



Light the way
to a better day

BIOCENTRIC LIGHTING™

BrainLit Alven™

Help sustain a healthy circadian rhythm in elderly care residents

arjo

Residents of elderly care facilities are more at risk for disruptions to the balanced circadian rhythm needed to be at our biological best^{1,2}

We all rely on a balanced circadian rhythm, cued by natural variations in daylight over a 24 hour day, to be at our biological best¹. Residents of elderly care facilities need more exposure to normal variations in daylight compared to younger individuals, yet spend much of their time indoors².

When our circadian rhythm is out of sync, we can experience disrupted sleep, low energy and reduced daytime alertness³. It may also have many more effects, including increased risk for cardiovascular events⁴, reduced cognition⁵, Alzheimers Disease progression and more⁶.



How could the circadian rhythms of elderly care residents become misaligned?

Physiology

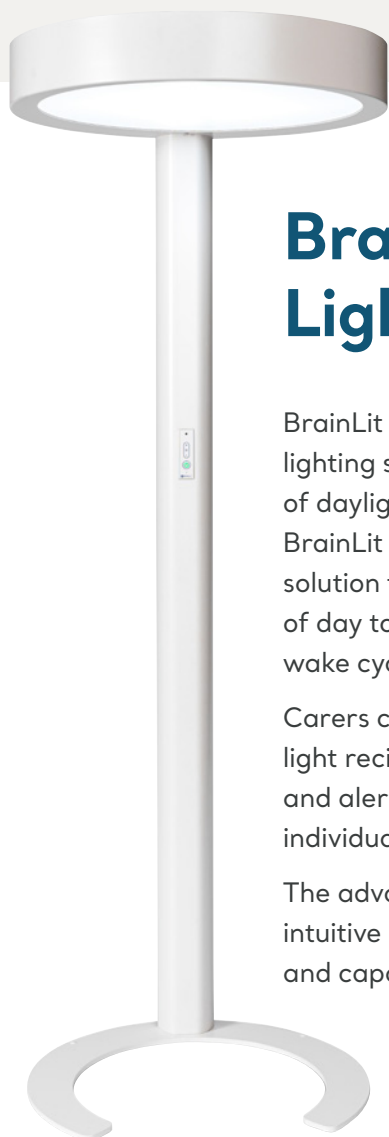
As we age, our eyes lose their capacity to take in and process light as effectively as when we were young². Light is the most important synchronizer for the circadian rhythms in the body⁷.

Exposure

If we spend more of our time indoors, the lack of exposure to variations in natural daylight can disrupt the body's circadian rhythm, with a host of cascading negative effects³⁻⁶.

BioCentric Lighting can naturally align the circadian rhythm with the 24-hour clock

- BioCentric Lighting by BrainLit simulates the important aspects of daylight, including wavelength, intensity, direction, timing, and duration, to sustain a healthy circadian rhythm⁸. Light exposure synchronizes the body's circadian rhythm, improving the sleep-wake cycle⁹ and promoting overall health and well-being¹⁰.
- For residents of elderly care facilities, sustaining an aligned circadian rhythm can lead to improved sleep and decreased depression and agitation, especially with patients suffering from dementia¹¹.
- BioCentric Lighting requires no significant training and shouldn't interfere with any other care routine or activity. It is a natural, nonpharma and scientifically supported intervention that can improve the day-to-day lives of care residents and staff.

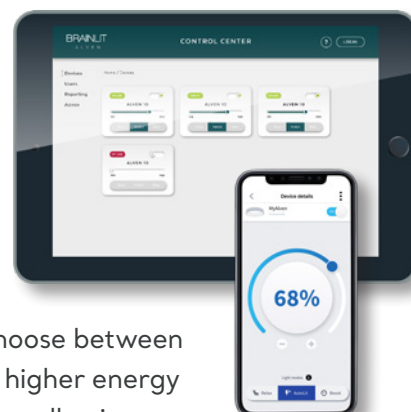


BrainLit Alven BioCentric Lighting solution

BrainLit Alven is a connected free-standing LED lighting solution that simulates the important aspects of daylight. Leveraging patented technologies, BrainLit Alven is a scientifically supported lighting solution that delivers the right light at the right time of day to help individuals sustain a healthy sleep/wake cycle.

Carers can simply use the keypad or smart devices to choose between light recipes that support our daily light needs, focus on higher energy and alertness, or calmer and more restful environments – allowing individualization to each resident's needs over the course of a day.

The advanced delivery platform features seamless connectivity and intuitive operability, and is easily remotely updatable as new insights and capabilities are developed.





Light for your
individual needs

Discover all the ways BrainLit Alven can benefit your residents and care team

Book your no-obligation product demonstration or facility assessment with an Arjo Rep today.

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At Arjo, we believe that empowering movement within healthcare environments is essential to quality care. Our products and solutions are designed to promote a safe and dignified experience through patient handling, medical beds, personal hygiene, disinfection, diagnostics, and the prevention of pressure injuries and venous thromboembolism. With over 6 000 people worldwide and 60 years caring for patients and healthcare professionals, we are committed to driving healthier outcomes for people facing mobility challenges.

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