

CoeLux Blog

Lighting the office with CoeLux artificial skylight: benefits and real-life cases

Looking up while lying on the beach: the clear sky, the light changing slowly throughout the day, and the calming feeling it brings. It's a simple experience, yet deeply regenerating.

As summer fades and September arrives, we return to our routines and closed office spaces, and that same light seems to vanish. The days get shorter, and many workspaces — even the most modern ones — fail to offer a **natural light office experience**, especially during the winter months. This has a tangible impact on our mood, productivity, and even sleep quality. Perhaps summer is the perfect moment to reflect on how much light truly matters, before the days grow shorter again.

CoeLux: Bringing the Sky into the Office

CoeLux is a **patented technology** that faithfully reproduces sunlight and the sky indoors — an advanced **artificial skylight** designed to offer the full perceptual and biological benefits of daylight.

Using a sophisticated optical system and a unique spectral composition, CoeLux is not just light you see — it's light your body **feels**. The result is a revolutionary **daylight simulation system** for interior spaces.

In office environments, this translates into:

- Increased perceived wellbeing
- Reduced cognitive load
- Environments that promote collaboration, calm, and sustained comfort over time

The Science Behind Natural Light and Performance

In 2017, the Nobel Prize in Medicine was awarded to three American scientists — Jeffrey C. Hall, Michael Rosbash, and Michael W. Young — for uncovering the molecular mechanisms behind the **circadian rhythm**, our **internal biological clock** that is **deeply influenced by natural light**. When this rhythm is properly aligned, the benefits are measurable: improved alertness, cognitive performance, reduced stress, and better sleep. Today, we know that light doesn't just help us see — it helps regulate how we think, feel, and function.

This is where **CoeLux becomes a game changer**.

Not just another lighting fixture, CoeLux is a patented **artificial sky system** that recreates the **full biological and perceptual qualities of sunlight and blue sky** indoors — especially where natural light is absent.

CoeLux skylight solutions don't imitate **sunlight** — they **reproduce it in a way that the body recognizes**.



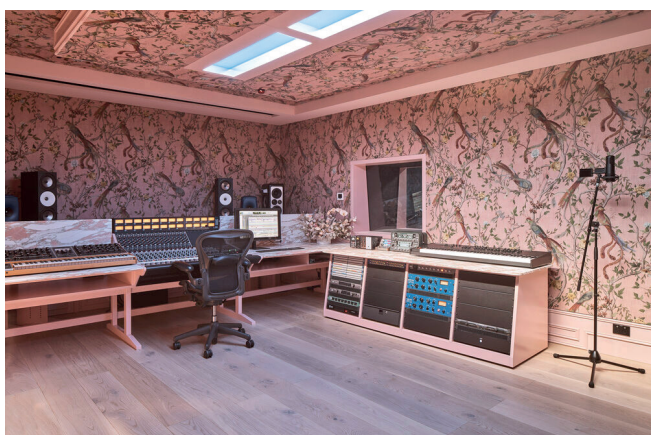
Boston Consulting Group -BCG, Milan, Italy

What Have Scientific Studies Shown?

- **Greater psychological wellbeing:** Subjects in CoeLux-lit environments reported feeling calmer, more relaxed, and more connected to nature compared to those under standard artificial lighting.
- **Improved autonomic balance:** A reduction in sympathetic nervous system activity (linked to stress and the fight-or-flight response) and an increase in parasympathetic tone (associated with rest and recovery) were observed.
- **Better sleep quality:** Daytime exposure to CoeLux lighting led to higher nighttime melatonin levels, a key indicator of healthy circadian alignment.
- **Same performance, less effort:** Participants under CoeLux performed just as well on cognitive tasks as under traditional lighting — but with lower cortical activation, suggesting a reduced mental load.

**Sleep
better.**
18 minutes longer

In short, a realistic artificial sky is not just a design feature. It's a proven ally in creating healthier, more human-centric lighting environments — especially in the months when natural daylight becomes scarce.



BMG Recording Studio, Sydney, Australia

From North to South

From the long winter twilights of Scandinavia to the sun-drenched cities of the Mediterranean, **light plays** a different role in every latitude — **but its importance is universal.**

Whether in a corporate office in Warsaw, a design studio in Milan, or a recording studio in Sydney, CoeLux skylight systems have been chosen to bring the comfort, rhythm, and atmosphere of natural daylight into spaces that would otherwise lack it.

Architects and designers across Europe are increasingly turning to office lighting solutions that go beyond aesthetics — seeking instead a biological and emotional quality of light that supports wellbeing at work throughout the year.

CoeLux makes that possible — with a piece of sky, wherever you are.

Real Projects: Working Under a Sky of Light

CoeLux artificial skylight technology has been selected for a variety of workplace environments — each with different needs, but a **shared desire for light that supports human wellbeing:**

At the BCG headquarters in Milan, CoeLux brings natural brightness into deep-plan office spaces, enhancing comfort and spatial quality in areas far from windows (pg1).

In the Nordea Bank offices in Warsaw, the technology helps counterbalance long northern winters, creating a luminous, engaging environment for employees and clients alike (pg 3).

At Fenix Scenario, a creative coworking space in Milan, CoeLux was selected to stimulate energy, calm, and concentration, while offering a truly distinctive visual identity (pg4).



Multifunctional space at Sedus Showroom, Hamburg, Germany



"It's not just brighter — it feels more natural, more human. The atmosphere changes completely."



Fenix SCENARIO Office, Milan, Italy

A More Human Workspace (All Year Round)

Thinking ahead to how your office environment will feel in winter is an act of care toward the people who live it every day.

The Sky is a fundamental element of human-centric lighting and biophilic design.

CoeLux is a key component of workplace productivity and emotional wellbeing.

With CoeLux, you can bring a scientifically validated artificial skylight into any interior — offering the benefits of real sky where there was once only ceiling.

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Want to See How It Integrates into a Real Project?

Contact us directly to receive a curated selection of images and real-life applications of CoeLux skylight solutions in office design.

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