

Beat the Afternoon Blahs

Jerry V. Teplitz, J.D., Ph.D.

© 2003 Jerry V. Teplitz

You and your staff are tired at the end of the day. Is it the workload, or is there another reason? The other reason could be the lights over your head.

The right light can increase productivity in the workplace. Companies that use a “natural spectrum” fluorescent light have reported reductions in absenteeism, accidents, error rates and fatigue levels. Productivity has even gone up!

In the early 1960s, Dr. John Ott discovered that the color of the light to which an indoor plant is exposed to affected the plant’s growth and development. If indoor lighting could do this to plants, Ott wondered, what was it doing to animals and humans? His initial research on the impact of lights on humans has led to the development of the science of photobiology.

In 1980, Dr. Alfred Lewy published a study at the National Institute of Mental Health that showed how different types of light act on human biorhythms. The study found that conventional indoor lighting, which lacks the full natural spectrum, “is interpreted by the brain’s pineal gland as darkness.” This is why many people feel depleted after the end of a day at work. It’s as if you were staying up all night working.

In “Light - Medicine of the Future,” Jacob Liberman, O.D., Ph.D., writes that natural spectrum lighting in the workplace “creates significantly lower stress on the nervous system than standard cool white fluorescent lighting and reduces the number of absences due to illness.”

Here’s what some users have said:

Judy Carberry, Legal Administrator at Bourne, Noll & Kenyon, said, “I used to tell people that I was a ‘morning person’ because by 3:00 p.m. I would want to take a nap. Well, that has certainly changed with the lighting. I no longer feel tired in the middle of the day and feel that the day goes by more quickly.”

Claudio Rico of the Monterey Peninsula Board of Realtors reports that “the entire staff has reported increased energy, fewer headaches, less problems with moodiness and a generally heightened sense of well-being. Naturally, this has translated into less absenteeism.”

Can these kinds of results happen in your office? There is an easy way to find out. Just relamp a couple of enclosed offices and see how the people feel. Just make sure you ask for “natural spectrum” tubes, as you want one that simulates sunlight in the visible and invisible wave lengths.

About The Author: Dr. Teplitz is an author, attorney and has a Ph.D. in Wholistic Health Sciences. He is author of *Managing Your Stress*, *Switched-On Living* and *Brain Gym for Business*. He speaks and consults on management, leadership, sales and personal development issues. Contact him at 800 77-RELAX (777-3529), Email Info@Teplitz.com or go to www.Teplitz.com.