



Evidence-based circadian lighting at Ålholmshjemmet Nursing Home Hillerød Kommune

Successful implementation

For the past six months, Ålholmshjemmet has implemented Chroma Zenit circadian lighting as part of the dementia effort. Today, the center has 24-hour lighting in most common areas, corridors, offices and in six residences.

"We chose circadian lighting to help our residents suffering from dementia to have a better night. They woke up often, went out into the corridors and wanted breakfast. Our old lighting woke them up and made it difficult to get them to back to bed," explains Kirsten Gosvig, Nursing Home Manager.

The first department installed with the circadian lighting was ready at the same time as the dark winter time began in October 2017.

"It is one of the welfare technologies we have implemented, which has been successful from the start."

Kirsten Gosvig, head of the care centre

"It was ready on Friday, and when I showed up at work on Monday, everyone was extremely excited. We have not used a long implementation period – we have experienced the great benefits from day one. It has been so user-friendly and easy to use," says Kirsten Gosvig.

The residents are more calm

Chroma Zenit circadian lighting is documented in clinical studies and trials. The lighting has also made a big difference for the residents at Ålholmshjemmet.

"We have more peace at night. In general, the residents sleep better and not many of them get out of bed. There may still be some who wake up, but then they are calmer," says Kirsten Gosvig. Based on the good results, she has prioritized installing the circadian lighting solution in at more departments in several rounds.

Most recently, six residents have had 24-hour circadian lighting in their homes, and this has proven to be very beneficial.



"The residents who have circadian lighting in their homes have become even more stable in their circadian rhythm, and in the morning the quiet start-up of the lighting has meant that they have a more calm morning. They quietly get up, get dressed and go out to eat. There is no radical "full blast" of light anymore." One resident in particular, who was previously very restless, has also changed behavior after having circadian lighting installed in the home. Today this resident sleeps a lot more and is generally more calm."

The staff is enthusiastic

Although the circadian lighting was initially intended for the residents, the staff have also experienced great value.

"The night shifts are very excited. They find that their own circadian rhythm is supported. Although they are at work, the body calms down and they find it easier to fall asleep when they get home. They also enjoy the tranquility of the corridors at night," explains Kirsten Gosvig.

Big gain for the staff

The day and evening shifts also feel the effect.

"Day time workers have more energy after work, less headaches and less pain in the eyes. They are happy about the gentle start that the light contributes with when they come in at 7, just as the evening shifts are happy that the light goes down quietly towards the evening creating calmness throughout the nursing home. This means that they are ready to go to bed and sleep faster when they get home."

"In the past it could take two hours, but today they can fall asleep after half an hour to a full hour," says Kirsten Gosvig.



“ This is one of those investments where I can see an equal gain for both employees and the residents. It is about well-being, sleep and circadian rhythm. I believe so much in it that I also have it in my own office. ”

Kirsten Gosvig

A better home for residents

Kirsten Gosvig and the other staff wish to have Chroma Zenit circadian lighting in the remaining homes and common areas. "A different calmness surrounds the nursing home, and it provides a better home for those who live here and a better working life for the staff - with hopefully less sickleave in the long run. With the investment, we are also sending a signal that we want to ensure a good environment for both residents and employees."



Smooth implementation

A decisive part of the success has been the flexible implementation, explains Kirsten Gosvig. Chromaviso has been responsible for the implementation of the circadian lighting – both the user training, adaptations and the final light calibration, which is crucial for the reduced headache and the good experience of staying in the light.

”Everyone - both employees, residents and families - has been able to clearly see with their own eyes the difference between the new and the old lighting. Along with the good experiences as the light spread, the joy of anticipation also began to spread - even among those who were a bit reserved. This means that today we are very committed to the light.”



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