

LiteSource Guide to Lighting for Healthcare Staff:

Supporting clinicians, technicians & custodial teams who keep patient care running 24/7

Optimized lighting strategies not only keep doctors, nurses, and support staff alert and accurate but also safeguard their long-term well-being. Here are 6 critical challenges:

Challenge	Why It Matters
1 Circadian Disruption from Shift Work	Night-shift clinicians show up to 30% lower sleep efficiency and higher emotional reactivity.[1]
LiteSource Solution	Tunable-white luminaires with automated spectral day-night scenes deliver ≥22 melanopic foot-candles (mfc) early in the shift, dimming to <5fc pre-handoff.
2 Alertness & Fatigue-Related Errors	Medication errors can increase 3-fold when nurses work >12hr shifts.[2]
LiteSource Solution	Blue-enriched boost scenes (CCT 5000–6500K) at nurse stations; task lights ≥46fc horizontal with <15% flicker index to maintain alertness.
3 Visual Comfort	Glare (UGR > 22) and flicker cause headaches, slowing charting tasks.[3]
LiteSource Solution	Indirect optical designs & low-UGR lenses; flicker-free drivers.
4 Accurate Color Rendering	Poor CRI skews skin-tone assessment & wound evaluation.[4]
LiteSource Solution	High-fidelity spectra ≥CRI90, R9>50 throughout the CCT range. Tunable modules keep color quality constant.

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Challenge	Why It Matters
5 Flexible Light Levels for Diverse Tasks	One space supports charting, telehealth calls, rest breaks & cleaning.
LiteSource Solution	Layered lighting: general 28–46fc + dimmable accent + low-level night mode (<0.5fc) controlled by PIR/BLE sensors.
6 Staff Mental Health & Well-Being	Chronic circadian mis-alignment linked to depression & burnout.[5]
LiteSource Solution	Dynamic lighting schedules that mimic sunrise/daylight cues; dedicated respite rooms with warm, low-blue spectra (<2700K).

[1] Lauren Jeffries, Shift workers experience poorer sleep… Tom's Guide, Apr 12 2025. [2] ANSI/IES RP-29-22 Lighting Hospital & Healthcare Facilities; Sec 6.1 Medication Accuracy. [3] Silvana Rossi et al., "Influence of Lighting on Visual Performance," Arq Bras Oftalmol, 87(3): e20230257, 2024. [4] J. Lee et al., "CRI-Based Smart Lighting System…," Information 14(12):628, 2023. [5] A. Weaver et al., "Circadian-Informed Lighting Interventions in Shiftwork," Sleep 47(11):zsae214, 2024. [6] Acuity Brands, "The Impact of Lighting on Healthcare Staff's Well-Being," Insights Blog, Feb 2025.

Why Health Facilities Choose LiteSource.

Single-Source Assurance – A wide variety of circadian-tuned fixtures, designed to withstand the healthcare environment, from proven brands, backed with complete certifications.

Lighting Controls – Easy-to-use lighting controls and sensors to customize and automate systems.

Power Protection – Complete line of inverters and backup power options to keep your lights and systems on.

Code Expertise – We translate requirements into clear fixture specs.

Fast Quotes – Clear accurate quotations delivered quickly.

Lighting Layouts – In-house design specialists ready to assist with photometric layouts, filling out the fixture schedule, and full-spec projects.

Support & Service – Dedicated lighting specialists from design to post-install.

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healthcare@litesourcenc.com | 919.555.0123

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