Daylighting
Facts & Figures

70% of employees improve performance with access to natural light

工人工作效率的提升

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

培养健康的室内环境可以开始于良好的采光策略。这篇文章包括: “不良工作间设计的影响”和“采光与视野：更好的办公室处方。” 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

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