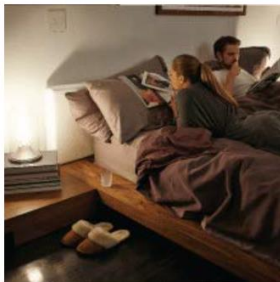


人体に健康な照明＜電球＞ 仕様書



Get A Better Nights Rest With The Good Night Light By Lighting Science



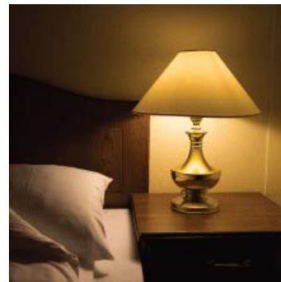
Provides Plenty of Light

The GoodNight Light provides plenty of light to perform all tasks. The soft warm white light provides a soothing glow to get your body ready for rest.



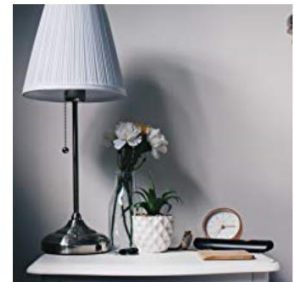
Spectrum Matters

Blue light has been proven to stop the production of melatonin, the sleepy hormone. Your eyes have special receptors that sense the blue light, shutting down the production of melatonin. The Good Night light eliminates up 95% of the blue light spectrum, helping you fall asleep faster and stay asleep longer.



How to Use?

Simply put the GoodNight Lights in the rooms that you spend the last 90 minutes of your day. Go about your evening routine as you normally would and when ready for bed, shut the lights off. Your body will begin getting ready for sleep before you shut the lights off - making it easy to fall asleep.



Convenient Form Factor

Our GoodNight bulbs have an E26 base, making them a perfect replacement for a bedside table lamp. Have a good night without changing your style.

原理:

- Converts radiant energy into electrical signals for the brain
- Two classic types of visual photoreceptors: rods and cones
- Newly discovered photoreceptor: melanopsin-expressing, ganglion cells (ipRGCs) **max sensitivity 480 nm**

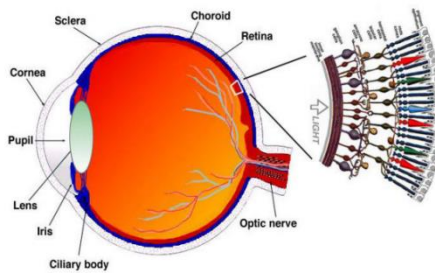
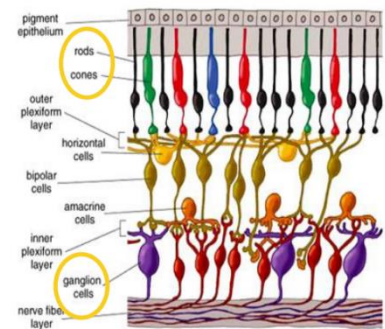


Fig. 1.1. A drawing of a section through the human eye with a schematic enlargement of the retina.

- Kolb et al., Webvision, 2013



SUN + DAY LIGHT

- Full spectrum source
- Circadian blue (460-490) daytime trigger for human biology

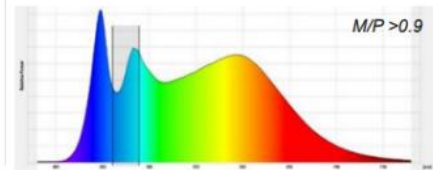
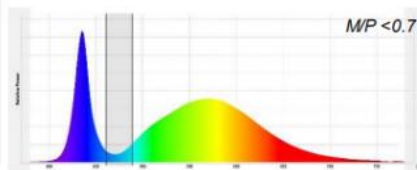
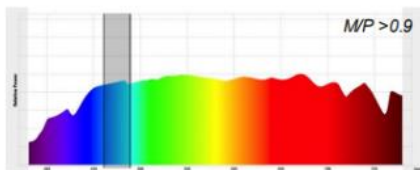
STANDARD LIGHTING

- Optimized only for vision, not optimized for energy relevant for biological impact
- Leads to insufficient light exposure during the day, and too much at night

HEALTHTM

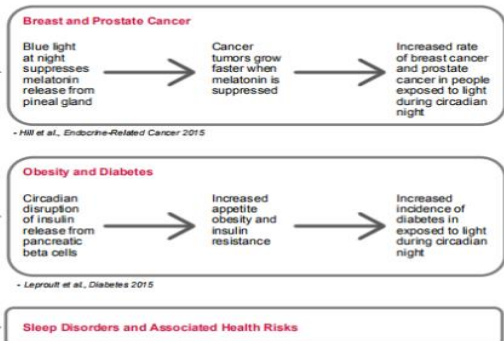
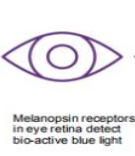
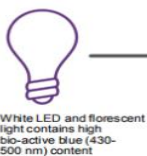
- Customized spectrum maximizes energy exactly where it is relevant to:
 - Assist to regulate your circadian rhythm naturally
 - Helps improve sleep, productivity, mood and wellbeing
- Use specialty metrics to evaluate for biological impact benefits

Daytime Lighting Samples



TOO MUCH LIGHTING AT NIGHT:

- Disruption of circadian rhythm
- Suppression of melatonin
- Increased health risk
 - Sleep disorders
 - Obesity
 - Cancer
 - Compromised immune system



説明：人間の視膜網の中に2つの細胞があります。一つの細胞は色を感知していますが、もう一つの細胞は光を感知しています。ハーバード医学部の研究により、実際人間の視膜網にもう一つの細胞があります。その細胞は人間のメラトニンをコントロールしています。この研究結果の上で、人間の体のリズムを合わせて、相応のスペクトルを研究し開発します。この技術を照明に運用されております。この製品は夜の時、人間体のメラトニンを多くして、人が眠りしやすくなります。

