



CIRCADIAN *Rhythm*

Circadian rhythm is our biological clock — a vital, 24-hour mechanism our bodies use for expending and renewing energy. It influences our sleep, energy, moods and more. One of the most important and well-known circadian rhythms is the sleep-wake cycle.



Life Needs Light

Everyone has a circadian rhythm, and it's heavily influenced by light. Without it working properly, our entire biological equilibrium snowballs into chaos. Any exposure to light swings our circadian rhythm toward being active. So, pay attention to your body after the sun sets, limit exposure to artificial light at night and embrace daylight.

Reset Your Rhythm

If you're more tired than usual, in a bad mood or living in a haze, it's possible your rhythm needs a reset.

- Get more natural light
- Exercise regularly
- Avoid caffeine after noon
- Limit light before bedtime
- Follow a consistent sleep schedule

- <https://www.sleepfoundation.org/circadian-rhythm>



Illuminating Your Health

Light most like the sun has the best impact. Fortunately, several unique features define quality lighting, and it's easier to understand than expected.

- **CRI** — similarity to natural light; max. 100, JascoPro 92+, typical 80
- **R9** — produces accurate colors; JascoPro 56-87, standard home LED 50
- **RGBWW** — versatile color-changing and true white light; JascoPro 2000K-6500K
- **CCT** — color temperature; warm to cool white
- **490nm** — light spectrum measurement; regulates circadian rhythm

90%

say high-quality lighting is vital to relaxing and disconnecting from the world.

- Harris Poll

75%

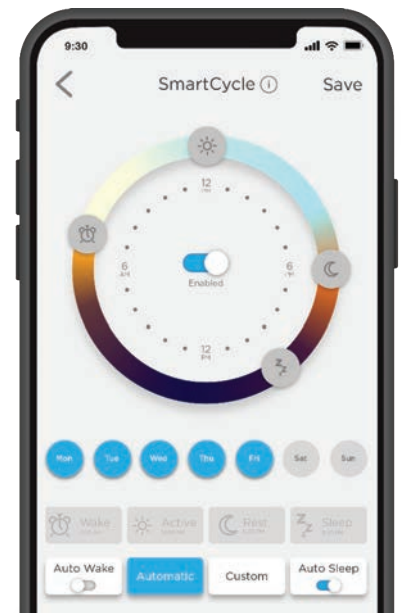
of U.S. homeowners say controlling light in their homes is important to their sleep routine.

- Harris Poll

Discover the Difference

Take advantage of SmartCycle indoor lighting to mimic the sun. Personalize daily programs that automatically adjust brightness and color temperature of tunable products in your home.

- Reduce eyestrain and headaches
- Functional white light for greater productivity
- Energizes for peak daytime performance
- Minimal blue light promotes rest before bed
- Better sleep through natural melatonin production





Light directly impacts sleep, energy, mood and more. When you enhance your lighting, you improve your life. JascoPro Wi-Fi smart bulbs mimic natural light through customization with scenes and automations perfect for any task.

Perfect Pair

JascoPro smart switches work seamlessly with JascoPro Wi-Fi bulbs to create a whole-home circadian lighting solution. Smart bulb mode maintains continuous communication between switches and bulbs. This allows you to experience the full functions of the smart bulbs and convenience of the switches without interruption.





Set the Scene

When working in your home office or reading before bed, lighting needs vary immensely. Without the correct ambience for the time or task, your body clock is thrown off and performance suffers. Scenes quickly recall personalized settings of multiple lights without you running from switch to switch. Perfect brightness and color temperature instantly appear before your eyes with simple tap commands.



In Case of Emergency

When you need help, every moment matters. Patent-pending Emergency Flash activates a distinct blinking pattern to indicate your location for first responders and neighbors. For added peace of mind, push notifications alert loved ones and caretakers when the function is triggered.



- Helps reduce delayed response time during emergency situations
- Perfect for new developments, multifamily complexes and other hard-to-find locations
- Shared control allows caretakers to trigger Emergency Flash from anywhere
- Free feature in the JascoPro Series app





We are here for all your needs!

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SmartCycle technology



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