

#### **Human Centric Lighting**

# Quantified benefits of Human Centric Lighting

Final Results Frankfurt, April 2015

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# For the first time, the quantified benefits of Human Centric Lighting have been estimated...

#### **Executive summary**

- Human Centric Lighting is the inclusion of visual and non-visual (biological) needs of humans in the design of lighting applications.
- Our project aimed at delivering arguments for the use of human centric lighting from a customer perspective and simulated segment-specific economic benefits on micro and macro level
- On the micro level (perspective of individual investors, e.g. facility owners):
  - Most significant quantified benefits are realized in industrial segments due to the dominant impact of productivity increases
  - Medical and elderly care segments show less attractive quantified benefits, as most savings cannot be realized by the investor, but by other stakeholders, e.g. insurance companies
- On the macro level (perspective of the general public, e.g. health insurances):
  - Macro level simulations yield Human Centric Lighting effects for Europe in 2020 of up to € 0.87 bn assuming a realistic market penetration<sup>1</sup> and € 12.8 bn if the 2020 lighting market was fully penetrated by Human Centric Lighting
  - In most segments, benefits for owners and investors dominate
  - However, additional social and public benefits can also justify Human Centric Lighting markups

### ... and requires more studies to convert several estimated benefits into scientifically confirmed benefits

#### Content

- Introduction and overview
- Quantified benefits of Human Centric Lighting
  - Micro level benefits
  - Macro level benefits

Introduction and overview

# Non-visual (biological) effects of human centric lighting can be clustered along three groups

#### Non-visual (biological) effects

|             | Effect                   | Definition   | Examples   |
|-------------|--------------------------|--|--|
| Feelings    | Mood                     | Emotional state describing positive or negative disposition<br>that is influenced by personality traits, sleep, (social)<br>context and behavior   | Affective state, prevented depression, prevented anxiety   |
| -           | Energize                 | Bringing the body and mind into a state of general wakefulness and readiness for activities  | Raised level of activation, vitality   |
|             | Relaxation               | The emotional state of low tension and low emotional pressure, while feeling at ease   | Reduced level of activation, reduced stress  |
| Functioning | Alertness                | The state of active attention by high sensory awareness  | Increased concentration,<br>vigilance, accident & error<br>prevention  |
|             | Cognitive<br>performance | Mental performance, that include working memory,<br>producing and comprehending language, learning,<br>reasoning, problem solving, complex reaction, decision<br>making  | Improved memory, learning, creativity, motivation  |
| Health      | Sleep-wake-<br>cycle     | A stable 24 hour rhythm of rest and activity, controlled by<br>the biological clock of an individual, is essential for<br>optimized functioning during daytime and a good and<br>recovering sleep at night. Thus it supports a robust<br>health. | Disease/disorder prevention,<br>treatment and alleviation (a.o.<br>dementia, SAD, ADHD,<br>schizophrenia, sleep<br>disturbances), social jetlag,<br>chronomedication, better<br>healing environments |

#### We differentiated seven indoor segments for further analysis

#### Relevant application segments for human centric lighting



- Repetitive, manual work, e.g. piecework with little to no automation
- · Focus on day shifts



- Advanced manual work with little to some automation, e.g. tool making
- · Focus on day shifts



- Desk work in dedicated office areas/buildings
- Excluding home offices



- Classrooms in primary (6-12 yrs) and high schools (12-18 yrs)
- Focus on students (and teachers)



- Hospitals, in particular corridors, recreation and ward rooms
- Focus on patients (and medical staff)



- Care homes for elderlies with and without physical constraints
- Focus on elderlies (and staff)



- Both own and rented flats and houses
- All income segments
- Including home offices

# We simulated segment-specific economic benefits on micro and macro level

#### **Model overview**

#### Input parameters

- Non-visual (biological) benefits
  - Energize
  - Alertness
  - Cognitive performance
  - Circadian stability
  - Sleep quality
  - Mood
  - Relaxation
- Other, e.g.
  - Labor costs
  - Typical error rates
  - Investment needs

