

Introducing the Magnificent

In. Licht *pro*

Lighting Fact Sensor

Light, all in your hands



Lighting Recipe Studio

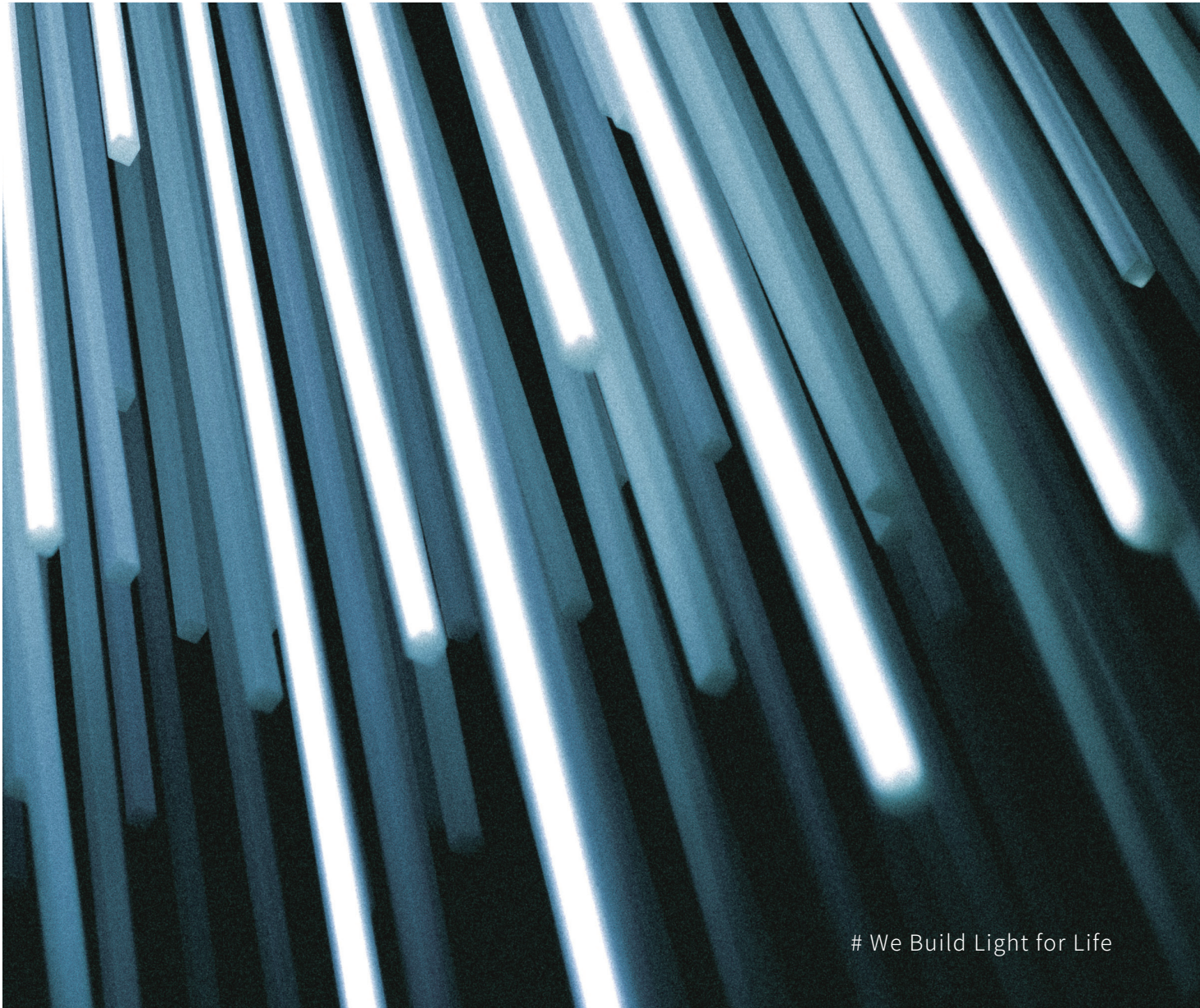


Vision

Inspiration from Light and Health Research

Lighting Recipe Studio (LRS) is a professional light research institute and also a leader in the development of forward-looking light products.

We always put people first, using the science of light to build better light for life.



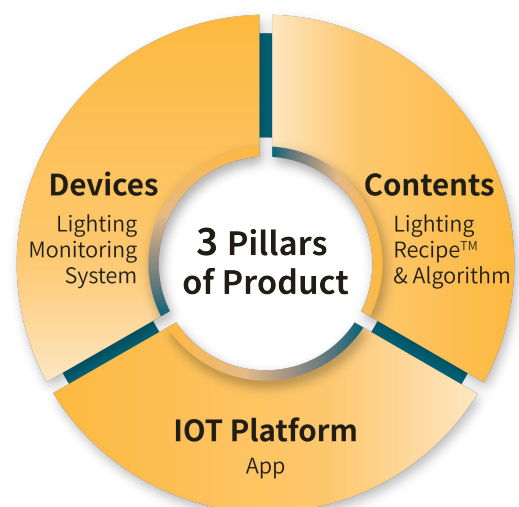
We Build Light for Life

Mission

Lighting Recipe™ for Better Health

Light visualises everything in the world, shapes human life and casts the impact on our health through spectrum and circadian rhythm. Our mission is to create a better lighting environment and construct a comfortable visual space for all human beings.

