

Mood Maker

A NEW LIGHTING SYSTEM HELPS
HOMEOWNERS BE MORE ALIGNED
WITH THEIR CIRCADIAN RHYTHMS



What if a home could instinctively create the right light for the right time of day? Architectural lighting design is headed in that direction, and a recent renovation of a Hamptons, N.Y., home is the first full home build using a new system — called Daily Light from [USAI](#) — that does just that.

After falling in love with a home in the Hamptons and buying it, the homeowners turned to interior designer Ken Alpert of [KA Design Group](#) to make it their own. That included not only moderate renovations, including swapping out the railings, floors and the kitchen island, but also upgrading the lighting system, becoming more in step with their circadian rhythms.

"I knew we were going to have the opportunity to have very avant garde lighting that has the ability to change the color temperature," says Alpert, who has used USAI products in past projects.

With USAI's Daily Light system, controlled by Savant's smart home controls, the home's lighting can go seamlessly from the feel of a warm sunrise to cool, crisp midday clean light, and

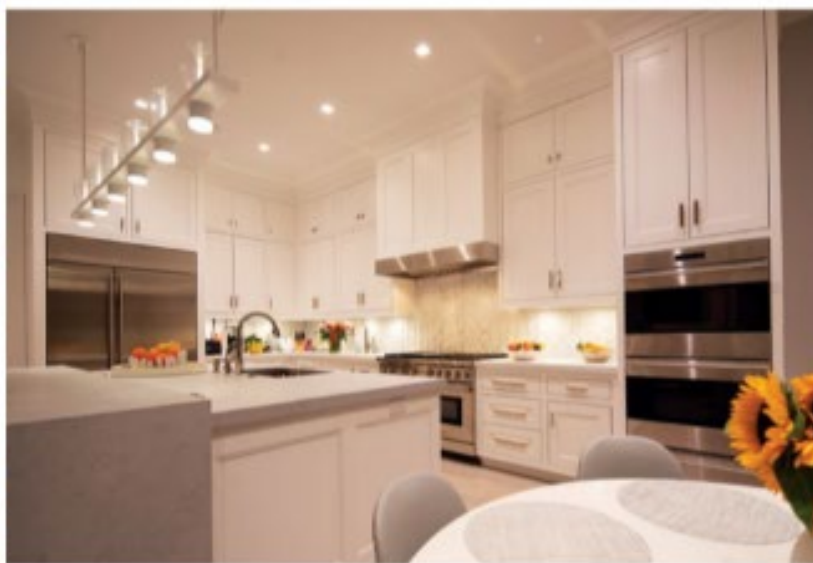
then sunset and candlelight glow, says Greg Barrett, project manager, USAI. The home has big windows, and the system blends its artificial light with the natural light streaming in from those windows.

"Sleep is one of the main factors that impacts people's well-being and their health," Barrett says. "Where it really matters is where you spend the first three hours in the morning and where you spend the last three hours before you go to sleep, that's what helps train your system for that sleep/wake cycle. And the home is where that intervention should be taking place."

The renovation included adding lighting to bedrooms, as well as stairwells. USAI has a sloped ceiling specific solution so it was able to add recessed lighting to the stairwells' ceilings, as well as the bedrooms that had angled ceilings.

Besides USAI's recessed lighting, the home also includes decorative fixtures from [Sonneman](#) and [Hudson Valley Lighting](#). Outdoor lighting from another company is tied into the

Photos courtesy of USAI



Savant control system.

"Lighting has such an impact on how we perceive our spaces and this home has so many different pops of color. By changing the spectrum of [USAI's] Infinite Color+ product, they can make colors come alive," says Barrett.

Each room of the home also focuses on a single color, and they all tie back to the striped carpet on the front staircase in the foyer.

"Humans desire variety, they desire change," Barrett says. Artificial lighting is completely stagnant, so "if you're in a space that doesn't have windows or has limited natural light you're getting this very static experience ... Tunable technology is where the future is headed." —A.L.

Clockwise from above: The living space showing the changing color temperatures from left: 5000K, 4000K, 3000K, 2700K and 2200K; the main bedroom at midday; the kitchen features USAI's Infinite Color+ technology in the recessed downlights and a Sonneman pendant; in the main bath's shower, a soft lavender light can be used to aid in relaxation.