



CIRCADIAN *Rhythm*

Circadian rhythm is our biological clock — a vital, 24-hour mechanism our bodies use for expending and renewing energy. It influences our sleep, energy, moods and more. One of the most important and well-known circadian rhythms is the sleep-wake cycle.



Life Needs Light

Everyone has a circadian rhythm, and it's heavily influenced by light. Without it working properly, our entire biological equilibrium snowballs into chaos. Any exposure to light swings our circadian rhythm toward being active. So, pay attention to your body after the sun sets, limit exposure to artificial light at night and embrace daylight.

Reset Your Rhythm

If you're more tired than usual, in a bad mood or living in a haze, it's possible your rhythm needs a reset.

- Get more natural light
- Exercise regularly
- Avoid caffeine after noon
- Limit light before bedtime
- Follow a consistent sleep schedule

- <https://www.sleepfoundation.org/circadian-rhythm>



Illuminating Your Health

Light most like the sun has the best impact. Fortunately, several unique features define quality lighting, and it's easier to understand than expected.

- **CRI** — similarity to natural light; max. 100, JascoPro Series 92+, typical 80
- **R9** — produces accurate colors; JascoPro Series 56-87, standard home LED 50
- **RGBWW** — versatile color-changing and true white light; JascoPro Series 2000K-6500K
- **CCT** — color temperature; warm to cool white
- **490nm** — light spectrum measurement; regulates circadian rhythm

90%

say high-quality lighting is vital to relaxing and disconnecting from the world.

- Harris Poll

75%

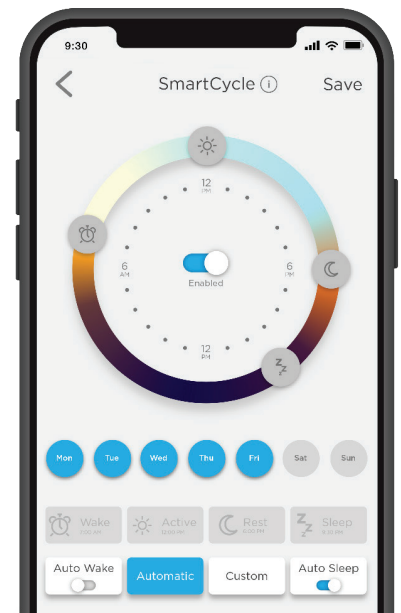
of U.S. homeowners say controlling light in their homes is important to their sleep routine.

- Harris Poll

Discover the Difference

Take advantage of SmartCycle indoor lighting to mimic the sun. Personalize daily programs that automatically adjust brightness and color temperature of tunable products in your home.

- Reduce eyestrain and headaches
- Functional white light for greater productivity
- Energizes for peak daytime performance
- Minimal blue light promotes rest before bed
- Better sleep through natural melatonin production

