

Daylighting Facts & Figures

Worker Productivity



**70% OF EMPLOYEES
IMPROVE PERFORMANCE WITH
ACCESS TO NATURAL LIGHT**

A research poll of 1,614 North American employees found that over a third of employees feel that they don't get enough natural light in their workspace. About 47% of employees admit they feel tired or very tired from the absence of natural light or a window at their office, and 43% report feeling gloomy because of the lack of light. **Find out more:** [The #1 Office Perk? Natural Light](#)

Workers with more light exposure in the office had longer sleep duration, better sleep quality, more physical activity and better quality of life compared to office workers with less light exposure in the workplace, reports a new study from Northwestern Medicine and the University of Illinois at Urbana-Champaign. The study highlights the importance of exposure to natural light to employee health and the priority architectural designs should place on it. **More Details:** [Natural Light In The Office Boosts Health](#)



**64% OF EMPLOYEES IN THE U.S.
HAVE NO NATURAL LIGHT
IN THEIR WORKING ENVIRONMENT**

Cultivating a healthy indoor environment can begin with sound daylighting strategies. This article includes: "Impact of Poor Workplace Design" and "Daylight & Views: The Prescription for a Better Office."

Find out more: [Natural Light In Workspace Design](#)

Research supports daylighting's positive effect on building performance and human health. This article includes: "Daylighting, Efficiency, and Productivity" and "Daylight and the Circadian Cycle" and "Integrating Daylight with Design."

More Details: [The Benefits of Natural Light](#)



**SKYLIGHTS & TUBULAR LIGHTING
ARE GREAT FOR
ILLUMINATING INTERIOR SPACES**

Use of natural illumination supports the health and happiness of patients, employees and clients. The trick is in knowing how and where to use natural light. This article includes: "How Light Affects Health," "When to Use Artificial Light," "Natural Light Advantages and Color Palette."

More Details: [See the Light](#)