

Lighting and the way to better sleep

Did you know lighting can affect your sleep patterns?



It's a new age of illumination



Light can strengthen our internal clock, but more frequently disrupts it



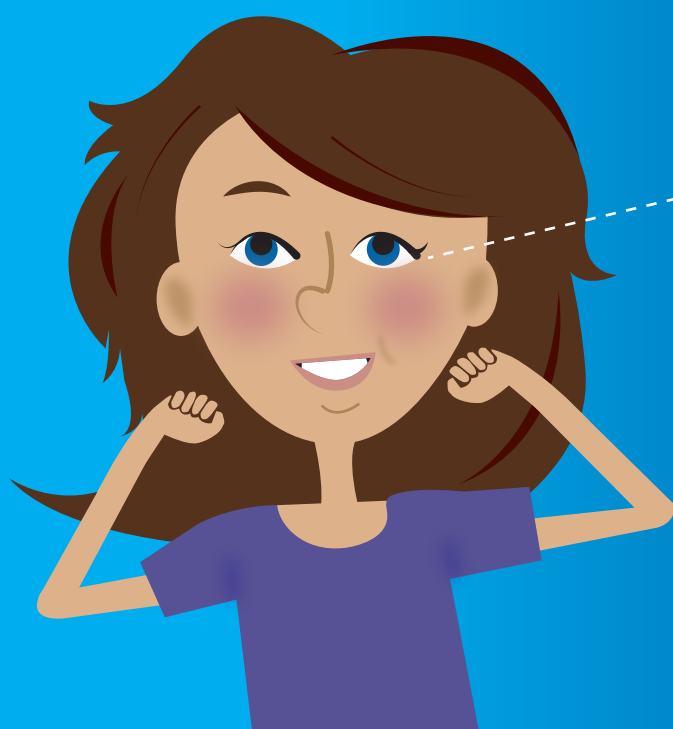
Electricity and computer devices can disrupt our natural circadian rhythm



Effects of melatonin suppression can persist just as jet lag may last for several days after a trip



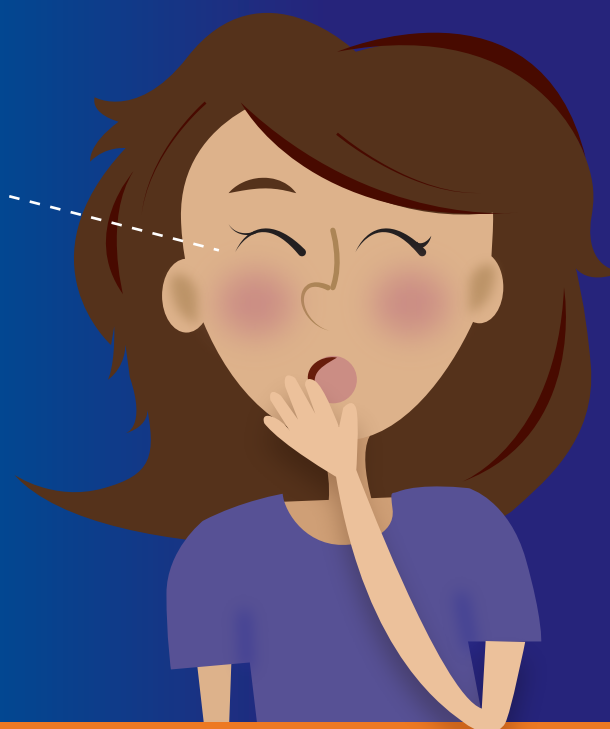
Lighting solutions that simulate daily rhythms may help our ability to sleep soundly & awake efficiently



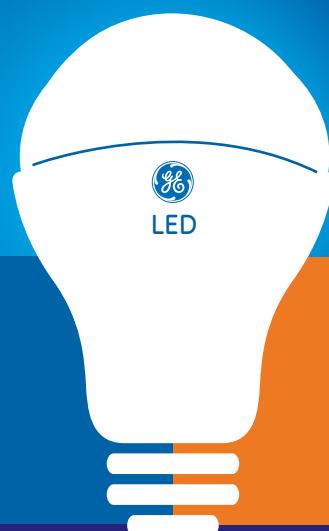
Blue light
suppresses melatonin



Light detected by our eyes affects melatonin levels



Amber light
at night doesn't suppress melatonin
to help you fall asleep



GE Align™ LED



Light and human activity is no longer tied to the rising and setting sun

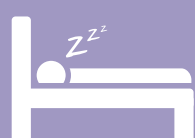


Promotes the body's natural sleep-wake cycle and is more natural than medicinal sleep aids

Did you know? 50–70 million adults suffer from chronic sleep issues



Get better sleep



Avoid taking long naps



Set a consistent routine



Stop caffeine intake by noon



Keep pets out of your bed

