

CIRCADIAN *Lighting*

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. Thankfully, JascoPro lighting makes going the extra mile for your health feel like baby steps.



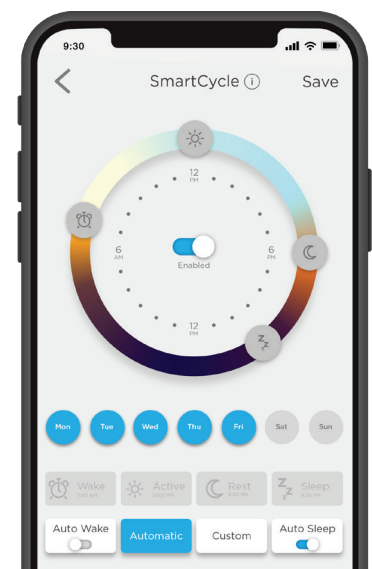
Look for the Light

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.

Discover the Difference

If you're more tired than usual, in a bad mood or living in a haze, reset your rhythm by taking advantage of SmartCycle indoor lighting to mimic the sun.

- 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



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



81886

A19 Wi-Fi RGBWW
Smart Bulbs



81889

BR30 Wi-Fi RGBWW
Smart Bulbs



82966

Wi-Fi RGBWW Smart
Candelabra Bulbs



81892

Wi-Fi RGBWW Smart
6in. Downlights



81901

Wi-Fi RGBWW Smart
Surface Light



82967

Wi-Fi CCT Smart
Edison Bulbs



Your home is equipped with JascoPro smart controls that help you establish the perfect light levels to meet your needs. By using the SmartCycle program in the JascoPro app, personalize daily programs that automatically adjust brightness and color temperature of tunable products in your home.



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