



Chroma Zenit

Evidence-based lighting

Tailored to the specialities and
needs of Maternity Wards



Lighting for all phases of labor

Chroma Zenit is designed to support the various stages of childbirth and the specific needs of the staff. This evidence-based lighting solution provides the right light at the right time, ensuring the best possible conditions for everyone in the delivery room.

Circadian lighting

Circadian lighting recreates the beneficial effects of natural light. Through a gentle sunrise, invigorating daylight, and a dark night light, it establishes a healthy circadian rhythm, energy, and sleep. The light supports natural childbirth, balances the hormones of the person in labor, and creates a more relaxed atmosphere in the delivery room.

Stimulus lighting

The situational stimulus light is designed to support the various stages that the person in labor goes through from arrival in the delivery room to the first moments with the baby after delivery. The lighting is sensory, mood-enhancing, and based on experiences from the Maternity Ward at Aarhus University Hospital and Hospital Lillebælt in Kolding.

How does the lighting affect the person in labor and the medical staff?

THE PERSON IN LABOR

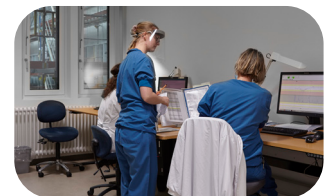


- Light affects the production of melatonin, which works synergistically with oxytocin during childbirth and plays a role in creating a calm atmosphere which is detrimental to the development of contractions.
- Studies have shown that even small amounts of bright light at night cause melatonin levels to decrease and contractions to diminish.
- The level of melatonin is naturally high leading up to birth - and it is important to preserve it. Especially in the evening and at night, as this is when most births occur. Therefore, bright daylight and a blue-free night light are important in the delivery room.
- Light creates ambience and can support the different stages of childbirth.
- Light strengthens the circadian rhythm, which is a catalyst for a good start..

