



## Lights Off, Daylight On

Daylight Hour is an annual social media campaign observing daylight in our office spaces. On June 22nd, participants all over the world will turn off their lights for one hour, reflect on sustainability and well-being in their work environment, and share their experiences via social media.



## Benefits of Daylight:

+ Productivity	+ Sleep Quality	+ Well-Being	+ Savings
- Stress	- Eye Strain	- Headaches	- Carbon

## Impacts of Past Daylighting Campaigns:

Over <b>4856</b> participating organizations across 7 years	Reduced energy equal to <b>16</b> Empire State Buildings in 2017	Offsetting GHG emissions equivalent to <b>437,000+</b> miles driven in a passenger vehicle	Representing a total of <b>42</b> countries
---	--	--	---

# Daylighting in Action

See project examples of how these Fitwel® certified projects are designed for daylight



## Humber River Hospital - Toronto, Ontario

Research shows that access to daylight improves patient recovery times in healthcare settings. The Humber River hospital utilizes these healing benefits in its design. The project contains the largest hospital installation of electrochromatic glazing, electronically tinted glass that automatically adjusts for glare and overheating while providing occupants with direct control over shading. The spacious window design, combined with views of green roofs, improves the patient experience while providing ample access to daylighting.

## HDR Global Headquarters - Omaha, Nebraska

The HDR Global Headquarters takes a controls-based approach to daylighting. The project's lighting system runs on a dynamic clock, adjusting for occupancy, time of day, and user schedules to maximize energy efficiency. Sun sensors track the amount of natural lighting present and automatically raise and lower shades for optimal workspace lighting while lessening the building's solar load. Work stations and collaboration areas are strategically placed near natural light, encouraging active interaction and improving mental health.



## How to Participate:

1. Register to participate at [daylighthour.org/join](https://daylighthour.org/join)
2. Shut off nonessential lighting in your home or office on **6/22, 12-1pm local time.**
3. Post photos of your participation with the hashtag **#daylighthour**. Get creative!
4. Enjoy your daylit space, save energy, **win awards**, and have fun!

Daylight Hour is a project of The Building Energy Exchange, a nonprofit, tax-exempt charitable organization under Section 501(c)(3) of the Internal Revenue Code. Donations are tax-deductible as allowed by law.

FITWEL & Design is a registered trademark of the U.S. Department of Health & Human Services (HHS). Participation by The Center for Active Design and/or any other organization does not imply endorsement by HHS.

[https://be-exchange.org/wp-content/uploads/2017/11/BEEX\\_LYBD-1.pdf](https://be-exchange.org/wp-content/uploads/2017/11/BEEX_LYBD-1.pdf)  
An, M., Coburn, S.M., O'Brien, K., & Bowdler, M.E. (2016). Why We Need More Nature at Work: Effects of Natural Elements and Sunlight on Employee Mental Health and Work Attitudes. PLOS One, 11(5).  
Boubekri, M., Chung, I.N., Reid, K.J., Wang, C., & Zee, P.C. (2014). Impact of Windows and Daylight Exposure on Overall Health and Sleep Quality of Office Workers: A Case-Control Pilot Study. Journal of Clinical Sleep Medicine, 10(6).  
Edwards, L. & Torcellini, P. (2002). A Literature Review of the Effects of Natural Light on Building Occupants. National Renewable Energy Laboratory. Retrieved from: <https://www.nrel.gov/docs/fy02osti/30769.pdf>.  
Elzein, I. (2011). Daylighting- Bias and Biophilia: Quantifying the Impacts of Daylighting on Occupants Health. In: Thought and Leadership in Green Buildings Research, Greenbuild 2011 Proceedings. Washington, DC: USGBC Press.  
Ichimori, A., Tsukasaki, K., & Koyama, E. (2013). Measuring illuminance and investigating methods for its quantification among elderly people living at home in Japan to study the relationship between illuminance and physical and mental health. Geriatrics & Gerontology International, 13: 799-806.

