

# Office Lighting

**Lighting** solutions to improve **Wellbeing** and **Productivity** in the workspace



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# HUMAN-CENTRIC LIGHTING FOR IMPROVED WELLBEING AND PRODUCTIVITY

Have you ever considered what the effect the lighting in your workplace is having on your health and wellbeing? Recent studies and research show how the exposure to wrong light at the wrong time of day effects our daily routine and, thus can effect our ability to be at our best when it comes to productivity and feeling of wellbeing.

We now spend more time working indoors than any time in our evolutionary past, thanks the invention of the light bulb. Humans are naturally an outdoor animal and therefore quite dependant on receiving natural light from the sun and sky, to feel awake and at our best biologically. However all too often, we now remove ourselves from the natural world and spend much of our time in an office space that does little to keep us in harmony with the outdoors, effectively working in the cave.

Of course it doesn't have to be this way. Just by recognizing the key elements from the natural world can enable us to make better use of today's

lighting technologies. For example, our brains are attuned to having a bright sky above our heads that gives the clear indicator it's daytime and signals our brain to keep us awake and active. All too often though, we are blocked off from the feeling having a bright sky above us with a dark and un-inspiring indoor ceiling.

In this publication you will see lighting products that turns the common workspace from a cave like space to a more open and appealing environment to be in and work. We believe lighting and architecture should do more for humans that provide a place of cover, it should help humans feel alive and well.

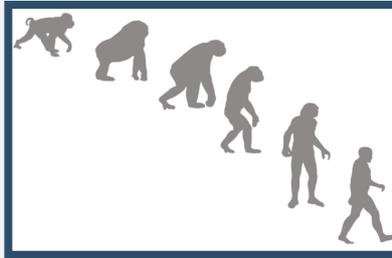
## Benefits of good office lighting:

- Provides greater visual comfort
- Improves productivity and increases feeling of wellbeing.
- Aides in positive stimulation for staff.
- Reduces sick leave
- Helps occupants keep in tune with their natural biological clock
- Assists occupants fall into a healthier sleep wake cycle routine as melatonin is suppressed during the day more effectively.
- Helps suppress the onset of S.A.D (Seasonal Affective Disorder).

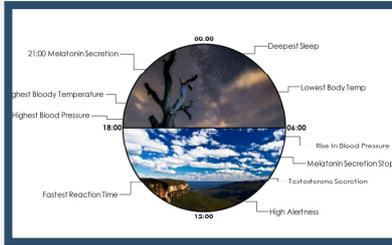
This illustration of a modern office space shows how artificial lighting can play a part in enhancing and extending the appearance and feeling of daylight. General work space should be designed for staff have maximum daylight exposure, as provocated by the International WELL Standard.

For a VR experience of this office space, please visit: [www.onlightvr.co.uk](http://www.onlightvr.co.uk)





Our species, predominantly being an outdoor based animal, have been on the planet for around 200,000 years, with our anatomies designed to walk, run, climb etc... Supporting the physical aspect of the human body is a complex biochemistry system that's been tuned through evolution. Light plays a big role in the regulation of our natural biochemistry and physiology. humans have evolved on this planet over millions of years,



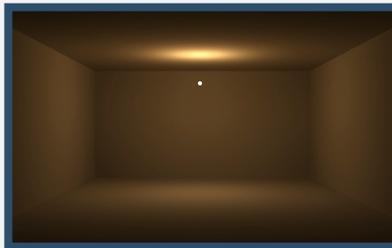
During the existence of all living creatures on this planet, there has always been one constant from the beginning: the rising and falling sun.

The 24 (or as close to) hour day night cycle has been going since we first started evolving. Nature thrives on predictability, and thus the day night cycle gave nature a means to create the biological clock found in all living creates, the Circadian Rhythms.



Natural daylight has played a large part in making us what we are from a biological and physiological point of view.

Our Circadian rhythms have evolved so that our brains and bodies are at home in daylight as we depend on daylight from the sun and sky to kick start our daytime activities. Daylight is the signal to the brain it's time to wake, eat, drink, work, play and live!



It's quite startling to think it's only in the last 150 years of our entire existence as Humans on this planet that we now are able to produce artificial light in abundance. The 'light bulb' that we are all familiar with now brings light into closed spaces and extends our ability to see clearly well into the night.

However, the ability to just see with artificial light meant we could not foresee until now the effects cutting ourselves off from daylight and all it's dynamic qualities over 24 hour period....