THE MEDICAL STAFF

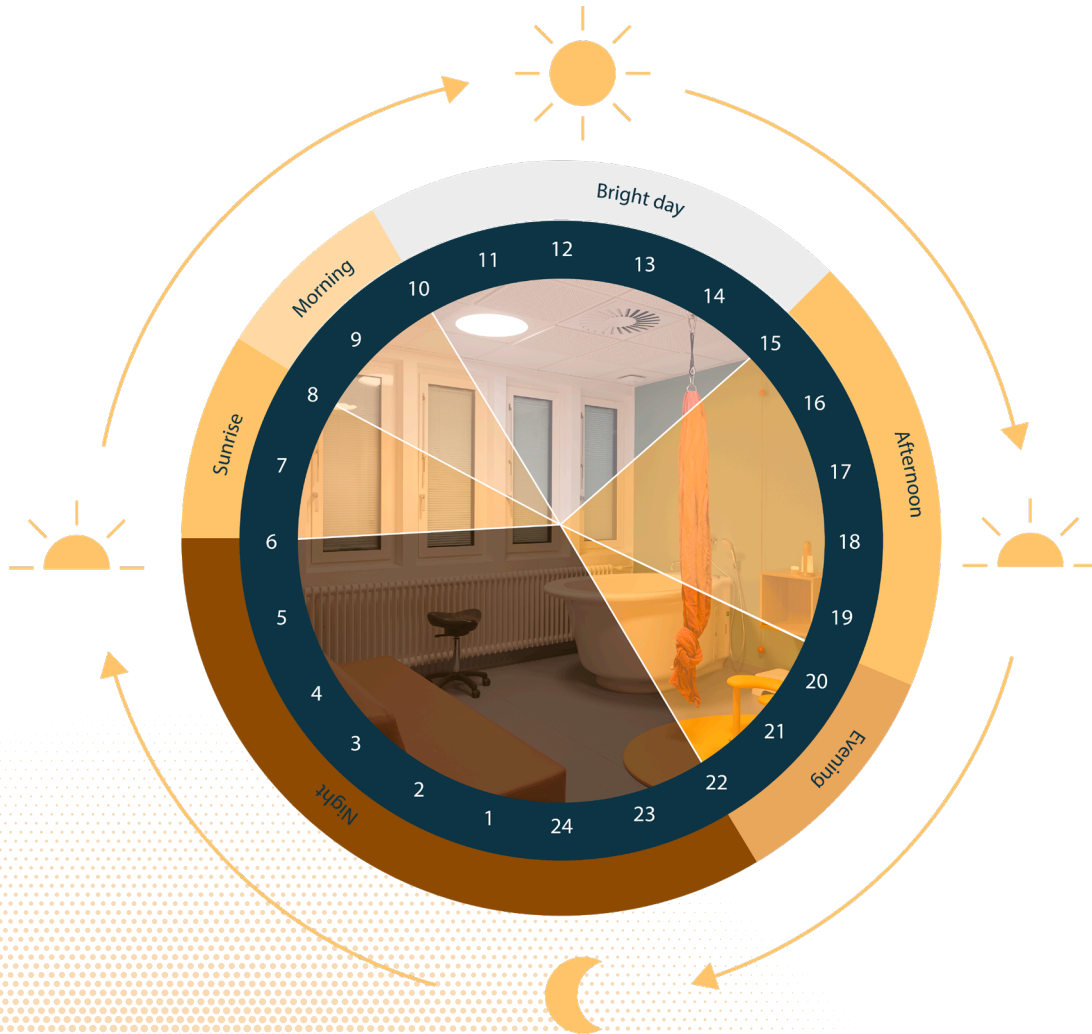


- Light influences our circadian rhythm. It can be detrimental to our health if we don't get the right light at the right time.
- Light affects our sleep, including the time it takes to fall asleep after finishing evening and night shifts, as well as the quality of our sleep.
- Light also has an impact on our mood, depressive symptoms, feelings of tiredness, well-being, and overall sense of happiness.
- It serves as an active tool during labor. Tailored lighting provides the right lighting for specific tasks, as certain situations require extra bright light with accurate color rendering.
- Light can even serve as an alternative to medication, such as labour-inducing IV.



Circadian lighting around the clock

Chroma Zenit circadian lighting supports the biological processes initiated by day and night. The automated light is advantageous for both the person in labor and the staff working around the clock.



Specially developed light settings

In collaboration with the staff, we develop situational stimulus lighting that is tailored to the functions, equipment, and conditions of each individual delivery room. Materials and the colors of the walls and ceiling are incorporated into the lighting design to ensure high color rendering – without compromising the sensory experience.



Calming light

A soft pink light creates a calm atmosphere in the delivery room and supports breastfeeding. The gentle pink glow is perfect for the time right after birth, as the pink light reminds the infant of the comforting light it experienced in the womb.



Comfort light

A warm yellow light creates a cozy and homely atmosphere, perfect for welcoming the parents to the delivery room or for providing a comforting effect during childbirth and relaxing the person in labor.



Activity light

A warm white light for various activities throughout the day. Activity light often serves as an alternative to circadian lighting when this is either too dim or too intense, typically in the morning or evening.



Emergency light

A powerful bright white light for use in emergency situations or for an extra energy boost. The light is also ideal for cleaning as it provides a total overview of everything in the delivery room.

Zone division

Chroma Zenit allows for the division of the delivery room into light zones, which supports a positive birthing experience and contributes to creating a sense of organization and tranquility. Dividing the room in zones can encourage the person in labor and the midwives to utilize the space more actively and create a sense of calm in areas that are not in use. The division also cleverly disguises critical equipment through the use of lighting.

Which light for which phases?

Based on insights gathered from the maternity departments at Hospital Lillebælt Kolding in Denmark and Ringerike Hospital in Norway, we have compiled a variety of examples showing when and how the different light settings can be utilized to support the various stages of labor.



User-friendly operation

Chroma Zenit is controlled through an intuitive control panel that can be easily used by both the staff and parents.

Circadian lighting:

The lighting changes throughout the day like the natural light outside. The night light is devoid of blue tones.

- Slow sunrise at 7.30 AM (e.g.)
- Bright daylight
- Gentle sunset followed by amber colored and blue-free nightlight at 10.00 PM (e.g.)