#### Calculation model

#### **Micro model**

- Covering the perspective of individual investors, e.g. facility owners
- Based on use cases with exemplary quantities

#### Macro model<sup>1</sup>

- Covering the perspective of the general public, e.g. health insurances
- Extrapolated to 2020 market size based on previous market study

#### Segment profiles

- Use case description
- Key selling arguments incl. main drivers (e.g. error rates, productivity)
- Micro level benefits
- Macro level benefits
- Key assumptions

1. Scope of the macro model is Europe. It shows the benefits of new and renovated lighting installations in 2020 (1) at a realistic penetration rate and (2) at 100% penetration rate, if all new and renovated European lighting installations in 2020 would use Human Centric Lighting

Source: WG Light for Life, Lighting Europe & ZVEI (2013) Human Centric Lighting: Going Beyond Energy Efficiency, A.T. Kearney

#### Quantified benefits of Human Centric Lighting

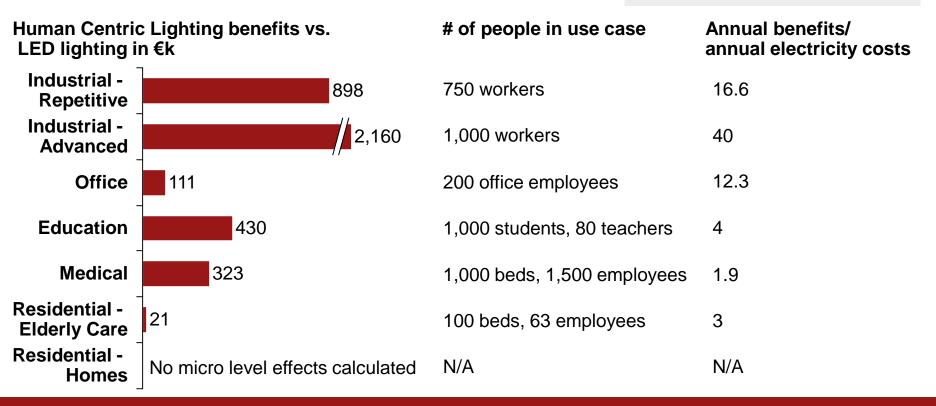
#### Micro level benefits

Macro level benefits

On the micro level, most significant effects from Human Centric Lighting are realized in industrial segments

**Micro level benefits of Human Centric Lighting** 

Highly sensitive to assumptions<sup>1</sup>

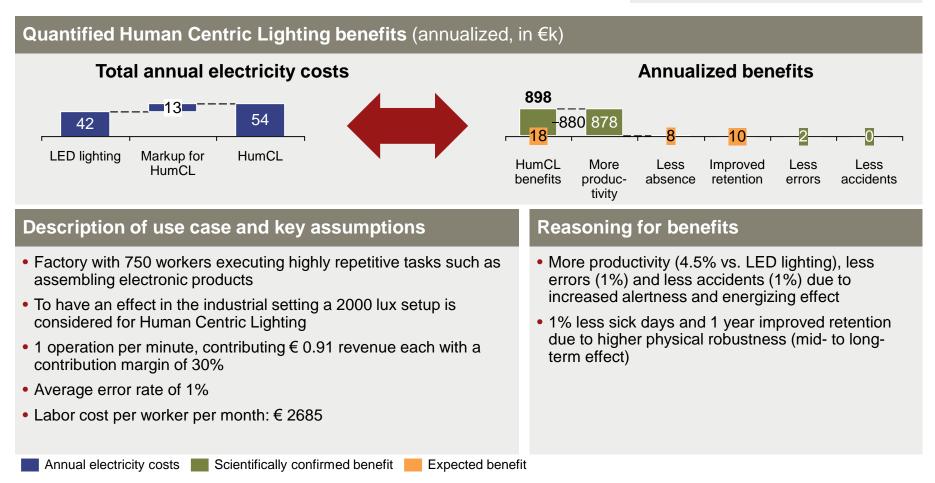


### Macro level effects of Human Centric Lighting require further justification from scientific long-term studies to confirm the benefits