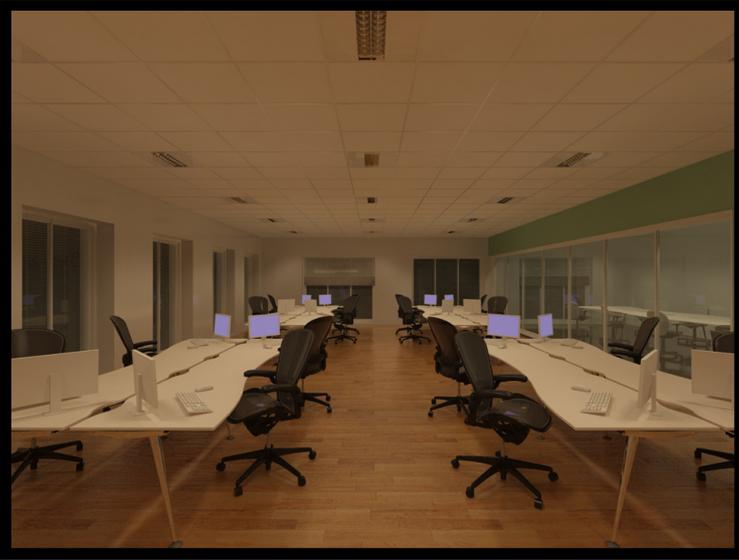
With all the scientific understanding we have today on how light effects our biochemistry and state, it is sad to think that many of us still to work in environments like this, which go against what our brains perceive as natural spaces.

Office lighting often solely focuses on the task lighting, but leaves consideration for human well-being out. Our mission is to bring to light how simple products and lighting techniques can change this for the good...



# Improving office lighting

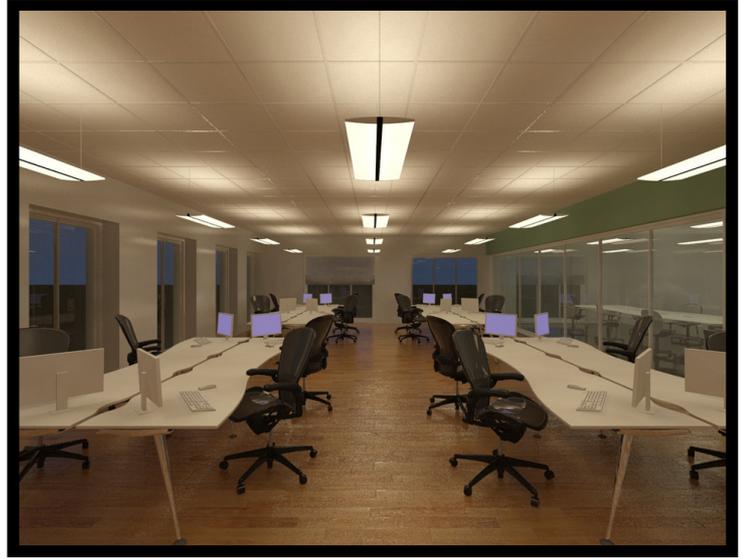
**Traditional office fitout Lighting**



It's sad to think many of us spend our working lives in offices like the illustration on the left shows. All too often the basic fit-out lighting implemented put's us in a cave like an environment. This solution is only designed to light the task area leaving the ceiling and much of the vertical surfaces darker.

At one point in time was considered the ideal method of lighting due to low glare for old style VDU's. But since then it's recognised that many issues were caused including: excessive contrast leading to eye strain and visual discomfort, oppressive feeling with an increased level of anxiety and discomfort from an enclosed space, visual fatigue and drowsiness... these just being a few.

