

VIVO

HOME SERIES

Healthy light, for every moment of the day

www.vivoredlighttherapy.com

You can recognize unhealthy light by

Most artificial light around us, from lamps at home and at work to TV and phone screens, is made to save energy. Not to keep us healthy.

It's often forgotten what this light actually does to our bodies.

Light is information for your cells. It drives your circadian rhythm.

✗ **Unhealthy light spectrum:** too much blue light, no red wavelengths. This disrupts your melatonin production and body clock.

✗ **High flicker:** invisible vibrations that can cause fatigue, headaches and stress.

✗ **EMF exposure:** unnecessary electromagnetic radiation right in your living room or bedroom.

The result?

Poorer sleep, less energy and a disrupted body clock.

The VIVO Home Series products are specially developed for people who want to optimize their living environment for a healthy circadian rhythm.

Our lamps combine safety, comfort and the latest light science in one product line:

✓ **Unique 670 nanometer red light mode:** deep red light, soothing for the eyes, free of blue light, safe for melatonin and perfect for the evening.

✓ **Amber mode:** warm light without blue, perfect for winding down toward the evening.

✓ **Full spectrum daylight:** bright light during the day, without a sharp blue peak.

✓ **Flicker free:** prevents complaints and protects your eyes and nervous system.

✓ **Low EMF:** safety tested, far lower than conventional lamps.

With one press of a button you tune your light perfectly to morning, afternoon or evening.

That's how you create the perfect light environment at home, for energy during the day and deep relaxation in the evening.

Daily light for your body clock

Light as an environment, not as therapy

Red light therapy is more than a session of 5 to 15 minutes a day.

What happens to your body during the other 23 hours and 45 minutes?

The VIVO Home Series is not intended for therapeutic dosing.

It's about something else: recreating healthy daylight and supporting your natural body clock.

Unlike our therapy panels, these lamps are:

- Not intended for therapeutic dosing
- Designed for long term, daily use in your living environment
- Tuned to the rhythm of nature

Therapy kickstarts processes. Ambient light keeps them from drifting off course.

And you notice it right away:

- Deeper sleep thanks to evening light without blue
- More energy thanks to a stable body clock
- Fewer complaints such as headaches and fatigue

- Completely flicker free and low in EMF
- Safe light at home or in the office, day after day

Clear light: how VIVO stands apart from other light sources

The measurements

When you switch on the bright light mode on the VIVO Bulb or Desk Light, you see the difference right away. The spectrum sits much closer to natural sunlight, without the unhealthy sharp blue peak of screens and standard LEDs.

- ✗ **Screen spectrum:** Sharp blue peak
- ✓ **VIVO Circadian Bulb:** Mode 3, balanced, no sharp blue peak
- ✓ **Sunlight:** Measured around midday

How VIVO stands apart from other red lamps

The measurements

LED lamps are now part of everyday life at home and at work. Healthy red lamps are becoming more common too. The red light mode on the VIVO Bulb or Desk Light is unique, with deep red light at 670 nm, giving a calmer and more natural signal to your biological clock than standard 620 to 630 nm LEDs.

- ✗ **LED lighting:** An ordinary LED lamp, barely any red light, a disruptive blue peak
- ✓ **Generic red light lamp:** Gives red light around 620 to 630 nm, lacking deep red light
- ✓ **VIVO Circadian Bulb:** Mode 1, deep red light with a unique peak wavelength of 670 nm

The difference in specifications

Feature	VIVO Home Series	Other red lamps
Red light	670 nm deep red light (unique in the Netherlands)	620 to 630 nm red (more superficial)
Light modes	3 in 1 light modes: red, amber and bright (Desk Light, Circadian Bulb)	Usually one light setting
Flicker	Under 1% (tested)	Rarely tested or stated
EMF	5 V/m field strength at 30 cm (low)	Rarely tested or stated
Transparency	Spectrum, EMF and flicker measurements shared	Often no data available
Design	Minimalist and user friendly	Generic product

Your circadian rhythm isn't only about sleep. It's your internal body clock, steering everything from energy and mood to digestion and focus.

Meet our heroes

VIVO Circadian Bulb

- 3 light modes in one lamp with an E27 fitting
- Mode 1: deep red light (670 nm), no blue
- Mode 2: amber light, warm and relaxing, no blue
- Mode 3: full spectrum daylight (4000K), no blue peak
- Easy to operate: switch modes with a standard wall switch

VIVO Circadian Desk Light

- 3 light modes in a rechargeable desk lamp
- Mode 1: deep red light (670 nm), no blue

- Mode 2: amber light, warm and relaxing, no blue
- Mode 3: full spectrum daylight (4000K), no blue peak
- Brightness adjustable via the button on the lamp's base

VIVO Night Light

- Red light plug in night light with sensor
- Turns on automatically with movement and low ambient light
- Designed for nighttime use, without disturbing your sleep rhythm
- 600 to 640 nm red light, enough visibility in the dark
- Brightness adjustable with the dial on the lamp

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