

Assisted Living Chain to Offer Circadian Solutions

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Watermark Retirement Communities, in partnership with Healthe by Lighting Science, has announced a partnership to provide circadian lighting solutions for their memory care neighborhoods. The collaboration will kick off with installations of Healthe’s “True Circadian” lighting in properties in California and New York and is expected to expand to other locations nationwide. Healthe’s proprietary GoodDay spectrum addresses alertness and focus during the day and its GoodNight spectrum promotes improved sleep at night.

Watermark, headquartered in Tucson, AZ, manages nearly 58 communities nationwide and centers its initiatives around a people-centric care philosophy. “At Watermark, we are always looking for innovative ways to enhance our communities. Healthe’s circadian lighting is a bright addition to the healthy lifestyle foundation we are creating for our residents and associates,” said Dr. Aras Ereku, director of integrative well-being for Watermark Retirement Communities.

Healthe’s Director of Business Development David Rubin adds, “Healthe is excited to partner with Watermark to bring circadian lighting and all its benefits to their communities. Leveraging our years of research and development, we have created easy-to-install products that are groundbreaking in the industry. Seniors will benefit tremendously from better sleep-wake cycles and a superior quality of light.”

Healthe lighting products are designed with proprietary, engineered spectra technology to deliver “a True Circadian impact.” The GoodDay light source is cyan enriched at 480 nm, the wavelength of light that boosts alertness and productivity during the day and promotes a healthy sleep/wake cycle. The GoodNight spectrum, which is cyan depleted at 480 nm, promotes the body’s natural response to sunset and enables a better nights’ sleep relative to conventional lighting.



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