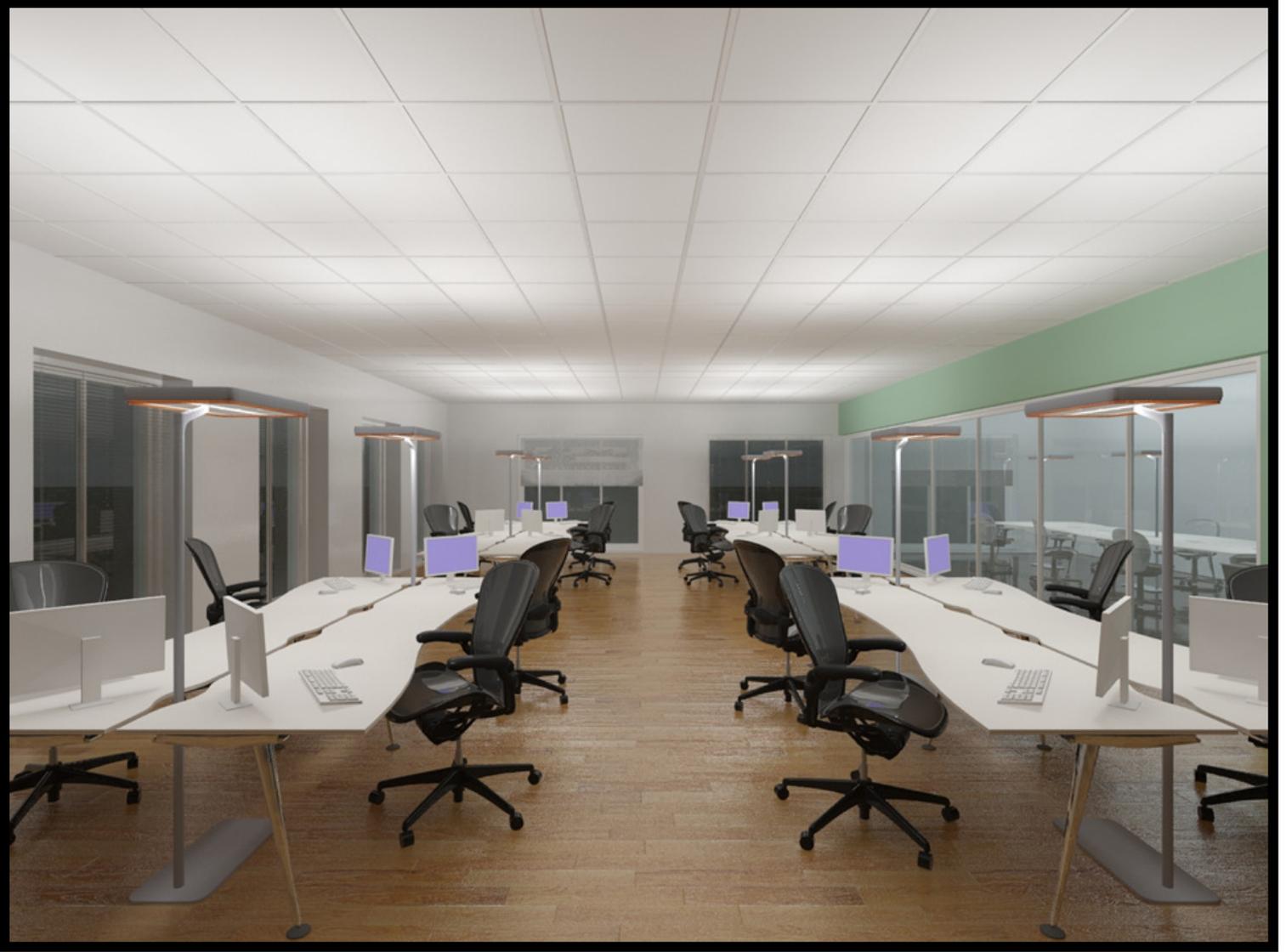
**Office with suspended bi-directional fixtures**



What we understand now more than ever is how our brains are hardwired to expect a bright sky or appearance of daylight penetration. Without it, you raise anxiety through the innate claustrophobic stresses all humans have when in enclosed spaces without natural daylight or view of clear opening to the outdoors.

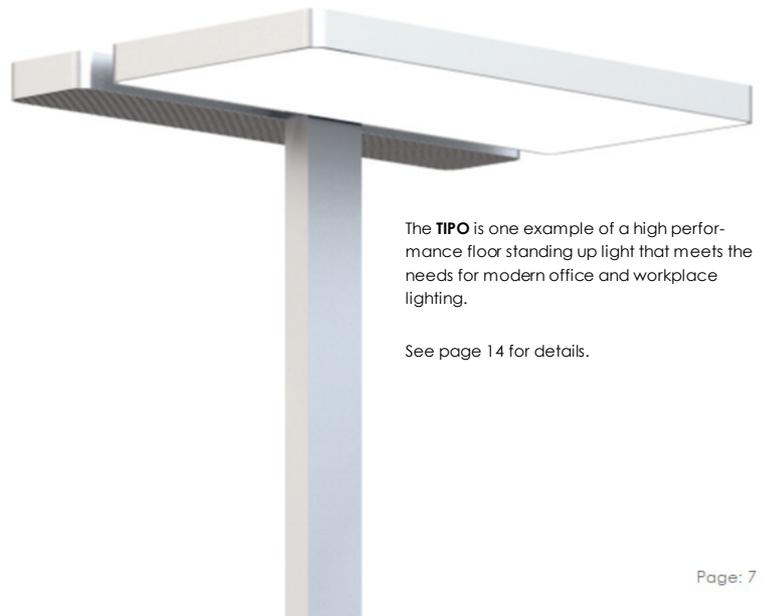
A simple way to help alleviate the negative issues described so far and help create more stimulating spaces is to go away from the standard office fit-out choice of recessed fixtures and instead use uprighting. Here you can see how the introduction of linear bi-directional suspended lights pick up the space.

## Office with floor standing uprights



An even simpler method could be to use dedicated free standing up-lights where the ceiling becomes a form of indirect light source. In the outdoor world, the sky is generally the brightest area of view and is where the majority of light comes from, using the simple method shown plays on this aspect of our nature and expectation.

