

INTEGRATED WORKSTATION AMBIENT LIGHTING



Long hours staring at computer monitors can cause eye strain, which leads to headaches and possible reduction in visual acuity. Variations in illumination between each monitor and the surrounding visual field is the leading factor.

SOLUTION

Dimmable LED backlighting integrated into our ComfortView™ monitor mounts. Provides balanced illumination between the monitor array and the surrounding peripheral visual field.

BLUE LIGHT BENEFITS

- Facilitates color recognizing and contrast sensitivity
- Essential for vision since it adjusts the size of the pupil to allow light in at about 480 nm
- Helps the body distinguish day from night
- Aids in the regulation of our sleep/wake cycle
- Helps maintain and regulate memory, mood and hormonal balance

SPECIFICATIONS

> TYPE

- LED
- Available in blue or white

> CONTROLS

- On/off/dimming push button control
- Dimmable from 100% to 10%

> MAX. OUTPUT

- 840 Lumens (White)
- 190 Lumens (Blue)

> INPUT VOLTAGE

- 24V DC

> COLOR, TEMPERATURE, AND WAVELENGTH

WHITE LED

- White/ 5000k color temperature

BLUE LED

- Blue/Turquoise - Wavelength 465nm

RESEARCH

The Lowdown on Blue Light: Good vs. Bad, and Its Connection to AMD*

Mark Dunbar, OD, and Ronald Melton, OD
Released: February 2014

The labeled blue-turquoise light range, which is from 465 nm to 495 nm, is essential to our vision, the function of our pupillary reflex, and in general to human health. It also helps to regulate our Circadian sleep/wake cycle.¹¹ So blue light in general can have healthy effects on vision as well as the body, and it is this blue-turquoise light that tends to have these beneficial effects. Inadequate light exposure means inadequate blue-turquoise light, which can throw off our Circadian biological clock and our sleep/wake cycle. So, this blue-turquoise light really plays a vital role in the general health of the individual.

A Best Practice for Radiologist Reading Room Design

Andrew Kellen

Bellevue University

The 465 nm to 495 nm spectrum, known as blue-turquoise light is an essential part of human vision. Smick and Chous (2015) have noted blue-turquoise light helps regulate the body's circadian rhythm, which allows for the proper functioning of the sleep/wake cycle, memory, and mood. Additionally, they noted that blue-turquoise light has a positive impact on visual acuity and color perception.

When viewing images in a dark environment, significant variations in picture brightness are the leading cause of eye fatigue. As eye fatigue is a common complaint for radiologists, bias lighting is a possible option for reducing these symptoms.

ANTEC Bias Lighting

* <https://www.revieweducationgroup.com/ce/the-lowdown-on-blue-light-good-vs-bad-and-its-connection-to-amd-109744>



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