So what is Tunable White Lighting....

It allows a teacher to change the color temperature of the light based on the activity. Color temperature is how warm or how cool the light appears. For example, during reading or individual task time you want students to be more relaxed. The teacher can change the color temperature to a warm light, much like your table lamp in your house. When a teacher needs to energize the students, like after lunch, a cool temperature that mimics natural daylight is recommended. As I mentioned, there is research about the positive benefits of this technology. Studies site that this lighting allows students to be more attentive and focused. We like to say that “teachers are tuning behavior with light.” We have more information about the product and links to the research on our website.

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