What this also shows is that effective office lighting doesn't need to be complicated at all, in fact, this very simple method creates a highly stimulating and airy space which leaves a clean ceiling.



The **TIPO** is one example of a high performance floor standing up light that meets the needs for modern office and workplace lighting.

See page 14 for details.

# Circadian Lighting

Daytime



Evening





1. Daylight rules! A good office lighting scheme starts with daylight exposure for all staff. With the rich spectrum of light across the whole visible spectrum, occupants will have both visual and non-visual cues that set the biochemistry and physiology of people for full wake state and operation.

2. During the peak of daylight, the tuneable Bi-directional LED lighting system is timed to produce daylight quality light at 6500K colour temp with emphasis on uplighting for a bright ceiling that extends the feeling of daylight into the main area of the office

3. The meeting and break out spaces appear to be bathed in daylight from artificial daylight windows. The Projection of sun light and ambient sky light mix in to create the impression of being under real life windows.



1. As day turns to night, the automated controls change the lighting in the space to signal the brain it is time to wind down and prepare for a healthier sleep state.

2. As evening approaches, the tuneable Bi-directional LED lighting system will gradually change colour temp to a warmer colour, more specifically with reduction of the blue content so the daytime stimulation effect is reduced allowing the physiological and biochemistry state of occupants operate in natural cycles.

3. The lighting in the meeting and break out spaces have now slowly switched to a more warmer and cosy lighting scheme thanks to the switch over to directional spot lights using 2700K colour temp LED light sources

4. The addition of ground buried uplights, that only come on at night, play on the idea of fire. Thus further adding to the visual cue that it is night.

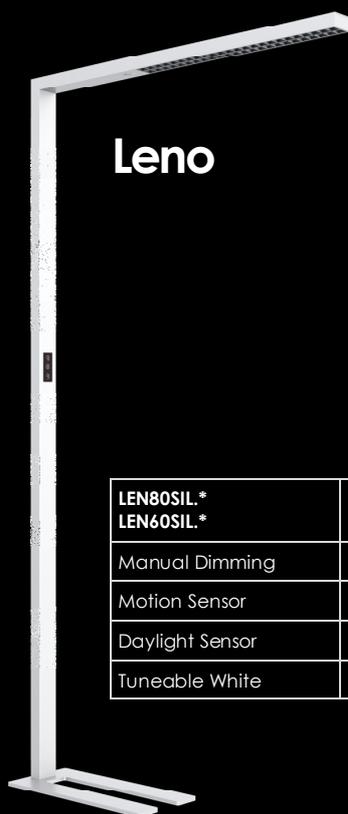
# Uplights

## Benefits of using uplights in your workplace

Floor standing up-lights offer a great way of achieving high quality lighting for work places, complete with flexibility in positioning, qty and controllability.

Some key benefits of floor standing up lights:

- Creates a bright and uniform space around the task areas.
- Creates a bright ceiling, reducing the effect of being in a cave during daytime.
- You can position lighting where required.
- Fewer numbers needed than traditional recessed panel products.
- Can be moved to new locations (office move or expanding).
- As and when there is a expansion, additional floor standing units may be purchased.
- Plug & play - No need for an electrician to physically fit the luminaire, all that's needed is a UK 3pin plug and socket.
- Improved energy efficiency due to less products overall and individually controlled.
- Ownership stays with you and not the landlord.
- Provides the best quality form of office lighting for all staff.



LEN80SIL.* LEN60SIL.*	T1	T2	T3	T4
Manual Dimming	Y	Y	Y	Y
Motion Sensor		Y	Y	Y
Daylight Sensor			Y	Y
Tuneable White				Y



TIP70SIL.*	T1	T2	T3	T4
Manual Dimming	Y	Y	Y	Y
Motion Sensor		Y	Y	Y
Daylight Sensor			Y	Y
Tuneable White				Y

# Example floor standing upright



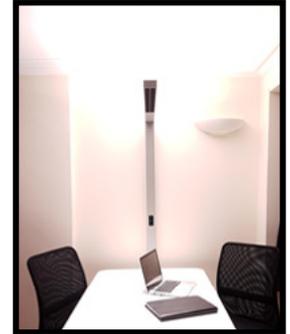
Very low glare downlight optics for task lighting (UGR<13).



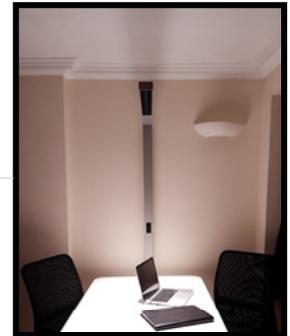
Built in compact presence and daylight sensors. Lights only come on when someone is present and/or if there isn't enough natural light available.



