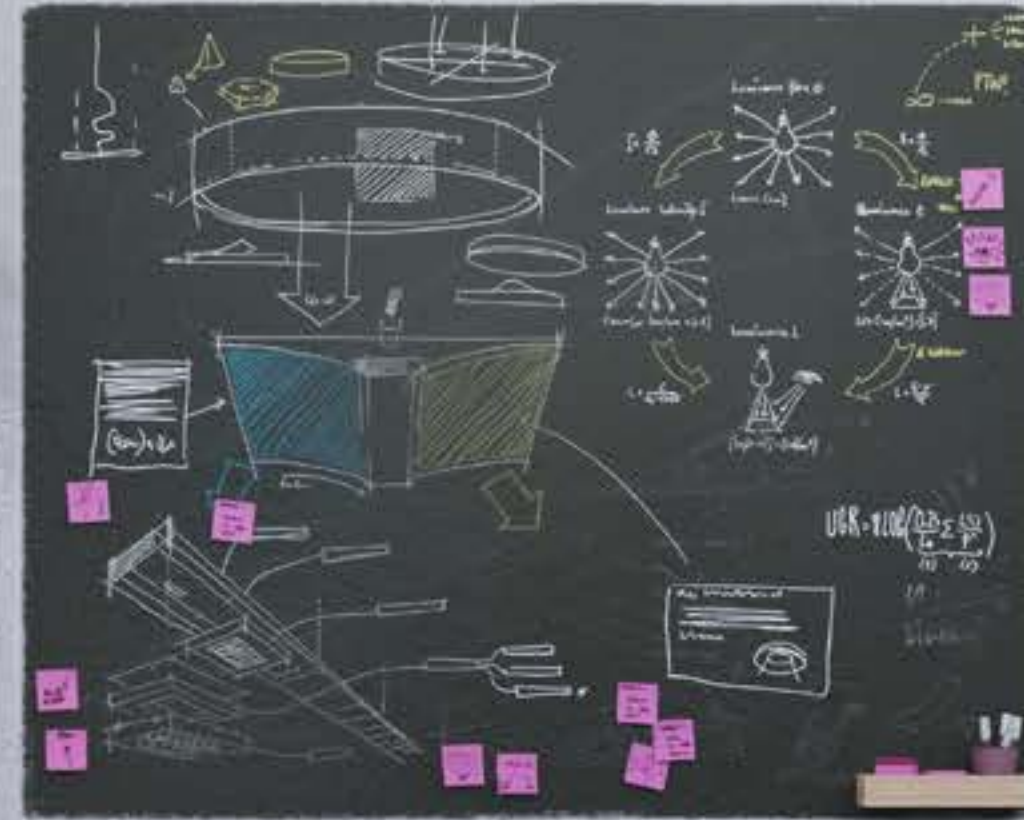
*Zumtobel Active Light  
with tunableWhite technology*

*high lux levels*

+ *variable colour temperature*

+ *time-based control*

= *Zumtobel Active Light*



With our tunableWhite technology, you can adopt colour temperature and intensity according to daylight, evoking a higher quality of life through light. Consequently, our technology comes almost as close to natural light as Mother Nature herself.



***better cope with stress***  
***+ higher concentration levels***  
***+ more well-balanced***  
***= improvement of wellbeing***



In a second neuro-scientific study with researchers from the acclaimed Gruppe Nymphenburg, we compared basic solutions with tunableWhite solutions. The results were profound: participants working in a tunableWhite environment showed lower heart rates, calmer brain activity and less physical tension. Hence, our lighting solutions have a soothing effect, minimize negative emotions, and help employees be more relaxed.



For more information visit us at [officelighting.zumtobel.com](http://officelighting.zumtobel.com)