Calm:

- Gentle pink light creates a calming atmosphere
- Supports breastfeeding and the first contact between the parent(s) and newborn

Emergency/Cleaning/Boost:

- Bright white light for emergencies
- Provides a boost of energy if needed
- Suitable for cleaning

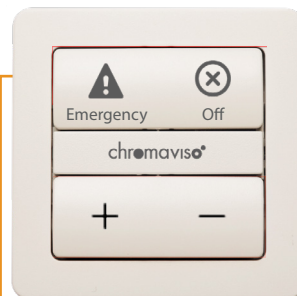


Activity:

- Warm white light for different activities during the day
- An alternative to the circadian lighting when it is either too strong or too weak for the activity

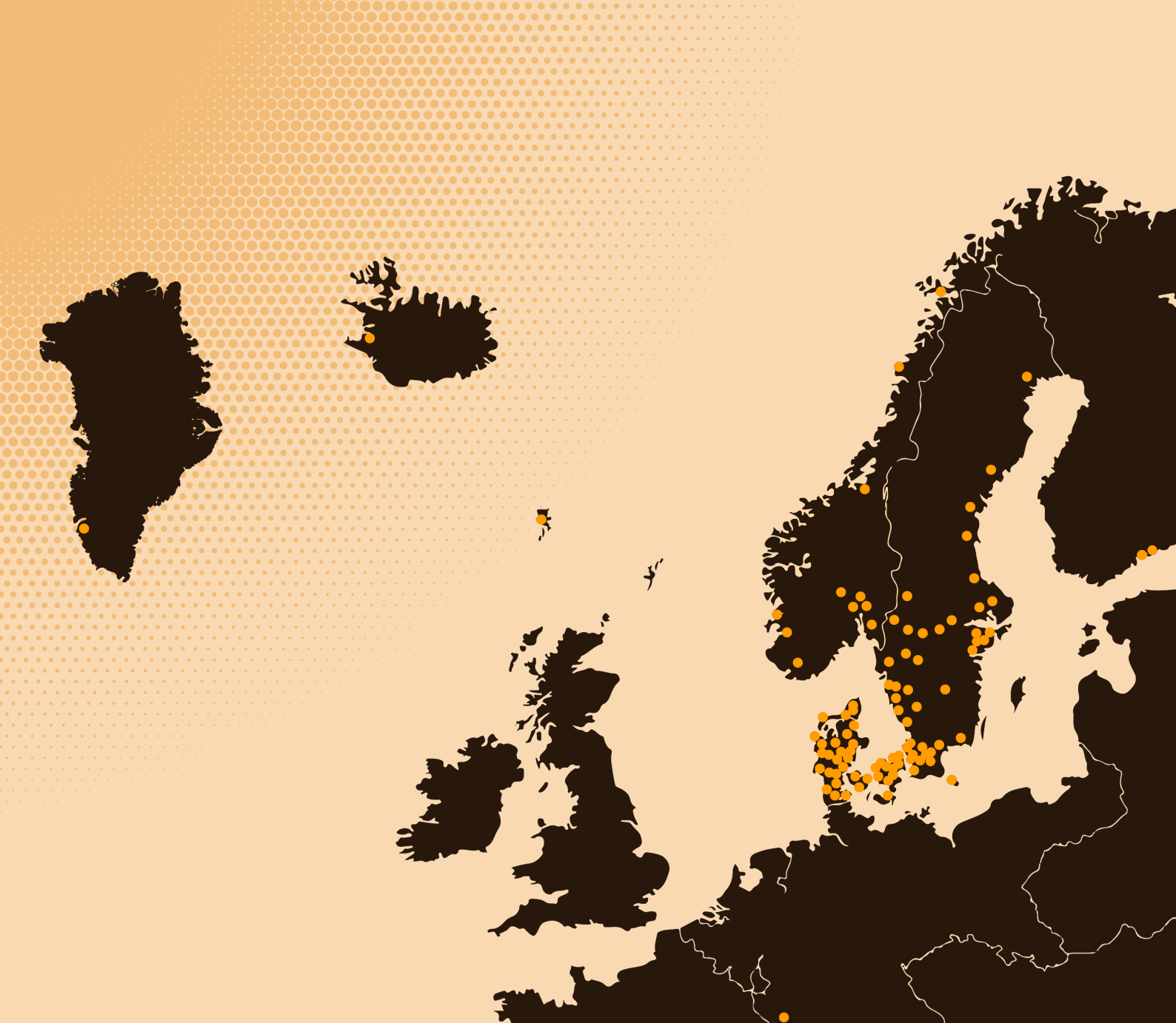
Comfort:

- Warm amber colored light creating a comforting and homely ambiance (e.g. upon arrival)
- Provides a relaxing and safe feeling during labor



Off and +/-:

- Can be used when the room is empty
- The light can be turned off during the night
- +/-: Turns the light intensity up and down



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