



# SkyBlue™ LED Circadian Solutions



## LIGHTING FOR SENIOR CENTERS + ADULT DAYCARES

Lower Energy Costs  
Reduce Reliance on Pharmaceuticals  
Reduce Accident Rates  
Reduce Overnight Staffing Needs





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### ADDRESSING SUNDOWNERS SYNDROME

Senior care comes with a variety of challenges - Residents often spend all day and night indoors under poor lighting conditions which leads to a constant state of 'biological twilight' where residents experience confusion around day and night cycles.

This is particularly hard for those suffering from Dementia and Alzheimer's and can manifest as Sundowners Syndrome with behavioral outbursts or agitation in early evening and increased night wakings.

### BIOS SKYBLUE™ - HAS THE SECRET INGREDIENT THAT TRADITIONAL LIGHTING DOESN'T HAVE

BIOS SkyBlue is the only LED circadian lighting solution that captures the lighting spectrum of the natural blue sky (490nm) to promote better sleep, better energy, and better wellness.

Traditional lighting lacks 490nm and a study by the Cleveland Clinic<sup>1</sup> concluded that higher amounts of this "blue-sky" (490nm) wavelength of light corresponded to better sleep, better moods and increased pain tolerance.

<sup>1</sup> Office of Research and Innovation, Nursing Institute, Cleveland Clinic, Cleveland, Ohio. Bernhofer EI, Higgins PA, Daly BJ, Burant CJ.

Hornick TR. "Hospital lighting and its association with sleep, mood and pain in medical inpatients." Journal of Advanced Nursing. 2014

May; 70(5):1164-73

### A MORE NATURAL ENVIRONMENT

SkyBlue helps improve mood and sleep in the elderly, while reducing symptoms of sundowners syndrome, depression, agitation, and nighttime wandering. The benefits of SkyBlue are not only for the residences but the staff as well to help them stay alert, productive and focused throughout the day.

SkyBlue can be integrated into any architectural light fixture and enables a comfortable visual experience as traditional lighting for residents and staff. At the same time, it provides a medical aid for staff in detecting cyanosis with a COI of 660nm.

### CIRCADIAN RETROFIT OPTIONS



#### SKYBLUE A21/A19 & BR30 LIGHT BULB

**Daytime:** High melanopic lux at full output, to help support strong circadian signals.

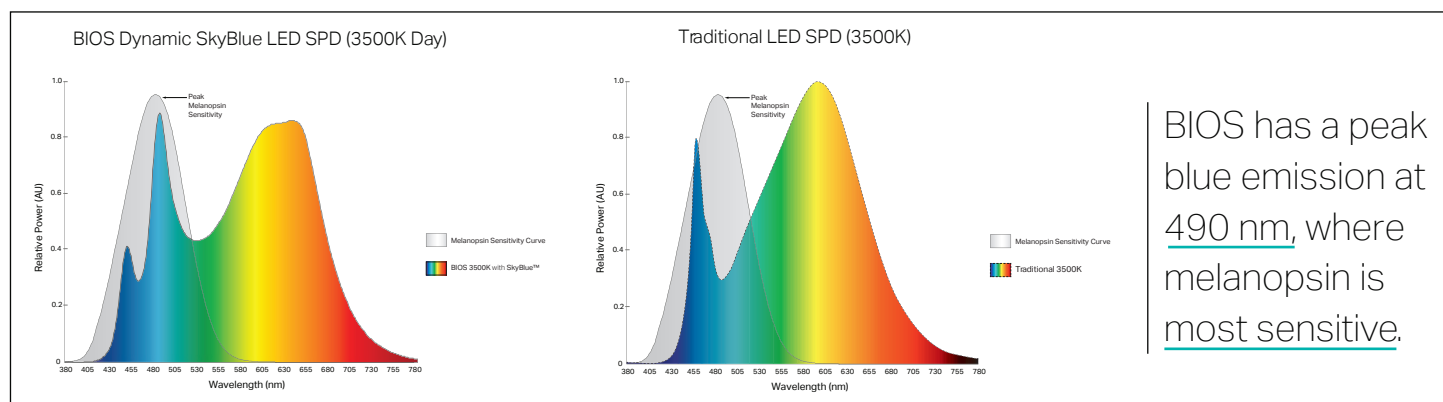


**Nighttime:** Dimmed to a warm amber, all blue light is removed for the perfect lighting solution.

#### NIGHTFALL A19 LIGHT BULB



**Nighttime:** Reduces daytime cues—with 500% uplight reduction—to create a tranquil evening environment conducive to sleep.



Specifications subject to change without notice.  
Contact BIOS with any questions for the most current information.

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