



A GUIDE FOR ARCHITECTS & SPECIFIERS



There is a growing body of research that supports the connections between sustainable buildings and improved health, productivity and learning outcomes of those who occupy them.

GLOBAL PHENOMENON

The emphasis on health and wellness is a growing global phenomenon. The headline statistics are hard to ignore. For architects and specifiers, this movement opens up a whole host of commercial opportunities. If your practice plays a part in the earliest stages of the wellness conversation with clients, it will ultimately be far easier to deliver buildings that are authentically conducive to employee health and productivity.

**\$134
BILLION**

The value of the global wellness real estate industry in 2017

**\$180
BILLION**

Predicted size of the industry by 2022

Source: Global Wellness Institute



FACTS YOU NEED TO KNOW



90%

of our time is spent indoors*



90%

of companies' costs are typically spent on salaries and benefits*



17%

of workers believe their working environment is diminishing their personal wellbeing**



1%

improvement in staff productivity will have a significant impact on bottom line*

Source: *World Green Building Council **British Council of Offices



LIGHTING AND HEALTHY WORKPLACES

Let's turn our focus to light. At Tamlite, we believe that human-centric approaches to lighting need to be at the top of the built environment agenda. This means creating a perfect balance between natural and artificial light in order to adjust to our daily rhythms.



In fact, World Green Building Council Studies have linked improved lighting design with up to a 23% gain in productivity. The business case is compelling



Science and research tells us the right light - in the right place - brings about the most positive of outcomes

LIGHT, SLEEP & PRODUCTIVITY

What's the connection?

Good lighting contributes to better sleep at night and better productivity during the day



Office workers with access to natural light have a better circadian rhythm. This is critical for quality sleep and cognitive function



Artificial light that adjusts for intensity and colour spectrum, mimicking solar light and darkness levels at different times of the day and night, is proven to support a healthy circadian rhythm

NEXT STEPS

We work closely with architects, consultants, designers and specifiers to deliver positive change through perfectly lit workspaces. Contact us on 01527 517 777 to find out how our lighting for wellbeing expertise can support your project and your client.