For repetitive tasks in industrial settings, effects from Human Centric Lighting are dominated by productivity increases

Industrial (Repetitive) – Micro level effect

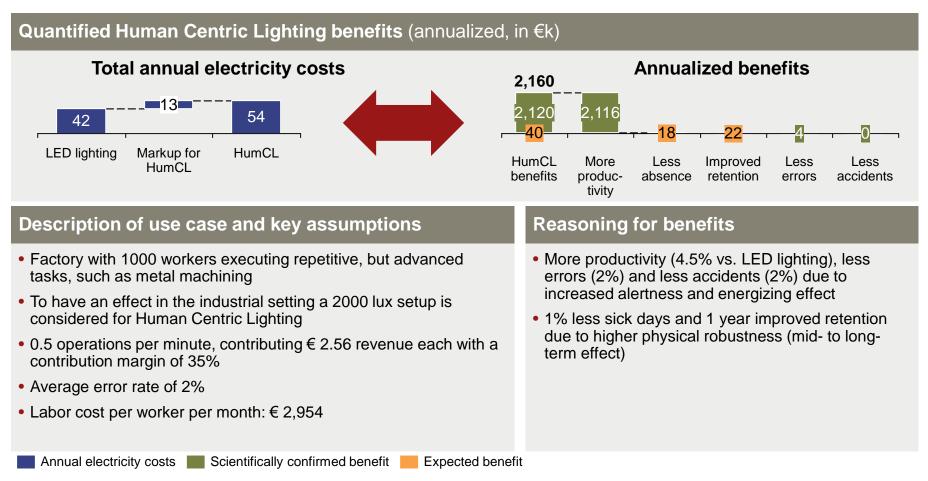
Highly sensitive to assumptions



For advanced manual tasks, effects from Human Centric Lighting are very attractive due to high revenue contribution

Industrial (Advanced) – Micro level effect

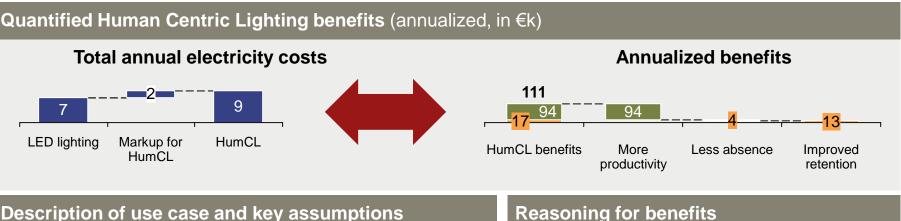
Highly sensitive to assumptions<sup>1</sup>



#### In the office segment, increased productivity can result in significant labor cost savings

Office – Micro level effect

Highly sensitive to assumptions



- Office with 200 employees executing desk work, such as accounting department of a manufacturing firm
- 3600 m<sup>2</sup> office space, 2600 m<sup>2</sup> relevant for Human Centric Lighting
- € 4000 monthly labor costs per employee
- Initial productivity of 85%
- 11.7 average sick days per employee per year
- Recruitment costs per employee in % of labor costs: 10%
- # of days to reach full productivity for a new employee: 60

Annual electricity costs Scientifically confirmed benefit Expected benefit

1. Benefits highly sensitive to underlying assumptions, some of them needing further research Source: A.T. Kearney simulation model incl. detailed source references