We develop the Lighting Recipe™ by using the strength of science and medical studies, all in all, to improve people's health and their quality of life.



Light and Health: the Importance of Circadian Rhythms & EML

Light and circadian rhythms

“Light is the main driver of the visual and circadian systems¹”. Over millions of years of evolution, humans have developed the biological clock in diurnal pattern. However, circadian rhythm is often unbalanced in modern life. The major causes of circadian rhythm disorder are poor lighting quality (insufficient, inappropriate lighting) and incorrect timing of exposure to light. Ever since the Industrial revolution, nearly 90% of people’s daily lives have been conducted indoors, the poor lighting quality has caused negative health effects to human beings.



Cumulative damage from poor lighting

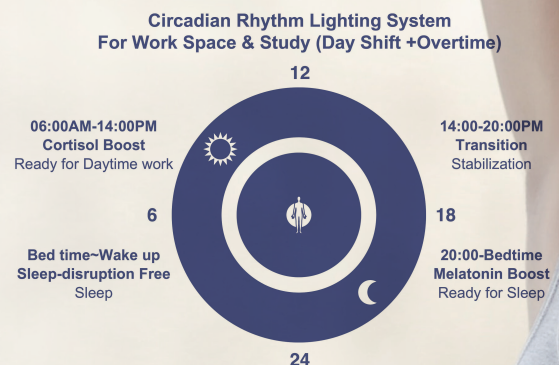
Numbers of medical studies stated that circadian rhythm disorder is strongly related to sleeping disorder as well as to cardiovascular diseases, diabetes, depression...etc²⁻⁴. Circadian rhythm disorder is considered to be one of the carcinogens. In severe cases, it may lead to the occurrence of cancer of other cells such as breast cancer^{5,6}.



EML: a pathway to health

In recent years, the impact of light on people’s physiology and mentality has been highly valued, and healthy lighting is also one of the evaluations of Human Centric Lighting (HCL) while Equivalent Melanopic Lux (EML) is the key to explain how light affects circadian rhythm.

EML is related to the secretion of melatonin and cortisol, while different activity scenarios correspond to different EML values. For example, during the daytime or focusing on work, high EML is needed to stimulate cortisol; when relaxing or at night time, EML value must be restrained to guide the production of melatonin for proper rest.



Full time guardian of light

In. Licht pro is the most compact handheld EML light sensor with Lighting Recipe™ and 12 scenario modes in built, it detects real-time data accurately. Guarding your lighting environment for better health from now.

1. Legates TA, Fernandez DC, Hattar S. Light as a central modulator of circadian rhythms, sleep and affect. *Nat Rev Neurosci.* 2014;15(7):443-454. doi:10.1038/nrn3743
2. Cho Y, Ryu S-H, Lee BR, Kim KH, Lee E, Choi J. Effects of artificial light at night on human health: A literature review of observational and experimental studies applied to exposure assessment. *Chronobiol Int.* 2015;32(9):1294-1310. doi:10.3109/07420528.2015.1073158
3. Li Q, Zheng T, Holford TR, Boyle P, Zhang Y, Dai M. Light at night and breast cancer risk: results from a population based case control study in Connecticut, USA. 2010;21(12):2281-2285. doi:10.1007/s10552-010-9653-z
4. Kim YJ, Lee E, Lee HS, Kim M, Park MS. High prevalence of breast cancer in light polluted areas in urban and rural regions of South Korea: An ecologic study on the treatment prevalence of female cancers based on National Health Insurance data. *Chronobiol Int.* 2015;32(5):657-667. doi:10.3109/07420528.2015.1032413
5. Legates TA, Fernandez DC, Hattar S. Light as a central modulator of circadian rhythms, sleep and affect. *Nat Rev Neurosci.* 2014;15(7):443-454. doi:10.1038/nrn3743
6. Hurley S, Goldberg D, Nelson D, et al. Light at night and breast cancer risk among california teachers. *Epidemiology.*

“ Advance health in the places where we spend our lives.
— International WELL Building Institute ”



The WELL Light concept aims to provide a lighting environment that reduces circadian phase disruption, improves sleep quality and positively impacts mood and productivity.

WELL, Health and Science

People-oriented— International WELL Building Standard™

It is the world's first building standard to focus on enhancing people's health and wellbeing through the built environment. Created through seven years of research and development working with leading physicians, scientists, and industry professionals, utilising the built environment to support human health and wellbeing.

