

Solatube International

# Daylighting Facts & Figures

## Employee Retention and Recruitment

### **Workers with daylight exposure enjoy a better quality of life**

Office workers with more light exposure in the office had longer sleep duration, better sleep quality, more physical activity and better quality of life compared to office workers with less light exposure in the workplace, reports a new study from Northwestern Medicine and the University of Illinois at Urbana-Champaign. The study highlights the importance of exposure to natural light to employee health and the priority architectural designs of office environments should place on natural daylight exposure for workers.

“There is increasing evidence that exposure to light, during the day – particularly in the morning – is beneficial to your health via its effects on mood, alertness and metabolism, said senior study author Phyllis Zee, M.D., a Northwestern neurologist and sleep specialist. “Workers are a group at risk because they are typically indoors often without access to natural or even artificial bright light for the entire day. The study results confirm that light during the natural daylight hours has powerful effects on health.”

(2014). Natural Light in the Office Boosts Health. *Northwest University*. Retrieved from <http://www.northwestern.edu/newscenter/stories/2014/08/natural-light-in-the-office-boosts-health.html>

### **Natural light may decrease afternoon sleepiness**

Brief indoor exposure to natural bright light may decrease afternoon sleepiness. This technique of light could be used in work settings in which napping is not permitted.

Kaida, K.; Takahshi, M.; Haratani, T.; Otsuka, Y.; Fukasawa, K.; Nakata, A. (2006). Indoor exposure to natural bright light prevents afternoon sleepiness. *Sleep*. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/16676779>