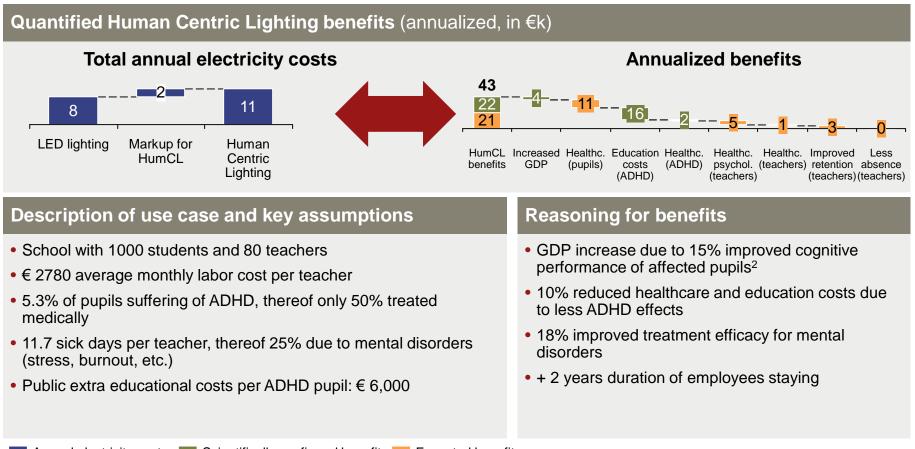
#### Reasoning for benefits

- + 1.15% productivity due to increased alertness and energizing effect (~ extra output worth 2 hours per month)  $\rightarrow$  some research even justifying productivity increases of up to 19%
- 1% sick days due to better well-being
- + 1 year duration of employees staying

In the educational segment, public cost savings for ADHD and healthcare of normal students are the main benefits

**Education – Micro level effect** 

Highly sensitive to assumptions<sup>1</sup>

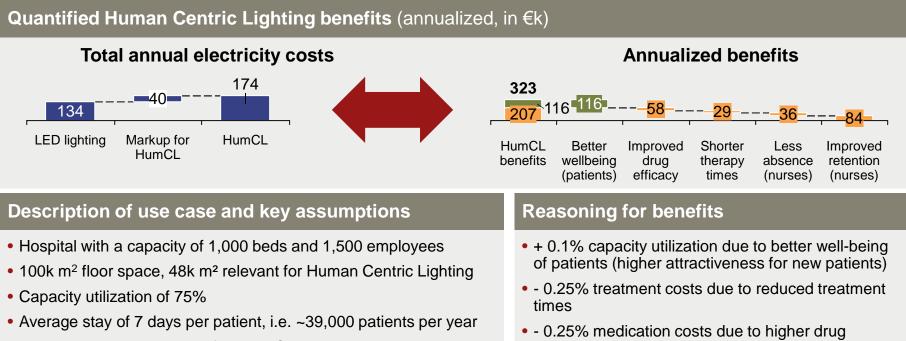


Annual electricity costs Scientifically confirmed benefit Expected benefit 1. Benefits highly sensitive to underlying assumptions, some of them needing further research, 2. Effect broken down to single school from macro model. Too small to be quantified as a share of total European GDP Source: A.T. Kearney simulation model incl. detailed source references

### In the medical segment, several effects are expected, but are not well researched yet

#### Medical – Micro level effect

Highly sensitive to assumptions?



- Average diagnostic related flat rate: € 3,000
- Average sick days per employee: 11.7
- Share of medication cost of "diagnostic related flat rate" and of total average health care costs: 20%

