



# Big Sky<sup>®</sup>

## Feel Good Everyday

Big Sky brings energizing blue skies from dawn to dusk, into all spaces, everyday. Big Sky is designed to enhance personal wellbeing and performance, based on a vast body of research and natural light spectral modeling. Big Sky is fully automated and customizable.

### Derived from Nature

Big Sky light is generated with multiple different types of LEDs combined in a way that the light spectra are very similar to the spectra found in nature. In addition to having the positive spectral qualities of natural light, the visual appearance of the light field is familiar from nature and resembles a view into the sky or horizon. The light changes over the day just like in nature and the design has been optimized for visual beauty by making the light field dynamic, continuously shifting with infinite colors and infinite resolution.

### Wellbeing

Light has a strong link to wellbeing, as it regulates our circadian (latin for approximately a day) cycle and our level of alertness or preparation to sleep. Right kind of light timed correctly promotes recovery and a healthy sleep-wake cycle. The main driver is the amount of biologically effective blue light, the color we see in the blue sky, or the lack of it. As a general rule it is recommended to have bright blue enriched light in the mornings and during the day, while the morning hours are the most important. In the evening we should avoid blue light a few hours before sleep, hence warm white light is recommended.

### Automated

Big Sky Sky Player and Scenes enable users to regulate their daily cycles by setting rise and set times for programs or by manually selecting specific light settings at given times. Big Sky can run varying programs, but as standard the light comes with a natural daily cycle program and preset light scenes for differing situations, ranging from bright high blue content "Midday Sky" to dim low blue content relaxing "Evening White". Custom programs can even be tailored for specific use cases eg. Seasonal Affective Disorder (SAD), shift work or jetlag treatment.