

# BENEFITS OF DAYLIGHT AND OUTDOOR VIEWS



in healthcare buildings



FOR PATIENTS

FOR STAFF

**MOOD** **SLEEP** **STRESS REDUCTION** **MEMORY** **ALERTNESS**

Reduced medication requirements

Increased performance

16-41% reduction in hospital stays with more natural light

## WHY DAYLIGHT?

Daylight is dynamic and has the richest light spectrum, which impacts our metabolism

**1** Activation of cells in the eye responsible for "non-visual effects"

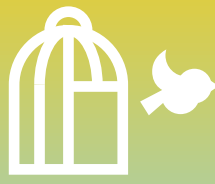
**2** Internal clock synchronisation

**3** Impacts on biological functions

## WHY OUTDOOR VIEWS?



Relax the eyes



Satisfy our need for escape



Stay connected to the world

