



ROOMS W/ NATURAL LIGHT HAVE 1/2 LESS VIABLE BACTERIA

According to research there's a new, legit health reason why you'd want lots of natural light.

Find out more: [Grandma Was Right: Sunshine Helps Kill Germs Indoors](#)

At the 2018 International Green Building Conference, experts spoke about the changing face of the workplace and how human health and wellness are driving innovation in construction and building management. This article includes: "Greening the Office with Biophilic Features." **Find out more:** [5 Ways Green Buildings are Good for Your Health](#)



PATIENTS WITH ACCESS TO SUNLIGHT REQUIRE 20% LESS PAIN MEDICATION

A 2004 University of Pittsburgh study showed that patients with access to sunlight required 20% less pain medication, leading to lower medical costs.

Find out more: [Healthy and Green with LEED for Healthcare](#)

Daylight delivers significant benefits, both physical and mental:

- Boost the immune system: Vitamin D is essential to the immune system, and can provide a boost so that you can fight off disease more effectively.
- Lower resting heart rate: Studies suggest that sunlight can help lower your pulse rate, improving cardiovascular health.
- Reduce stress: You can bring down your stress level with the help of proper exposure to sunlight. Taking some time to enjoy the sun can help you sleep better as you decrease your stress level.

For more benefits: [Feeling Sunny? 25 Health Benefits of Sensible Sun Exposure](#)



NATURAL LIGHT HAS RESTORATIVE MEDICAL EFFECTS

A new Cornell research report suggests that exposure to natural light may be the best medicine. Maximizing access to natural daylight and providing quality lighting design in nursing areas can improve safety and enable staff to manage sleepiness, work in a better mood and stay alert, according to Zadeh.

Find out more: [Daylight is Best Medicine for Nurses](#)