



This Month

Do you hate your office lighting?

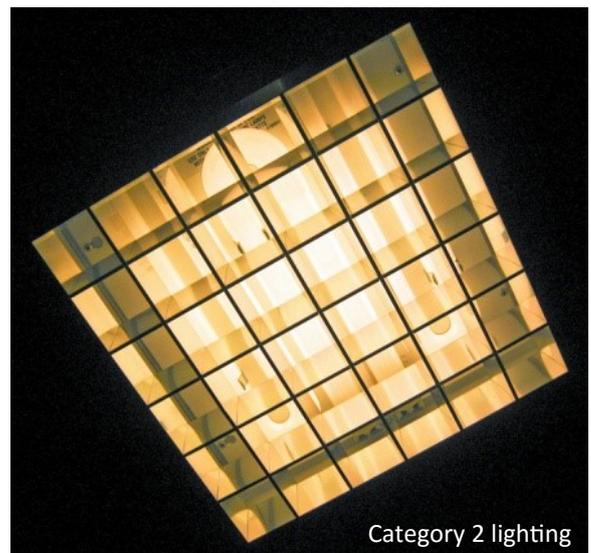
If your answer is yes then don't worry you're certainly not the only one!

According to a study carried out by Ipsos a third of British office workers hate their lighting. Ipsos polled 12,000 people on behalf of Steelcase, the workplace solutions provider, to discover how office settings can affect workplace engagement. Some 32 per cent of white-collar employees told the researchers that they were unhappy with the light intensity and only a fifth were able to alter the light level.

UK offices still have a preponderance of so-called Category 2 lights – recessed, deeply-louvered fittings designed to minimise reflections on computer screens – which deliver a gloomy environment.

The study of over 12,000 workers across 17 countries showed that the UK workers are the least satisfied with their office ambience. The study appeared to add weight to the argument that local lighting control boosts employee engagement and satisfaction, as the biggest issue was a lack of control.

Christine Congdon, director of Global Research Communication told Lux magazine: 'Our research has consistently shown that the most engaged workers are those who have autonomy over how and where they work, whether adjusting the temperature, lighting, or workspace to suit their needs. 'When people feel like they have choice and control over various aspects of their physical work environment, it leads to greater satisfaction overall'.



So how do we choose the optimal light setting in a big office to make most people happy? Research shows that people are happier when they have personal control over their workspace lighting. In other words, when it comes to lighting, one shade does not fit all.

One thing we can be sure of is that light helps regulate circadian rhythms (our daily biological cycles), which in turn affect sleep, alertness, performance, and much more ([read more about circadian rhythms here](#)).

Our bodies respond to daylight by producing hormones such as cortisol and serotonin. Brighter lighting can increase the production of these hormones, which influence mood, aggression, sexuality and appetite. This helps explain why, generally, dim lighting makes people feel sleepy.



By designing good lighting systems, lighting can help to increase concentration, motivation and improve subjective and objective wellbeing. We know that bluish light activates and warm white light calms. The idea is to imitate the natural light, both in level and colour during the day. Cold, intense light with a high blue colour during working hours seem activating and invigorating and warm dimmed light after-hours help to relax in the evening.

Low Energy Designs manufactured the first and most advanced LED lighting system in aquarium history. A system that controls our LED lights and replicates the daily solar and lunar cycles of the natural habitat of a special breed of Gentoo Penguin. This technology is so specific that it ensures the Penguins experience the various seasons and lunar cycles of their natural habitat which is essential to their well-being. The lights are controlled individually to replicate the gradual dawn to dusk changes so the Penguins awaken to the natural colours of the sunrise with a cascade of colour through to sunset. This software is truly unique ([read more about the system here](#)).

And now, here at Low Energy Designs we believe we have found another solution to make people happy in their office environments. Through thorough research and development we believe our LED luminaire the [Sky Panel 66 CTC](#) provides the 'best of both worlds'.

The Sky Panel 66 CTC is a 35watt colour changing panel that you have personal control over through a hand held controller, wall switch or both!

Potentially, different areas of your office can be controlled by different controller ID's, meaning that one area can be illuminated with a comfortable warm colour temperature (3000k) whilst another area can be lit using a Day White colour temperature (5,700k) the choice is yours. The Sky Panel 66 CTC is also fully dimmable to allow the user to adjust the light intensity, giving you even more control.

The Sky Panel 66 CTC is a low-energy LED product. This can provide your company with huge energy and cost savings whilst keeping the staff engaged and happy— a win-win situation.

Call us today to discuss your lighting requirements +44 (0) 1258 858 171