On board touch panel for Independent dimming and colour tuning, for both up and down light elements.



Independent Uplight Element for indirect lighting only with local dimming control.

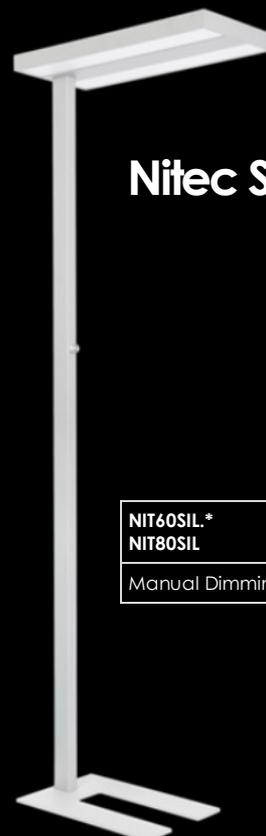


Independent Down Light Element for direct lighting of task area with dimming control.



## Maye S

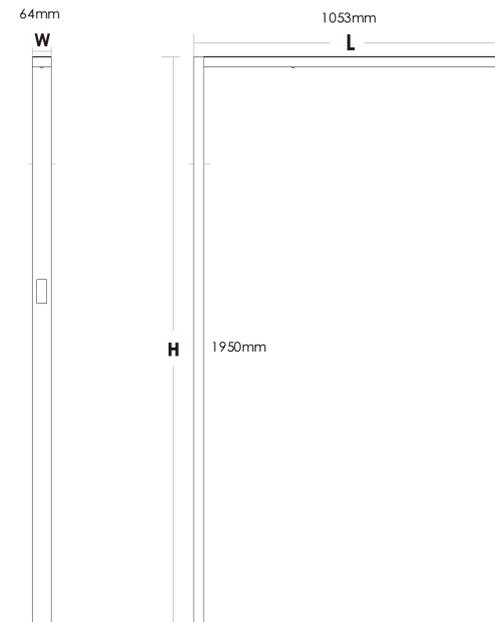
MAYESQ70SIL.*	T1	T2	T3
Manual Dimming	Y	Y	Y
Motion Sensor		Y	Y
Daylight Sensor			Y



## Nitec S

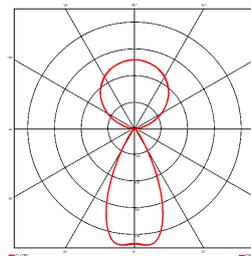
NIT60SIL.* NIT80SIL	T1
Manual Dimming	Y

- Compact and quality contemporary appearance.
- High lumen efficiency 130LM/W with a 2600lm direct and 7800lm indirect output, total 10400lm lumen output.
- Micro-reflector design, UGR<13.
- Offers independent control to the direct and indirect light beam
- Support for smart control function:
  - touch panel dimming
  - motion sensor (optional)
  - day light sensor (optional)
  - CCT dimmable (optional)
- 5 year warranty.



### SPECIFICATION

<b>Power</b>	80W / 60W
<b>Up/Down</b>	60 / 40
<b>Lumen output</b>	10400lm / 7800lm
<b>Efficiency</b>	130lm/w
<b>CRI</b>	80
<b>UGR</b>	<6
<b>Beam Angle</b>	Down: 38° Up: 50°
<b>CCT</b>	3000/4000/ Tuneable 2700-6000K
<b>Size</b>	1053X64X1950mm
<b>Finish Options</b>	white/ silver
<b>Certification</b>	CE ROHS
<b>Guarantee</b>	5 years



### ORDERING

LEN80SIL.* LEN60SIL.*	T1	T2	T3	T4
Manual Dimming	Y	Y	Y	Y
Motion Sensor		Y	Y	Y
Daylight Sensor			Y	Y
Tuneable White				Y



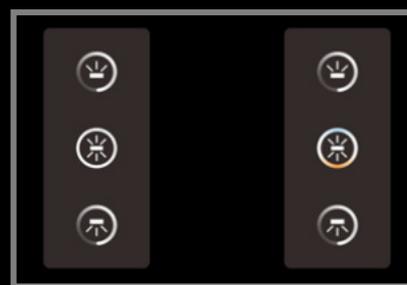
Independent control of the direct and indirect light element with dimming.