Benchmarks against the top health standard

The WELL standard is organised into 10 concepts corresponding to human health: Air, Water, Nourishment, Light, Movement, Thermal Comfort, Sound, Materials, Mind and Community. It has been supported by the UN and recognised internationally.

**As a WELL member, we put people first.
In. Licht pro is aligned with the WELL light
concept to ensure that users are protected by
the highest international health standard.**



× **Lighting
Recipe
Studio**

In. Licht pro for WELL Performance Rating:

Design for the experts to better conduct the WELL project and fulfill the demand of real-time lighting monitoring.

- WELL AP
- WELL Project Manager
- Data collection and improvement

In. Licht pro for night shift & extreme-environment workers:

Night shifts or in extreme environments (e.g., Labs, hydrocarbon exploration, high latitude areas) requires lighting design to enhance circadian rhythm and mental health and emotion management.

- Circadian lighting design to avoid occupational injury
- Smart lighting design to boost productivity
- Verification design and optimisation

Key indexes for lighting design:     

Accuracy • EML detection • lightweight



In. Licht *pro*

Lighting Fact Sensor






Professional Light Detection

For experts such as architects, lighting designers or interior designers, light is more than illumination. The evaluation of light quality must consider: visibility, visual comfort & pleasantness, and the impact of light on the human mind.



5 Key Indexes to Analyse Light Quality

Equipped with the latest chips and sensor films, In. Licht pro is able to detect these indexes accurately:

-  **Illuminance (Lux)**
-  **Correlated Colour Temperature (CCT)**
-  **Equivalent Melanopic Lux (EML)**
-  **Visual Contrast**
-  **Uniformity**

Get the App, Understand Your Light

In. Licht pro - Lighting meter App provides the most convenient user experience for you:

- Intuitive data UI
- Quick benchmarking: built-in parameters of WELL Building Standard™ Light Concept & 12 scenario modes
- One click to export : sharing real-time data instantly
- Efficient management: easy data tracking
- Auto-pairing via Bluetooth

Smooth Activation



Neat and Compact

- Pocket size with 40g ultra-lightweight, merely 1/4 weight of iPhone 15 (171g)
- Handy magnetic design
- Lanyard hole for convenience



In. Licht pro

Detailed introduction of the App is available:
In-App> Settings> User Manual
or download from www.LightingRecipe.com

Light Data, All in Your Hands

In. Licht pro provides powerful lighting data monitoring. It is also a top-notch light meter designated by professionals from the industries.

anywhere, anytime

precise, decisive lighting facts

5 Key Indexes of Lighting



Illuminance (lux)



Correlated Colour Temperature (CCT)



Equivalent Melanopic Lux (EML)



Visual Contrast



Uniformity



In. Licht pro for the professionals



Architects and Designers

- On-site survey to collect the environment data
- Simulation and calculation
- Verification design and optimisation

Key indexes for lighting design:     



Lighting Manufacturers & Engineers

- Simulation and calculation
- Verification design and optimisation

Key indexes for lighting design:     



Property Management

- Verification design and optimisation
- Track lighting data and operations management

Key indexes for lighting design:     



Home Care & Care Centres

- Customised lighting recipe for special groups
- Verification design and optimisation
- Lighting monitoring and operations management

Key indexes for lighting design:     



Horticulture

- On-site survey to collect the environment data
- Simulation and calculation
- Verification design and optimisation

Key indexes for lighting design:    



Exhibitions & Artists

- Simulation and calculation
- Verification design and optimisation

Key indexes for lighting design:     

A Portable Light Lab in the Pocket

Pocket size, ultra-lightweight (40g)

Real-time light data monitoring

Lab level lighting sensor

Magnetic device for easy placement

Lanyard hole for convenience



- 5 key indexes on intuitive UI
- Built-in lighting standards & 12 scenario modes
- Quick export for data tracking & charts



Download In. Licht pro App

In. Licht pro Specification

Lighting Standard	Class AA of JIS C 1609-1:2006	Testing Criteria	illuminance: 1~30,000lx CCT: 2,000~10,000K EML: 1~45,000lx
Power	AAA×3 / Micro USB	Accuracy	±5%
Protocol	Bluetooth 5.0 and up	Dimension	W×H×D: 2.8×2.8×0.95inch (72×72×24mm)
Require Pair devices	iOS 12 and up, Android 5.0 and up	Gross Weight (exclude battery)	1.4oz (40.8g)
APP	In. Licht pro-Lighting Meter		
Function	Light Meter & Sensor		



Retail Information:



Global | Amazon |
In. Licht Pro Light Meter



Taiwan | Logiced |
www.logiced.com



Mainland China |
Weidian shop
(Direct Sale)



Douyin shop
(Direct Sale)



Taobao shop
(Retail)



www.LightingRecipe.com

For product and service requirements, please email: service@lightingrecipe.com



We Build Light for Life



www.LightingRecipe.com

Lighting Recipe Studio