Annual electricity costs Scientifically confirmed benefit Expected benefit

efficacy

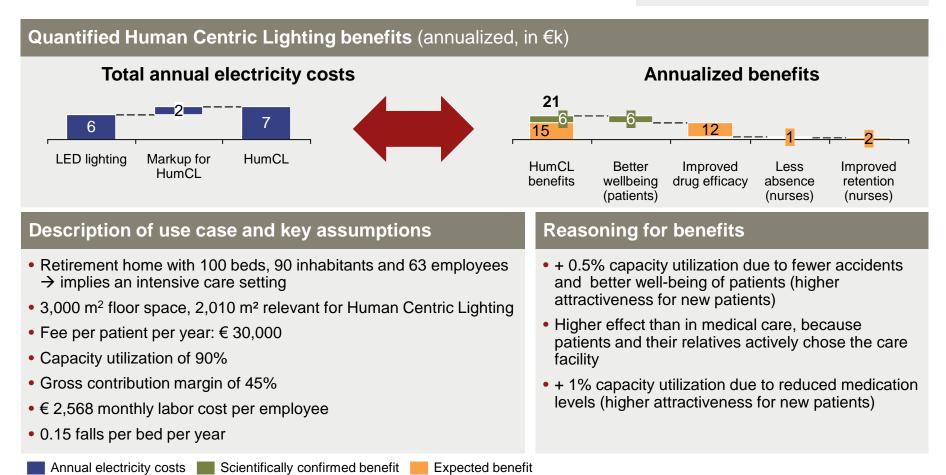
1% sick days (nurses) due to better well-being

+ 2 years duration of employees staying

For retirement homes, capacity utilization can significantly improve due to better well-being of residents

**Residential (Elderly Care) – Micro level effect** 

Highly sensitive to assumptions<sup>1</sup>



#### Typical consumer expenditures indicate willingness to spend ~200-300 EUR p.a. for healthy lifestyle products

**Residential (Homes) – Micro level effect** 

#### "Competing" spend<sup>3</sup> (Annually per person, in €) 360 360 293 100 Fitness Dietarv Bio vs. Health supplements Normal devices center for iPhone groceries

#### Description of use case

- Rented/owned houses/flats with 2.3 inhabitants per household
- 90 m<sup>2</sup> average floor space per household
- Thereof 67% or 60.3 m<sup>2</sup> relevant for Human Centric Lighting

#### Description of use case and key assumptions

- € 275 annual spend for Human Centric Lighting installation incl. electricity costs per person<sup>2</sup>
- €30 monthly spending on gym
- € 0.81 daily spending on dietary supplements like vitamins, fish oil and glucosamine
- 30% mark-up for bio food on a € 100 basket
- € 200 for smartphone gadget, that lasts 2 years

#### **Reasoning for benefits**

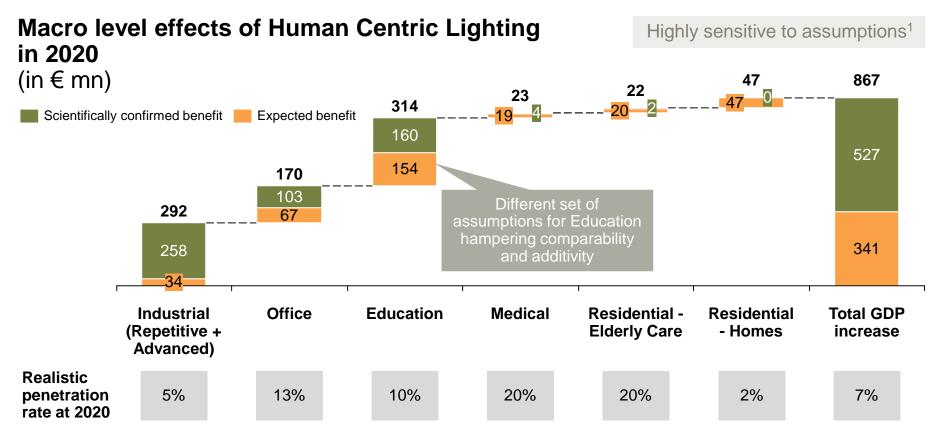
- Hardly quantifiable economic effects for residential customers (long-term nature, healthcare costs covered by health insurance and/or employers)
- Human Centric Lighting should be regarded as a healthy lifestyle product like sports and healthy nutrition by consumers, but there is a need for consumer education
- Little evidence of residential customers buying lighting solutions based on quantification of economic benefits
- 1. Benefits highly sensitive to underlying assumptions, some of them needing further research, 2. Based on 10 year product life time, 3. Other consumer expenditures, which are potentially competing with/substituting human centric lighting

