

## Personal lighting: How to set up your workstation?

Light is not only necessary for carrying out activities. Did you know that good lighting also has a positive impact on your health, well-being, alertness and even your sleep quality?

Therefore, adjust the (biodynamic) lighting to the time of the day:

Period of the day	Recommended light color	Turn your spinning wheel
Waking	 Yellow	
Active working	 Yellow - Blue	
Noon	 Blue	
Concentrated working	 Blue - Yellow	
Evening	 Yellow	