

Wherever natural light is absent or inadequate, man tries to create a relatively well-lit ambience through artificial lighting. What is decisive for the right effect is, however, its quality.

Thanks to the technological development, especially aimed at such areas of usage, our Viva-Lite® full spectrum lamps provide near natural lighting for artificial illumination. Numerous statements and publications confirm this supported by investigations and reports of positive experience affirm this, as the following selection shows:

"In recent times, we have become aware that we breathe always polluted air, eat junk food and drink unclean water, but we seem to have overlooked the most obvious nutrient, namely, the light."

J. Liberman: Light – Medicine of the Future.

"We have at last realised that light is a foodstuff like normal food and, just as unbalanced diet makes us ill, wrong lighting can also make us ill and only correct lighting can preserve our health. Research in this field has made significant strides, but there is still a lot to do."

J. Ott: Risk Factor Artificial Light – Stress due to incorrect illumination.



"Numerous medical investigations have revealed that for a number of body functions human beings too depend on a minimum UV light radiation."

K. Staniek: Twilight – Ecology of Artificial Brightness.

"When we talk of health, balanced lifestyle and physiological regulation, we primarily mean the health-preserving factors in the body, namely the nervous system and the endocrine system. These important control centres of the body are stimulated and regulated directly by light, and this to such an extent that goes beyond what the modern science was willing to realise till recently."

J. Liberman: Light - Medicine of the Future.



"In a primary school in America the number of days of reported sickness became significantly less when full spectrum lighting was used in the rooms."

W. London: The Lancet

"In factories and schools, the rate of illnesses due to common cold fell down by more than 40% when UV enriched lighting was used."

Küller: Non-visual Effects Of Daylight – Daylight Symposium, CIE, Berlin. "The type of unnatural lighting has influence on the depressive behaviour of school-going children during the winter months (mood changes, lack of energy, increased appetite, irritability, increased feeling of apprehension as expression of season related emotional disorders - known as Seasonal Affective Disorder, SAD or winter depression), which affects their motivation to learn. Under full spectrum lighting, depressive symptoms among pupils showed significant regression as against under lighting with cold white fluorescent light."

W. Tithof: The Effects Of Full Spectrum Light on Student Depression as a Factor in Student Learning Dissertation (Waiden University).



"Chickens that were growing under full spectrum lighting, developed much better than their cousins bred under other artificial lighting. They live twice as long, lay more eggs, are less aggressive and, their eggs contain approx. 25% less cholesterol. The fact that the eggs of chickens living under full spectrum light contain less cholesterol need not surprise us if we consider that also in humans the cholesterol levels decrease under the influence of sunlight.

J. Liberman: Light – Medicine of the Future.

"During perception tests, students of an American university remained alert under full spectrum lighting and became tired at a slower rate."

Maas, Jayson, Kleiber: Effects of Spectral Differences in Illumination on Fatigue (Journal of applied psychology – 59).



"Among children who were working in rooms provided with full spectrum lighting, the incidence of dental caries was one-third lesser than among children studying in rooms with normal fluorescent light."

> Sharon, Feiler, Burney: The Effects of Lights Of Different Spectra On Caries Incidence (Archives 0f Oral Biology 16. No. 12, p 1427).

"Our positive experience with full spectrum lighting has meanwhile resulted in not only all American Polaris submarines being equipped with it, but it is used also in hospitals, schools, universities, factories, sanatoriums as well as in many workplaces and private rooms like the normal full day illumination."

E. Brandmayer, B. Köhler: Light bestows Life.