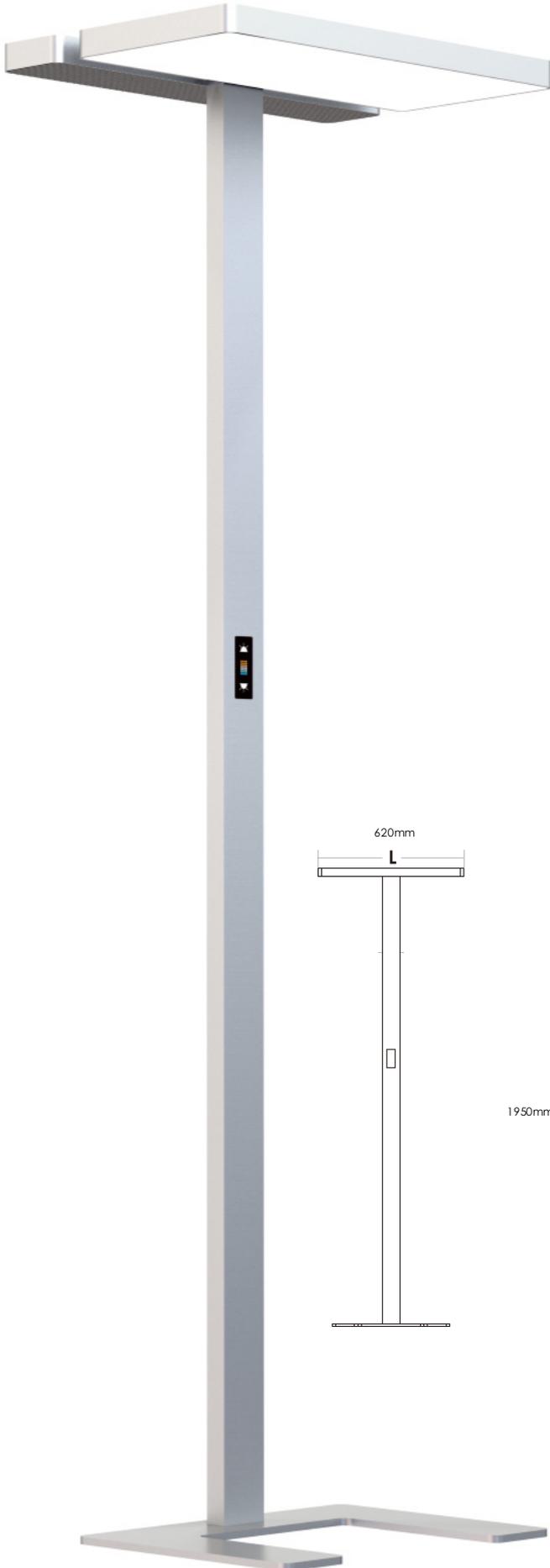
Very low Glare downlight optics for task lighting (UGR<13)



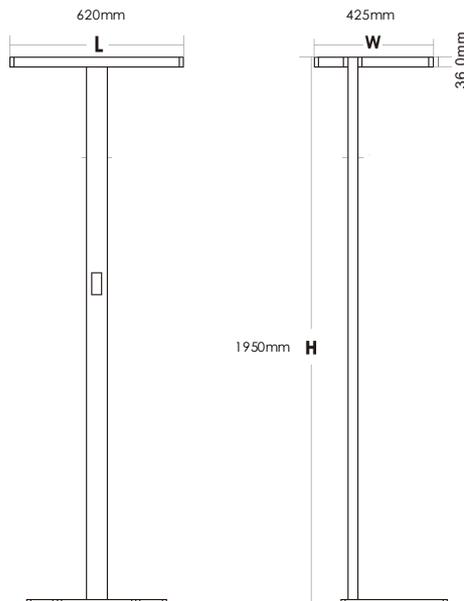
Built in compact presence and daylight sensors



Independent dimming and colour tuning for up and down light elements



- TIPO is a high performance upright designed to provide high quality output in a compact and stylish form.
- High lumen efficiency reaches 120LM/W, 4200lm direct and 7800lm indirect light; total 12000lm lumen output.
- UGR<17 , low glare prismatic diffuser creates a pleasant diffused light.
- Offer independent control to the direct and indirect light beam
- Support for smart control function:
  - touch panel dimming
  - motion sensor (optional)
  - day light sensor (optional)
  - CCT dimmable (optional)
- 5 year warranty.



### SPECIFICATION

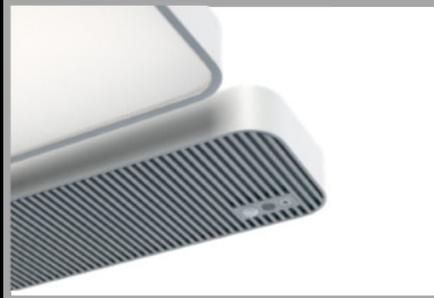
<b>Power</b>	100W (Total) 65WUp + 35W Down
<b>Up/Down</b>	65 / 35
<b>Lumen output</b>	12000lm (Total) 4200lm Down /7800lm Up
<b>Efficiency</b>	120lm/w
<b>CRI</b>	80
<b>UGR</b>	<17
<b>CCT</b>	3000 / 4000/ Tuneable 2700-6000K
<b>Size</b>	620mm X 425mm X 1950mm
<b>Finish Options</b>	White/ Silver
<b>Certification</b>	CE ROHS
<b>Guarantee</b>	5 years