特長

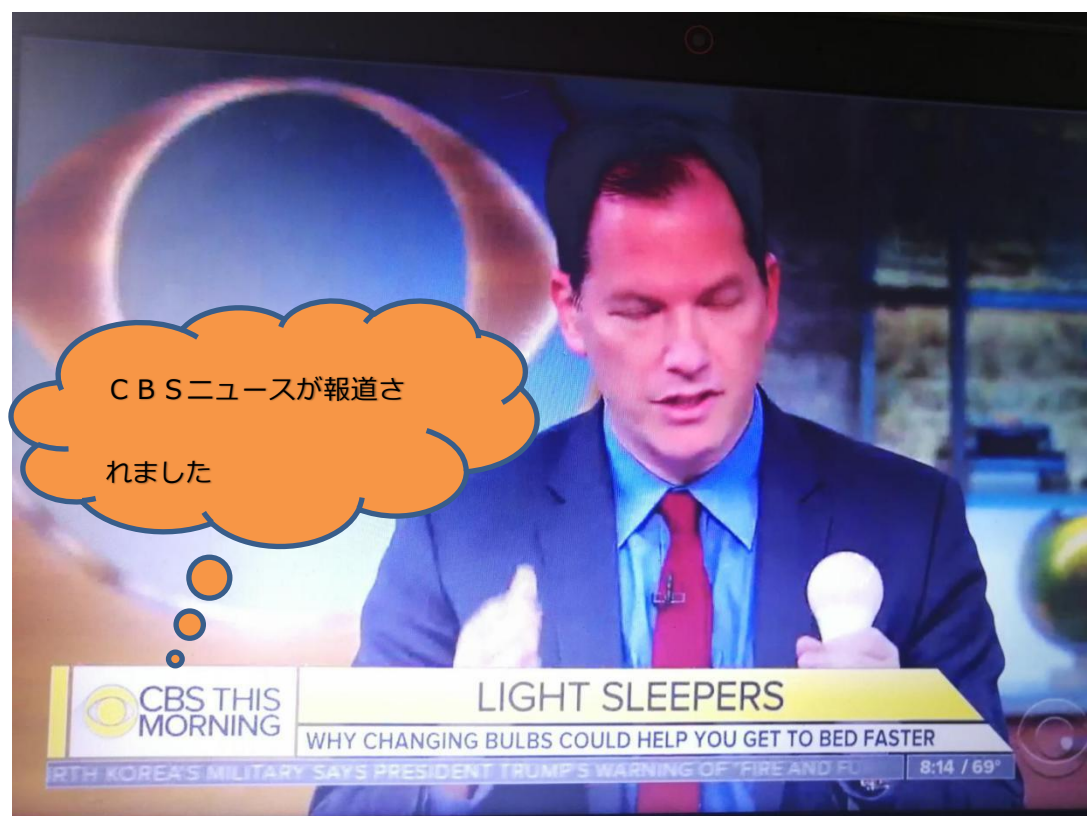
- 1、体のメラトニンを多くして、人が寝やすくなる。睡眠薬より、体に健康する
- 2、調光が対応可能です
- 3、長期保証：3年保証
- 4、アメリカの宇宙ステーションにも導入され、信頼性が高い
- 5、製品が国際特許を持っていて、安心して販売ができる

規格詳細

名称	人体に健康な照明 <電球>
品番	Good Night
調色	0-10 V 調色
全光束	600lm
発光効率	70lm/W
色温度	2175K
演色性	Ra90 以上
材質	プラスチック
消費電力	8.5W
電圧	AC100
電源力率	0.9 以上
口金	E26
サイズ	2.4 x 2.4 x 4.7
重量	約 45 g
M/P Ratio	0.33

※製品の外観、仕様は改良のため、予告なく変更することがあります。

導入事例: (アメリカの NASA に導入)



お客様の反応(Amazon からの評価)



Sharon Jackson

★★★★★ **As someone who is Plagued by insomnia this seemed like another false claim**

July 14, 2017

Item Package Quantity: 2 | **Verified Purchase**

I was skeptical about this product but thought i would give it a try. As someone who is Plagued by insomnia this seemed like another false claim. **Imagine my surprise when I dropped off to sleep with the light on within 15 minutes. I highly recommended it.**

19 people found this helpful



Helpful | Comment | Report abuse



Pauline H.

★★★★★ **Really helps at bedtime**

January 6, 2018

Item Package Quantity: 1 | **Verified Purchase**

I absolutely believe in this product. I have been reading more and more about blue light thanks to Dave Asprey and had noticed that on the nights when I read before bed it was taking me a while to fall asleep, almost as if the reading was stimulating me rather than making me sleepy. Since using this light in my bedroom before bed I do not have that issue anymore. In fact, I notice myself getting sleepy while I am reading which is what used to happen to me when I was younger. I'm not sure if that means I am more sensitive to blue light now at 41- either way I will never go back to regular light bulbs in my bedroom again! I also got the baby version for my 6 year old and it is working as well!

9 people found this helpful



Helpful | Comment | Report abuse



jackie fitz

★★★★★ **Creates very nice warm light**

November 4, 2016

Item Package Quantity: 1 | **Verified Purchase**

Creates very nice warm light. Perfect for bedrooms. I've always liked soft, warm light in the bedroom. I just wish they also offered something in a lower wattage as I find this a bit bright for a reading light and I'm looking for something to use in my bedside lamp. That said, I'd still put one of these in every bedroom.

27 people found this helpful



Helpful | Comment | Report abuse