Highly sensitive to assumptions<sup>1</sup>

#### Quantified benefits of Human Centric Lighting

- Micro level benefits
- Macro level benefits

At realistic market penetration macro simulations yield Human Centric Lighting effects up to € 0.87 bn in 2020 in Europe

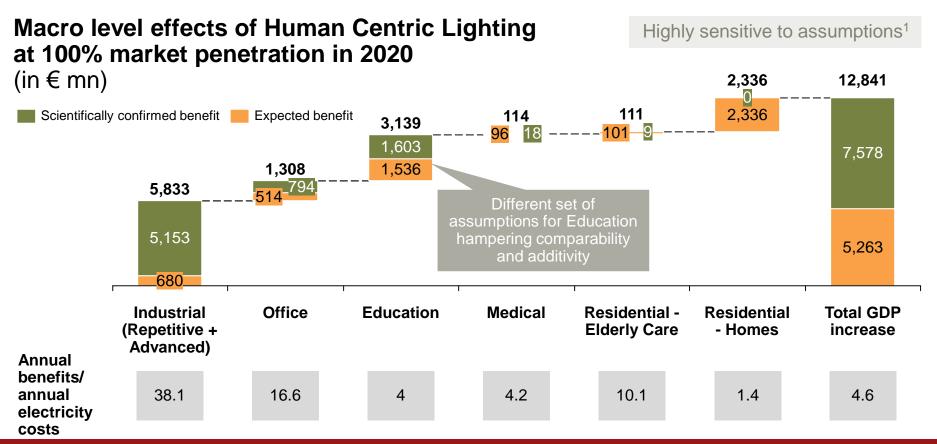


### Macro level effects of Human Centric Lighting require further justification from scientific long-term studies to confirm the benefits

1. Benefits are highly sensitive to the underlying assumptions, especially effects of Human Centric Lighting, which mostly needs further research

Source: A.T. Kearney simulation model incl. detailed source references

At full market penetration macro simulations yield Human Centric Lighting effects of up to € 12.8 bn in 2020 in Europe



### Macro level effects of Human Centric Lighting require further justification from scientific long-term studies to confirm the benefits

1. Benefits are highly sensitive to the underlying assumptions, especially effects of Human Centric Lighting, which mostly needs further research

Source: A.T. Kearney simulation model incl. detailed source references

On a macro level, benefits for industrial owners and investors dominate – additional public benefits are negligible

Industrial (Repetitive+Advanced) – Macro level effect Highly sensitive to assumptions<sup>1</sup>

#### Long-term quantified Human Centric Lighting benefits (annually, in € mn)



#### Description of use case and key assumptions

- 100% Human Centric Lighting market penetration in the industrial segment in 2020 (all relevant new and renovated floor space equipped with Human Centric Lighting)
- About 20% highly repetitive, 60% more advanced and 20% fully automated industrial work in Europe
- > 25 mn workers affected in Europe by new and renovated lighting installations in 2020
- Average healthcare costs per worker of €2,171 p.a.

#### **Reasoning for benefits**

- Micro level investor benefits are extrapolated to Human Centric Lighting market size in 2020 at 100% penetration
- Benefits dominated by productivity increases
- 1% savings on general healthcare due to higher physical robustness of employees (mid- to longterm effect)
- Savings on healthcare for work accidents due to increased alertness and energizing effect

