

DAYLIGHT EXPOSURE IMPORTANT IN THE WORKPLACE



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The Benefits of Daylight in the Workplace.

We all have experienced trouble falling or staying asleep at some point in our lives. But did you know that the amount of daylight you are exposed to during the day could have an impact on your sleep at night?

According to a study published in the [Journal of Clinical Sleep Medicine](#), architectural design of office environments should place more emphasis on sufficient daylight exposure for workers to support their productivity, health, and well-being.

Let the Light Shine Through.

Daylighting has become a popular term in recent years, and it refers to the act of letting outside light in through windows and skylights that are strategically placed throughout a space. Google [Daylighting](#) to find out more about this growing concept in office design and how it can improve office productivity and comfort.

Installing window film in commercial buildings allows natural light in while reducing heat and harmful UV rays. Window film reduces glare that causes eye fatigue and lowers productivity. Drawing curtains or closing blinds can be a claustrophobic approach to glare reduction, while window film maintains the daylighting effect.



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