

# THE WELLNESS COLLECTION





## ALW + BIOS®

ALW has partnered with BIOS®, giving you access to a full suite of circadian lighting solutions, designed around human biology. ALW's BIOS Illuminated® products integrate the robust and versatile options available within ALW's product portfolio with BIOS' revolutionary SkyBlue® technology, without the need for harsh CCTs or extreme light levels.

# **BENEFITS**



Regulate healthy sleeping patterns



Improved sleep quality



Increased productivity



Promote physical, mental, and emotional well-being



Enhanced short- and long-term health

# **BIOS SKYBLUE® TECHNOLOGY**

### **Background**

- Circadian rhythm plays a vital role in our health and well-being, influencing key factors of our health and overall cognitive abilities. It's directly affected by our melatonin levels.
- Melanopsin is a photopigment in our eyes that is responsive to the "sky blue" range of light as shown by the melanopsin sensitivity curve in the graph. Melanopsin works to suppress melatonin production when our eyes are exposed to light in this range, which increases alertness, awareness, & cognition.

# 0.8 Peak Melanopsin Sensitivity 0.4 0.2 Melanopsin Sensitivity Curve Peak Melanopsin Sensitivity Melanopsin Sensitivity Curve Melanopsin Sensitivity Curve

### **BIOS SkyBlue Lighting Solutions**

As shown, BIOS SkyBlue® technology features a distinct peak in the "sky blue" region at 490nm, surpassing traditional (and tunable) white LEDs in terms of melanopic content - regardless of CCT.

- ▶ Traditional LEDs have a significant drop in this "sky blue" range, rendering it ineffective for any meaningful circadian response.
- ▶ BIOS SkyBlue® makes it possible to achieve high EML and M/P ratios without harsh CCTs or glare-inducing light levels.

# **KEY APPLICATIONS**



Improve output from staff - and outcomes for patients



**WORKPLACES** 

Create a healthier, more productive workforce



**SENIOR LIVING** 

Reduce depression, agitation, sundowners syndrome, and nighttime wandering



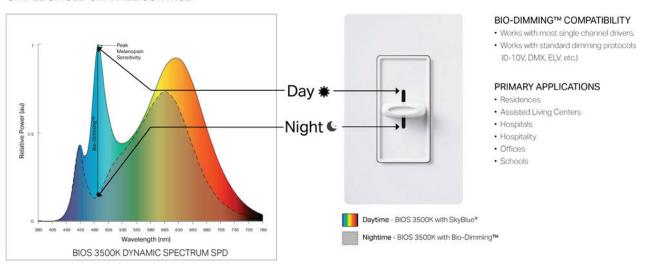
**EDUCATION** 

Bring energy and focus back to the classroom

### STATIC & DYNAMIC WITH BIO-DIMMING™

BIOS Illuminated® ALW luminaires are available with both **Static** and **Dynamic** light engines. **Static** light engines feature a constant SkyBlue® signal, whereas **Dynamic** enables the ability to fine-tune the signal, and remove it later in the day (as described below).

### SIMPLE SINGLE-CHANNEL CONTROL



**Bio-Dimming™** is a proprietary module that pairs with BIOS SkyBlue® Dynamic light engines, adding the ability to fine-tune the melanopic lux (i.e. the 'sky blue' signal), while keeping the photopic lux (the visual signal/brightness) at a constant. The Bio-Dimming controller is compatible with most single-channel drivers and standard dimming protocols (e.g. 0-10V, DMX, ELV, etc.).

## THE BIOS® DIFFERENCE

Spectrum	BIOS SkyBlue <sup>®</sup>	Traditional LED	Competitor #1	Competitor #2
M/P > 0.9 @ 4000K	(0.92 @ 4000K)	<b>X</b> (0.57 @ 4000K)	<b>X</b> (0.75 @ 4000K)	<b>X</b> (0.92 @ 5000K)
Limitless design options	•	•	•	×
Multiple CCT options	•	•	•	×
Medical Evaluation Compliant	•	×	•	×
R9 > 90	•	×	•	×
Peak blue emission at 490nm	•	×	×	×
Ideal Applications	Offices, Education, Healthcare, Shiftwork Places that promote health and wellness	Places where energy efficiency is the only consideration	Museums & Retail	Places where people prefer 5000K

# WELL BUILDING STANDARD™

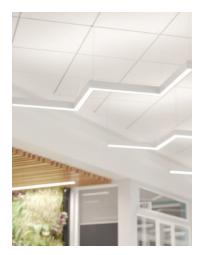


ALW products embedded with BIOS SkyBlue® technology contribute to satisfying Circadian Lighting Design Feature 54 under the WELL Building Standard™ v1 and Feature LO3 under the Well Building Standard™ v2. BIOS SkyBlue® also meets other features within the WELL™ Light Concept, including coloring quality offering 83+ CRI and R9 values greater than 80, visual comfort metrics, and higher M/P ratios than traditional LED lighting.

