

5 WAYS

LED Lighting Can Benefit Your Health

Sure, you've probably heard all about how LEDs are cost-effective and environmentally responsible, but did you know that they can have a positive impact on your health as well? Good for the earth, good for your budget and good for you? We'd call that a bright idea!

1

More energy and better mood.

LED light color temperature can be controlled to successfully mimic the blue wavelengths of daylight, which **increases energy, mood and vitality** from continued exposure throughout the day.



2

Better sleep.

Similarly, LED lighting can be manipulated to emit warmer colors of light, which **stimulates the production of melatonin in the body, helping a person fall asleep.** These transitions from cool to warm light help normalize the body's natural circadian rhythm.



3

Fewer headaches.

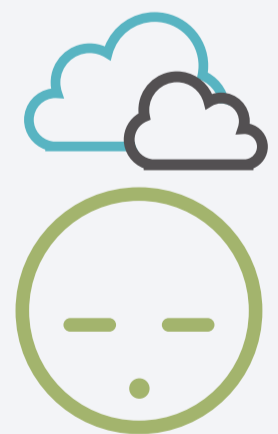
LED lights are capable of reducing or eliminating light flicker- which has been linked with headaches. Symptoms of glare and eyestrain, which are also closely tied to headaches, **are dramatically reduced with LED technology.**



4

Perhaps a remedy for SAD?

Seasonal Affective Disorder, or SAD, affects individuals in northern climates who have limited exposure to sunlight during the winter months. **Scientists are just beginning to explore LED light as a potential remedy** for some of the effects of SAD.



5

They're non-toxic.

Finally, **LED fixtures are manufactured with no hazardous materials such as mercury-** which is typically found in incandescent and fluorescent bulbs. LEDs also do not emit UV radiation, making them safe for use in close proximity, such as on your desktop.

