

## CASE STUDY: One year case study of energy company control room operators **before and after** CIRCADIAN Light Installation

### 1. Reduced Fatigue at Work

- 50% reduction in number of employees with excessive sleepiness.
- 33% reduction in nodding off/fighting sleep while working.

### 2. Reduction in Errors and Mistakes

- 67% reduction in number of employees making frequent errors in mission critical control room.

### 3. Reduction in Obese & Overweight Employees

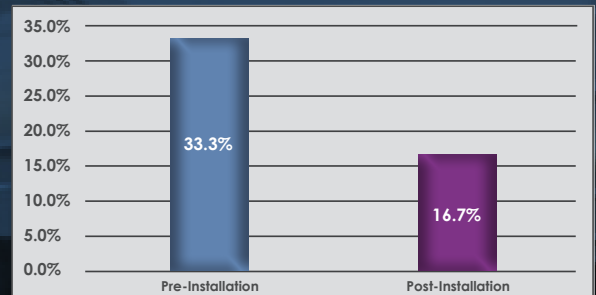
- 28% reduction in obese and overweight employees.
- 45% reduction in number of snacks eaten on the night shift.

### 4. Less use of Over the Counter Pain Relievers

- 43% reduction in employees with frequent use of over the counter pain medication.

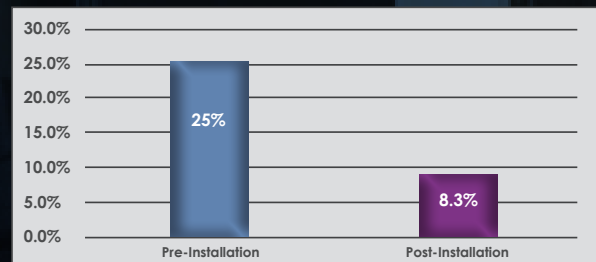
The same employees were assessed **before and after** CIRCADIAN Lights.

Epworth Sleepiness Scale:



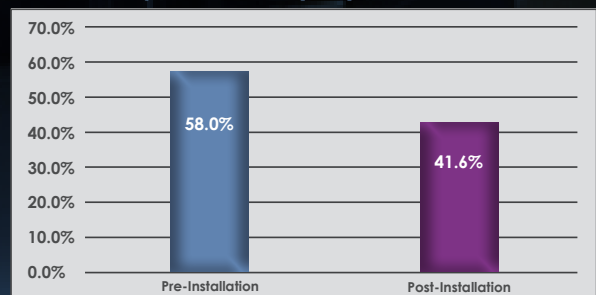
Percent Reporting Excessive Sleepiness

Control Room Operator Errors



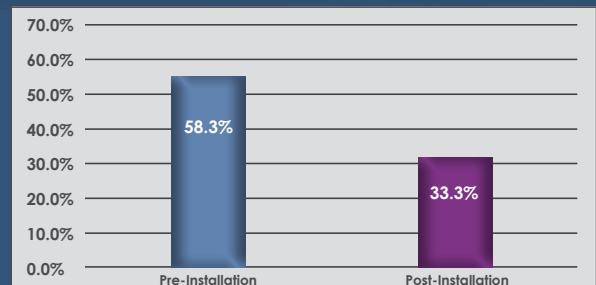
Several Times Per Month or More Frequently

Body Mass Index (BMI) Classification



Overweight or Obese (BMI)

Use of Over-the Counter Pain Relievers



Take Pain Relievers (i.e. Tylenol, Aspirin, etc.) several times a month or more often