### ORDERING

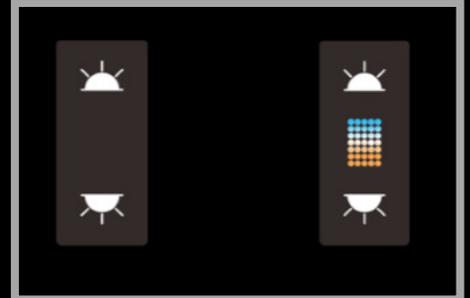
TIP100SIL*	T1	T2	T3	T4
Manual Dimming	Y	Y	Y	Y
Motion Sensor		Y	Y	Y
Daylight Sensor			Y	Y
Tuneable White				Y



Very low glare downlight element with prismatic diffuser for task lighting (UGR<17).



Built in compact presence and daylight sensors.

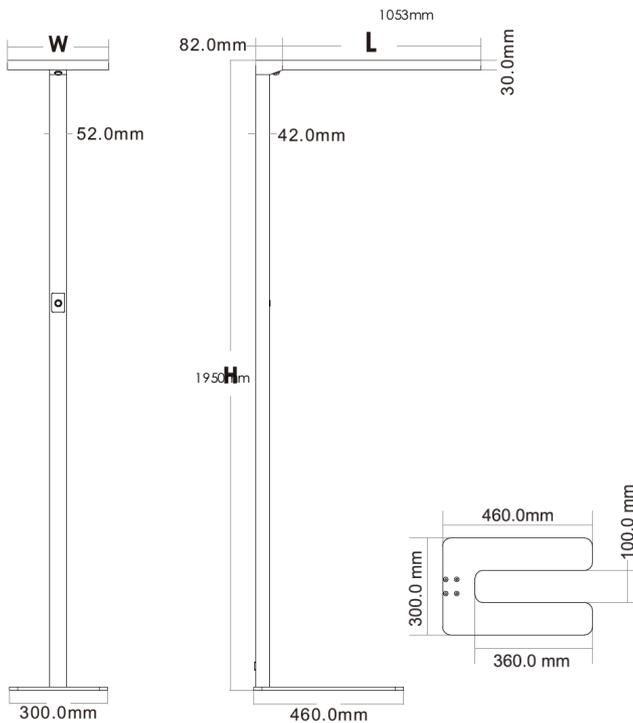
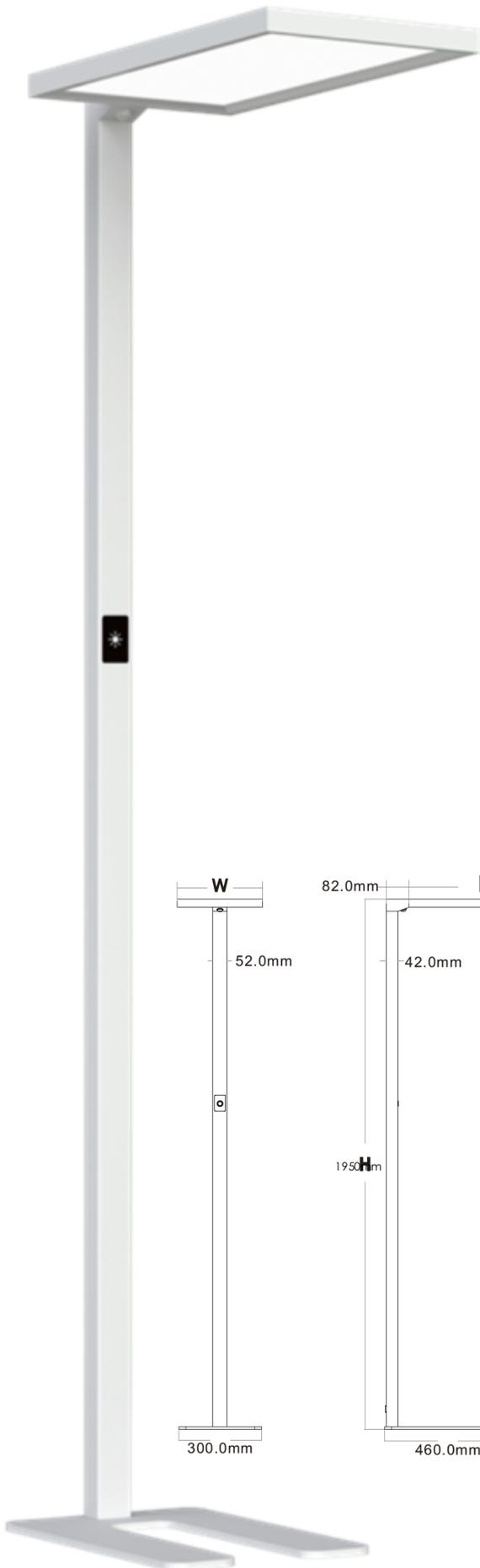


Independent dimming and colour tuning for up and down light elements.