Annual electricity costs

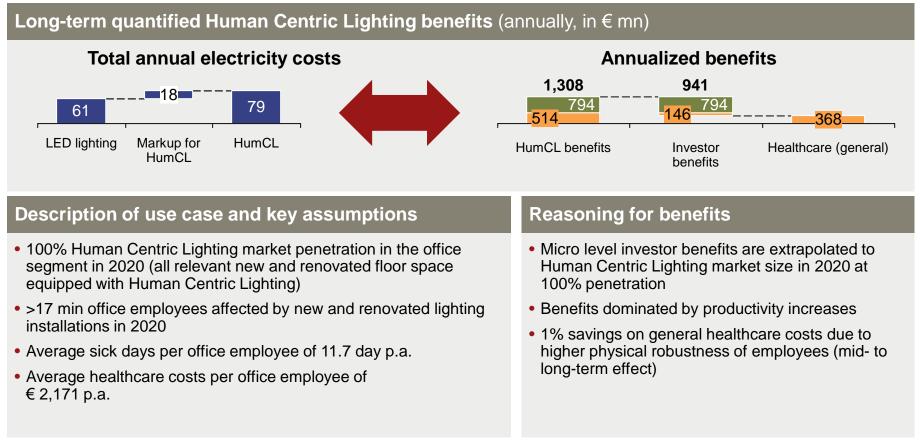
Scientifically confirmed benefit

Expected benefit

#### In offices, significant additional benefits are realized for the public healthcare system

Office – Macro level effect

Highly sensitive to assumptions



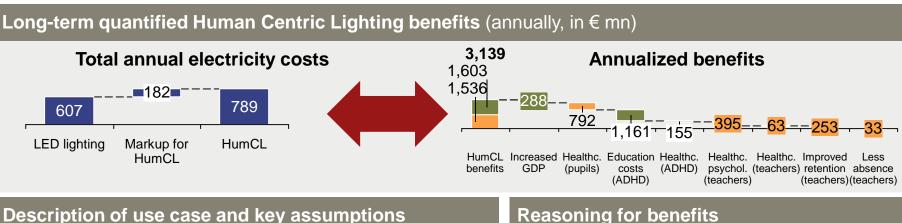
Annual electricity costs Scientifically confirmed benefit

Expected benefit

In the educational segment, public cost savings for ADHD and healthcare of normal pupils are the main benefits

Educational – Macro level effect

Highly sensitive to assumptions



- 100% of European pupils and teachers exposed to Human Centric Lighting solutions<sup>2</sup>
- € 2,780 average monthly labor cost per teacher
- 5.3% of pupils suffering of ADHD, thereof only 50% treated medically
- 11.7 sick days per teacher, thereof 25% due to mental disorders (stress, burnout, etc.)
- Public extra educational costs per ADHD pupil: € 6,000

#### Reasoning for benefits

- 0.1% GDP increase due to 15% improved cognitive performance of affected pupils
- 10% reduced healthcare and education costs due to less ADHD effects
- 18% improved treatment efficacy for mental disorders
- + 2 years duration of employees staying

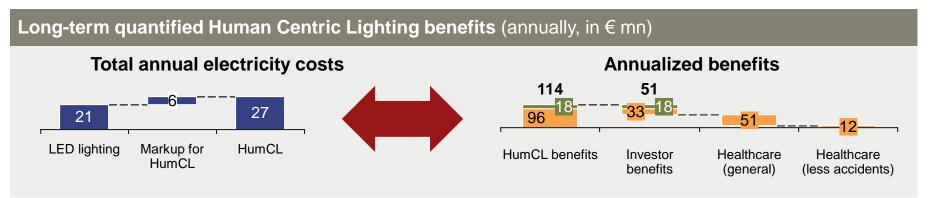
Annual electricity costs Scientifically confirmed benefit Expected benefit 1. Benefits highly sensitive to underlying assumptions, some of them needing further research, 2. Different from other macro cases, where the potential based on 2020 market size is shown. For educational the full long-term cumulative potential is shown.

Source: A.T. Kearney simulation model incl. detailed source references

# In the medical segment, additional benefits are realized for the public healthcare system

Medical – Macro level effect

Highly sensitive to assumptions<sup>1</sup>



#### Description of use case and key assumptions

- 100% Human Centric Lighting market penetration in the medical segment in 2020 (all relevant new and renovated floor space equipped with Human Centric Lighting)
- > 2.3 mn medical employees affected by new and renovated lighting installations in 2020
- ~ 180,000 serious hospital accidents by affected patients per year in Europe
- € 7,200 average healthcare costs per hospital accident
- Average healthcare cost per medical employee of € 2,171 p.a.

