



Chromaviso circadian lighting at Svendborg Maternity Ward

An active part of the birth process,
clinically documented effect

Chromaviso lighting as an active part of the birth process at Svendborg Maternity Ward

In the autumn of 2024, the four delivery rooms at Svendborg Maternity Ward were upgraded to sensory birthing rooms with evidence-based circadian lighting from Chromaviso. Stimulus lighting and circadian lighting are used as active tools during the birth process – placing Svendborg among the growing number of Scandinavian hospitals setting new standards for the birthing environment.

Lighting in a delivery room is more than just illumination. It affects the birthing woman's hormonal balance, the body's circadian rhythm, and the possibility of a calm and natural birth. Clinical research shows that the right light promotes the production of melatonin and oxytocin – thereby supporting contractions, a sense of safety, and sleep.

Circadian lighting from Chromaviso is the only lighting solution with clinically proven health benefits. It follows the body's natural daily cycle – with gentle sunrise, energizing daylight, and blue-free night light – and is combined with manual mood settings that support the different phases of birth.

In the autumn of 2024, this solution was implemented in four delivery rooms at Svendborg Maternity Ward, one room at a time. With this, Svendborg joined the growing group of hospitals in Scandinavia using light as an active tool in the birth process.



From vision to reality – with support from the region

The background for the project was the Region of Southern Denmark's focus on sensory birthing rooms. In 2022, Southern Denmark Health Innovation developed a design guide with requirements and recommendations for sensory-based design. Chromaviso's solutions and images were among the sources used for inspiration.

Svendborg Maternity Ward took the initiative to explore the possibilities based on the design guide from Southern Denmark Health Innovation and invited Chromaviso for a presentation.

The staff also visited other maternity wards to experience the lighting solution in practice. Based on these experiences, they chose to collaborate with Chromaviso.

A birthing room with a homelike feeling

The aim has been to create better conditions for the birthing woman, the baby, the relatives, and the staff – with calmness, sensory stimulation, and a homelike atmosphere as guiding principles. With the circadian lighting, a light atmosphere is created that adapts to the body's needs and the demands of the situation.



The delivery rooms in Svendborg are equipped with six lighting settings:

Circadian light – Bright white light for complications and cleaning.

Emergency light – Green light with a balancing effect.

Harmony – Green light with a balancing effect.

Calm – Pink light promotes oxytocin production, and many appreciate this light during birth, in the first hours after birth, and during the first breastfeeding.

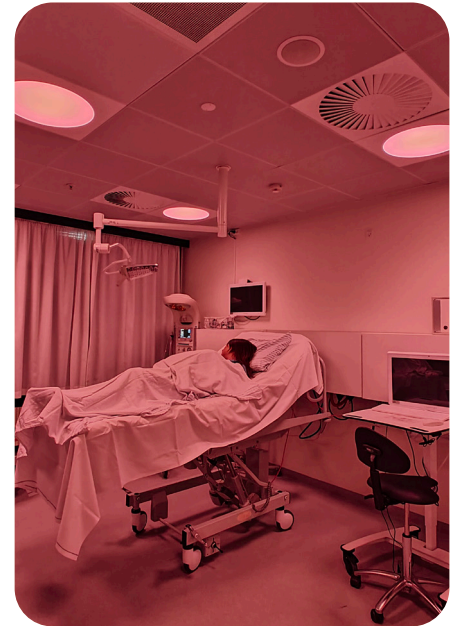
Cosy – warm amber light for calm and a sense of safety

Conversation – dimmed light for examinations and dialogue

Music and nature support the birth process



In addition to the lighting, Svendborg Maternity Ward has integrated MusiCure sound into the solution. This sound universe is developed specifically for the healthcare sector, featuring music and recognizable nature sounds that follow the rhythm of the day – with selections for morning, midday, evening, and night. It creates a natural and comforting background atmosphere throughout the entire birth process. The birthing woman also has the option to play her own music via Bluetooth.



The person in labor



- Light affects melatonin production, which works together with oxytocin to support contractions.
- Bright white light at night can lower melatonin levels and hinder the birth process.
- Melatonin levels are naturally high leading up to birth – and it is important to maintain them, especially in the evening and at night, as this is when most births occur.
- Strong daylight and blue-free night light are therefore essential for a positive birth experience.
- The lighting creates a sense of safety and supports the different phases of labor.
- The lighting strengthens the circadian rhythm – a catalyst for a good start.

The medical staff



- Light affects the circadian rhythm – the wrong light at the wrong time can be harmful to health.
- It influences sleep, including sleep quality and recovery after shifts.
- Light impacts mood and has an effect on depressive symptoms, feelings of fatigue, and overall well-being.
- Lighting is an active tool during childbirth, providing optimal illumination for clinical tasks and accurate color rendering.
- Light can also be a valuable alternative to medication, such as labor-inducing

Circadian lighting that works around the clock

With Chroma Zenit circadian lighting, the biological processes triggered by day and night are supported.

This automated lighting is therefore beneficial both for the birthing woman's labor and for the staff working at all hours of the day and night.



About Chromaviso

Chromaviso is changing the standards for lighting to improve health, treatment quality, care, work environment, and efficiency in the healthcare sector. Through technological innovation and close collaboration with healthcare professionals, we create and implement integrated and highly preferred lighting solutions with documented effect.

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