

The Natural Spectrum Story

Shedding light on Full Spectrum

It's a scientific fact, our eyes function most effectively in natural daylight. Verilux® Full Spectrum lighting was developed with this in mind. Verilux uses a specific spectral power distribution (SPD) of visible light to enhance the clarity and contrast of reading material, projects, craft and task work. It is this SPD that improves vision while reducing eyestrain and fatigue. The specific spectral power distribution determines the behavioral response of the eye's pupil- not the intensity (or light output, called lumens) of the light.

It is this refinement of the light to include the best of natural daylight without any harmful or unnecessary wavelengths, that allows you to see greater contrast and truer colors with less effort and irritation. The result is the most visually efficient light possible. In addition, Verilux has a patented flicker-free ballast and Optix glare control filter-both features developed to improve the delivery of our SPD light.

A few of the numerous advantages of Verilux® Full Spectrum light:

- Makes visually demanding tasks easier to perform.
- Brings the brilliance of true colors to life.
- Reduces glare, thereby lessening eye fatigue and strain.
- Helps with [reading](#), [tasks](#), [artwork](#), [crafting](#).



Scientifically tuned to the human eye™

The human eye is equipped to process the full spectrum of nature's visible light. Key components making this possible include two types of photo receptors called rods and cones. Rods are most sensitive to blue-green light but transmit essential black and white information to the brain.

Each of the three types of cone-shaped cells is sensitive to the long, medium or short wavelengths of light, transmitting valuable information for color interpretation by the brain; L-cones capture reds, M-cones capture greens and S-cones capture blues.

Verilux® Full Spectrum lighting was developed on the basic premise that the eyes' photoreceptors work best together when exposed to the full and balanced spectrum of visible light. With balanced stimuli, your brain is more efficient in interpreting the wide range of information needed to create an accurate mental representation of the world around you.