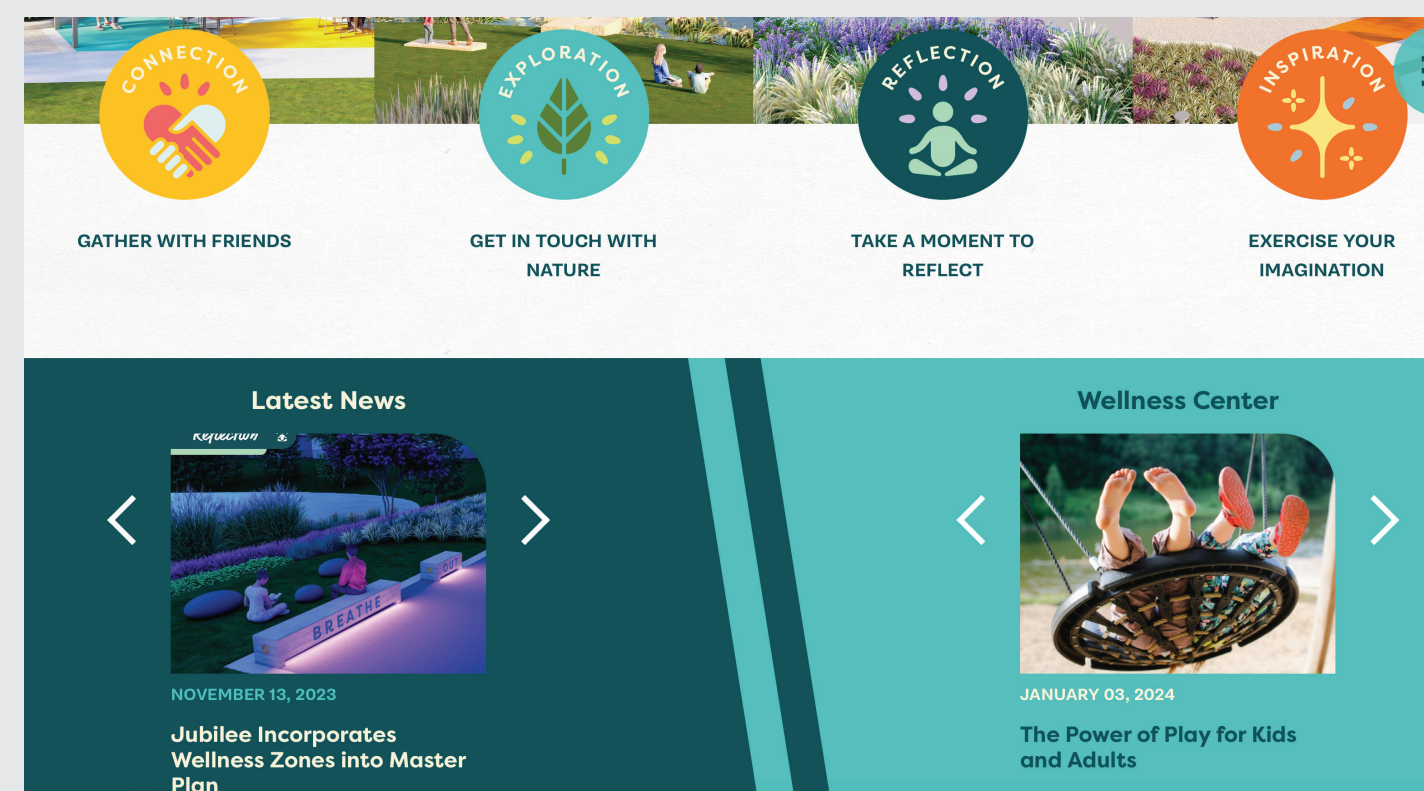


SCENE SWITCH

Control four scenes with the press of a button to set the best light for any task.

Instantly adjust multiple lights from one convenient switch.

Website Inspiration



SCENE SWITCH

Create the perfect light for any time of day.

- WAKE:** Fill your home with the soft glow of sunrise.
- WORK:** Be alert and focused for peak productivity.
- RELAX:** Unwind with a calming environment.
- SLEEP:** Minimize blue light for rejuvenating rest.

EMERGENCY FLASH SWITCH

The patent-pending Emergency Flash function provides a visual cue to first responders and neighbors when you need help.

Pressing the Emergency Flash button causes the connected light to blink in a distinct pattern.

SCENE SWITCH

Lighting for your task

5000K-6000K boosts alertness and productivity — ideal for task lighting, learning environments and home offices.

WAKE. WORK. RELAX. SLEEP.


SCENE SWITCH

Lighting to relax

78% of homeowners say adjustable lighting is key to creating ambience within the home.

- Harris Poll

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HEALTHIER HOMES AWESOME AMENITIES MINDFUL LIVING GREAT SCHOOLS

Healthier Homes

We're going above and beyond to make sure our homes keep your family happy and healthy by ensuring each house has [wellness technology](#) exceeding industry standards!

[LEARN MORE](#)




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