

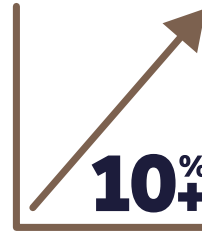
# The benefits of natural light in the workplace



Daylight is the number one wanted element in workplace design.



Helps businesses to attract high calibre staff and boosts retention of existing staff.



Increases sales and productivity by more than 10%.



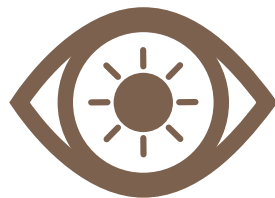
100% of occupiers in IFC 1 and IFC 5 are within 7 metres of a window.



Natural daylight in the workplace decreases absenteeism by up to 15%.



Office workers with windows have on average 46 minutes more sleep per night than those who don't.



Supports the regulation of Vitamin D, serotonin, melatonin and promotes healthy eye development.



Natural light reduces artificial light and saves costs on energy consumption.



Natural light promotes feelings of wellness, attentiveness, fewer headaches and overall better quality of life.