ALW has a full range of solutions that contribute to satisfying the lighting and acoustic standards set forth in the WELL™ v1 and v2 Standards. See alwusa.com/WELL for more details.

# FEATURED ALW + BIOS® PRODUCTS

### **SUPERPLANE 2.5**



**SuperPlane 2.5** is the 2.5"-aperture version of ALW's flagship SuperPlane family of high-performance linear direct/indirect lumininaires. SuperPlane features seamless illumination up to 250 linear feet. along with an optional 120° indirect batwing lens (*for suspended models*), providing a wider ceiling distribution.

**LENGTH** — 2ft. to 250ft. (customizable - with seamless/continuous ControlRoll Optics)

MOUNTING - Suspended, Wall, Surface (Back), or Recessed (incl. Trim/Trimless, Drywall, T-Grid & Armstrong)

**LED LAMPING** — Direct and/or Indirect — 3000K/3500K/4000K

Output Options: BIOS Static or Dynamic (300 — 1,450 lm/ft). Custom lumen outputs available

INTEGRATED DRIVER - 0-10V to 5/1/0%; DALI & DMX to 0%; Lutron EcoSystem LDE5 (5%), LDE1 (1%)

**ACOUSTICS** — Available with 10 acoustic color options and a material NRC of 0.85

**WELL™** – SP2.5 contributes to satisfying WELL Building Standard™ V1 Features: 54, 55, 58, 60, 78, and 80, as well as V2 Features: L03, L04, L07, and S04.

### **SUPERPLANE 4**

**SuperPlane 4** is the wider, 4"-aperture version of ALW's flagship SuperPlane family of high-performance linear direct/indirect lumininaires. SP4 features all of the same options and performance as the SP2.5, as well as optional downlights (with outputs between 800 - 1500lm, and beam angles of 25° or 40°).

**LENGTH** — 2ft. to 250ft. (customizable - with seamless/continuous ControlRoll Optics)

MOUNTING — Suspended, Wall, Surface (Back), or Recessed (incl. Trim/Trimless, Drywall, T-Grid & Armstrong)

**LED LAMPING** — Direct and/or Indirect — 3000K/3500K/4000K - Optional downlights available (*non-BIOS*) Output Options: BIOS Static or Dynamic (300-1,450 Im/ft). Custom lumen outputs available

INTEGRATED DRIVER - 0-10V to 5/1/0%; DALI & DMX to 0%; Lutron EcoSystem LDE5 (5%), LDE1 (1%)

**ACOUSTICS** — Available with 10 acoustic color options and a material NRC of 0.85

**WELL™** — SP4 contributes to satisfying WELL Building Standard™ V1 Features: 54, 55, 58, 60, 78, and 80, as well as V2 Features: L03, L04, L07, and S04.



### CORE



**CORE** is ALW's flagship cylinder product line, featuring a trio of models (CX/LX/SX) and a pair of available sizes (300/400) available with BIOS. CORE CX is available with shell cutout options for added design flexibility. Standard cutout options include round, square (as shown), and dual — or submit your own custom design.

SIZE — Diameter: 4.5" (300) or 6" (400) — Height (SX): 5.5" or 6.1" — Height (CX/LX): 12.2" or 16.4"

**MOUNTING** — Suspended (Pendant), Sconce, Surface Mount, Yoke, or Catenary

**LED LAMPING** — Direct — 3000K/3500K/4000K — Output: BIOS Dynamic (700 - 2,000 lm) Field-Replaceable Reflector Options: Baffle,  $20^\circ$  /  $40^\circ$  /  $60^\circ$  (300) -or-  $11^\circ$  /  $25^\circ$  /  $41^\circ$  /  $51^\circ$  (400)

DRIVER - 0-10V or Phase Dimming to 10% - Integrated or Deep Canopy - Other driver options (including Lutron and eldoLED) are available with Deep Canopy only.

**WELL™** — CORE contributes to satisfying WELL Building Standard™ V1 Features: 54, 55, and 58, as well as V2 Features: LO3, LO4, and LO7.

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