ADVANCED LIGHTING FOR HEALTHY BUILDINGS

The latest lighting techniques and technologies can be utilized to support the physiological and psychological health of building occupants.

Our critical internal clocks

The circadian rhythm is the internal clock that guides humans and animals across a 24-hour cycle. Our circadian rhythms maintain our health by responding to external signals, the most important of which is lighting.

Lighting the way to good health

Advanced lighting experts can design indoor lighting environments that support the circadian rhythms of building occupants. Circadian health is crucial to a variety of health functions including immune systems, blood pressure and sleeping patterns.

Occupant control, occupant health

Many advanced lighting technologies such as Luminaire Level Lighting Controls (LLLCs) enhance occupants' circadian health and comfort. These technologies allow adjustments or programming so that light levels respond to time of day and/or the task at hand.

Health in broad daylight

The best lighting experts make sure building occupants are exposed to plenty of daylight. This keeps circadian rhythms finely tuned, which helps maintain metabolism and prevent adverse health effects including diabetes and depression.

Whole-building health

The most beneficial lighting design integrates advanced lighting technologies (e.g., LLLCs, wireless controls, task tuning, tunable LEDS and acoustical sensors) with other areas of building design (e.g., windows and HVAC) to create even healthier indoor environments.

Experts ahead of the curve

Lighting products are evolving at an increasingly rapid pace. Only the most skilled and highly trained lighting experts can equip your building with the latest lighting techniques and technologies to foster circadian health in building occupants.

NXT Level professionals are among the best lighting experts in the Northwest. They'll work with you to find the right solution based on your specific building, occupant needs, and owner goals. Visit the NXT Level Designation List to find the best lighting experts in your area:

nxtleveltraining.com/experts



NXT Level training is a nonprofit-backed training curriculum supported by Northwest utilities. This specialized coursework equips lighting professionals with the latest advanced techniques and technologies to provide energy savings and advanced lighting solutions for Northwest commercial buildings.