



## RIGHT LIGHTING

Imagine working in an environment that fully supports your health and wellbeing. Would it make you healthier and would it make you perform better? The answer is 'yes'.

Read more about these and all other results of our scientific, one-of-a-kind study in the e-paper:  
The snowball effect of Healthy Offices.

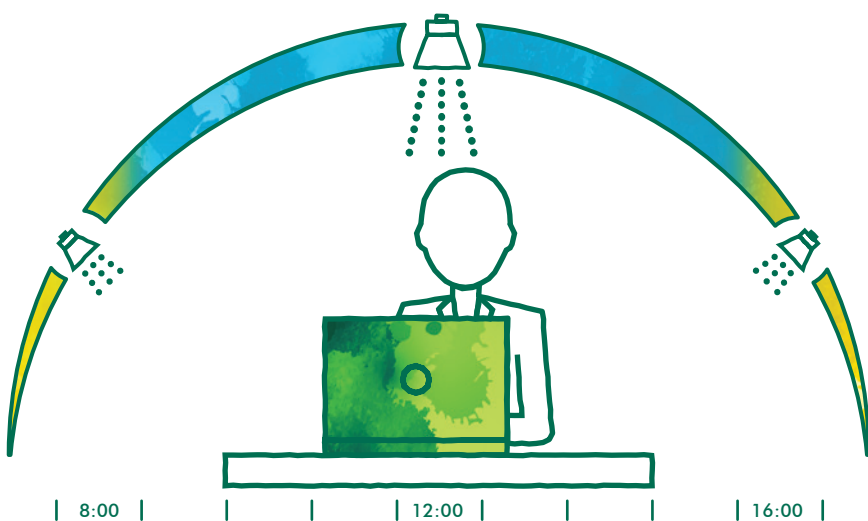
DOWNLOAD E-PAPER

### DON'T TAKE IT TOO LIGHTLY

Our circadian rhythm, or inner biological clock, controls our energy levels, mood and sense of wake-/ bedtime. Our brains regulate this rhythm based on light cues from our environment.



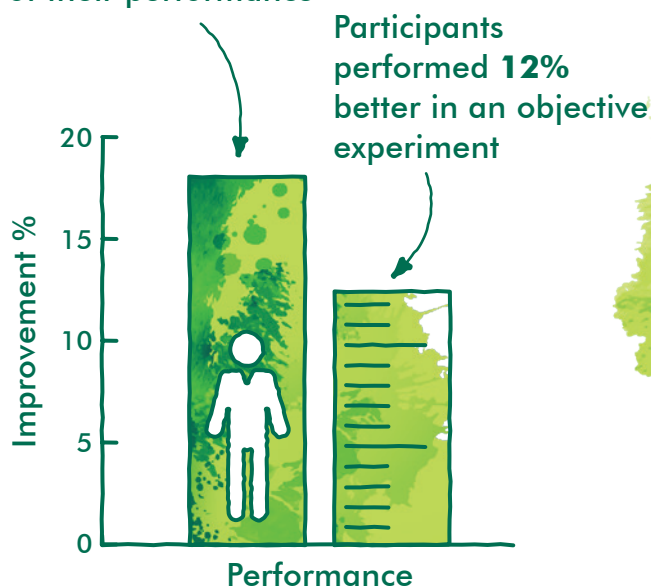
### AROUND THE CLOCK



A lighting schedule can support our inner biological clock. Changing intensity and color during the working day makes you happier and more focused.

### OUR RESEARCH PROVES

Participants perceived a **18%** improvement of their performance



#### CBRE HEALTHY OFFICES RESEARCH

UNIVERSITY OF TWENTE IN COLLABORATION WITH CBRE

MULTIDISCIPLINARY STUDY

124 PARTICIPANTS

7 MONTHS

5 RESEARCH METHODS

> 100,000 DATAPOINTS

### OUTCOMES SURVEY



Participant CBRE Healthy Offices Research:  
"From the outside the light looks very unattractive. When you are sitting in the area it's very pleasant. The light becomes almost like daylight and kept me more alert."



Curious about how your office supports the health, well-being and performance of your staff?  
Our Healthy Offices QuickScan provides an insight.

**Find out more on [cbre.nl/healthy-quickscan](https://cbre.nl/healthy-quickscan)**

**CBRE**