CCT 6500K

CCT 4200

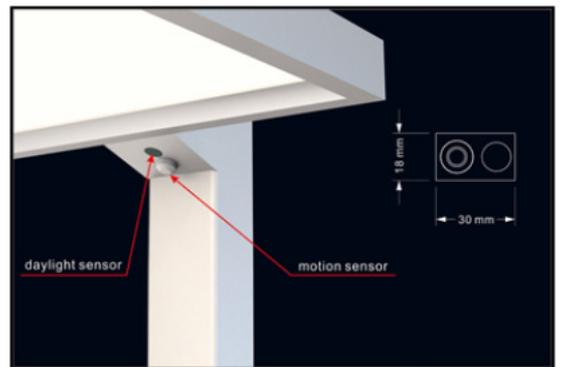
CCT 2700K



- Simple compact appearance.
- High lumen efficiency 100LM/W.
- Micro-reflector design, UGR<19.
- Includes:
  - touch panel dimming
  - motion sensor (optional)
  - day light sensor (optional)
- 3 year warranty.

### SPECIFICATION

<b>Power</b>	60w / 80W
<b>Up/Down</b>	50/50
<b>Lumen output</b>	6000lm / 8000lm
<b>Efficiency</b>	100lm/w
<b>CRI</b>	80
<b>UGR</b>	<19
<b>CCT</b>	3000 / 4000
<b>Size</b>	1053mm X 300mm X 1950mm
<b>Finish Options</b>	white/ silver
<b>Certification</b>	CE ROHS
<b>Guarantee</b>	3 years



### ORDERING

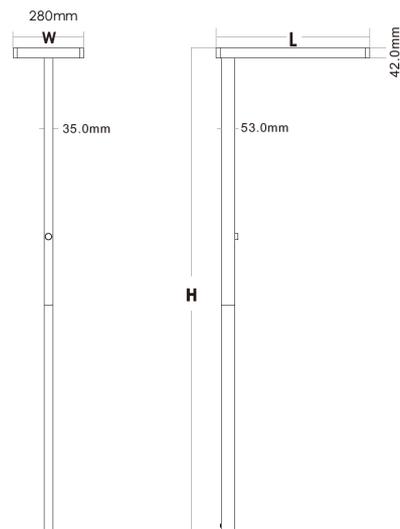
MAYESQ60SIL.* MAYESQ80SIL.*	T1	T2	T3
Manual Dimming	Y	Y	Y
Motion Sensor		Y	Y
Daylight Sensor			Y



- High lumen efficiency 100LM/W.
- Micro-reflector design, UGR<19.
- Manual onboard dimmer.
- Easy assembly.
- 3 year warranty.

#### SPECIFICATION

Power	60w / 80W
Up/Down	50/50
Lumen output	6000lm / 8000lm
Efficiency	100lm/w
CRI	80
UGR	<19
CCT	3000 / 4000
Size	610mm X 280mm X 1950mm
Finish Options	white/ silver
Certification	CE ROHS
Guarantee	3 years



#### ORDERING

NIT60SIL*	T1
NIT80SIL*	
Manual Dimming	Y



# About us

**ONLITEUK** is a collective of lighting talent with a passion for innovative and creative lighting products that enhance spaces.

## **Our Mission & Philosophy**

Our mission is to improve work and living spaces through innovative and human-centric based lighting products. We want to be at the forefront in providing solutions that meet and exceed today's standards in lighting for wellbeing, working closely with designers and engineers with personalized service.

## **Our Vision**

We see the need for the world of lighting to grow up and become more in tune with what is right for the human being and nature. From being able to provide lighting solutions that work in harmony with our circadian rhythms, to lighting that can be controlled and implemented to reduce unnecessary light pollution, be it indoor or outdoor. **ONLITEUK** want to be recognized as the go to company that brings about positive experience to our lit environments.

## **Supporting project from start to finish**

Our business is built around supporting designers, architects and end clients at the early stage of project design. We also work closely with electrical engineers and contractors, ensuring our products meet the technical and regulatory requirements, whilst also meeting the budget in place.

From design support using latest BIM and physical accurate visualization tools, to providing CPD seminars on latest in lighting for wellbeing, **ONLITEUK** want to be the go to company for creative and innovative project builds.

[www.onliteuk.com](http://www.onliteuk.com)

**Lighting** solutions to  
improve **Wellbeing**  
and **Productivity** in the  
workspace

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