Annual electricity costs Scientifically confirmed benefit Expected benefit

1. Benefits highly sensitive to underlying assumptions, some of them needing further research Source: A.T. Kearney simulation model incl. detailed source references

#### **Reasoning for benefits**

- Micro level investor benefits are extrapolated to Human Centric Lighting market size in 2020 at 100% penetration
- 1% savings on general healthcare costs due to higher physical robustness of employees (mid- to long-term effect)
- 1% less accidents (e.g. falls) due to increased alertness by patients and staff reduces public healthcare costs

#### In elderly care, there could be significant additional benefits for the public healthcare system

Residential (Elderly care) – Macro level effect

Highly sensitive to assumptions

#### Long-term quantified Human Centric Lighting benefits (annually, in € mn) Annualized benefits **Total annual electricity costs** 111 31 11 9 8 101 LED lighting HumCL Markup for HumCL Investor Healthcare Healthcare Healthcare Healthcare HumCL benefits benefits (general (falls) (impr. drug (general patients) eff.) staff) Description of use case and key assumptions

- 100% Human Centric Lighting market penetration in elderly care segment in 2020 (all relevant new and renovated floor space equipped with Human Centric Lighting)
- > 1 mn patients affected by new and renovated lighting installations in 2020
- > 0.9 mn elderly care employees affected by new and renovated lighting installations in 2020 Average healthcare costs per capita of € 2,171 p.a.
- Average healthcare costs per elderly of € 2,497 p.a. (incl. € 499 medication costs)

#### Annual electricity costs Scientifically confirmed benefit Expected benefit

1. Benefits highly sensitive to underlying assumptions, some of them needing further research Source: A.T. Kearney simulation model incl. detailed source references

#### Reasoning for benefits

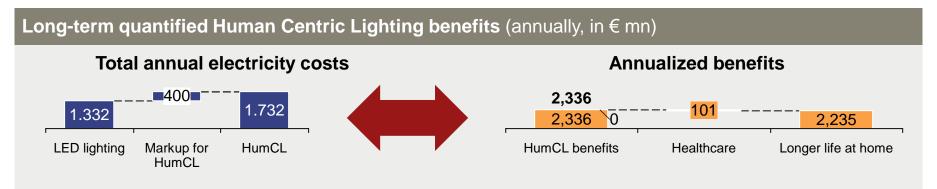
- Micro level investor benefits are extrapolated to Human Centric Lighting market size in 2020 at 100% penetration
- 2.5% reductions in accidents (falls) due to increased alertness by patients and staff
- 1% saving on general healthcare costs for patients and nurses, due to higher physical robustness

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In the residential segment, additional benefits are mainly driven by the deferred need for institutional care

**Residential (Homes) – Macro level effect** 

Highly sensitive to assumptions



#### Description of use case and key assumptions

- 100% Human Centric Lighting market penetration in residential (home) segment in 2020 (all relevant new and renovated floor space equipped with Human Centric Lighting)
- > 4.5 mn affected residents in Europe (that are retired, stay at home and are significantly exposed to Human Centric Lighting)
- Average time in elderly care facility: 3 years with basic lighting, 2 years with LED lighting (because elderlies can see better at home and have less accidents)
- Average public cost per patient in public care facility: € 12,000 p.a.

#### **Reasoning for benefits**

- Big benefit for public care costs, because residents can reduce their average time in elderly care from 2 to 1.9 years due to increased physical robustness. Assuming that 40% of affected residents will eventually go into an elderly care facility
- 1% savings on general healthcare costs for affected residents, due to higher physical robustness

Annual electricity costs Scientifically confirmed benefit

Expected benefit

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