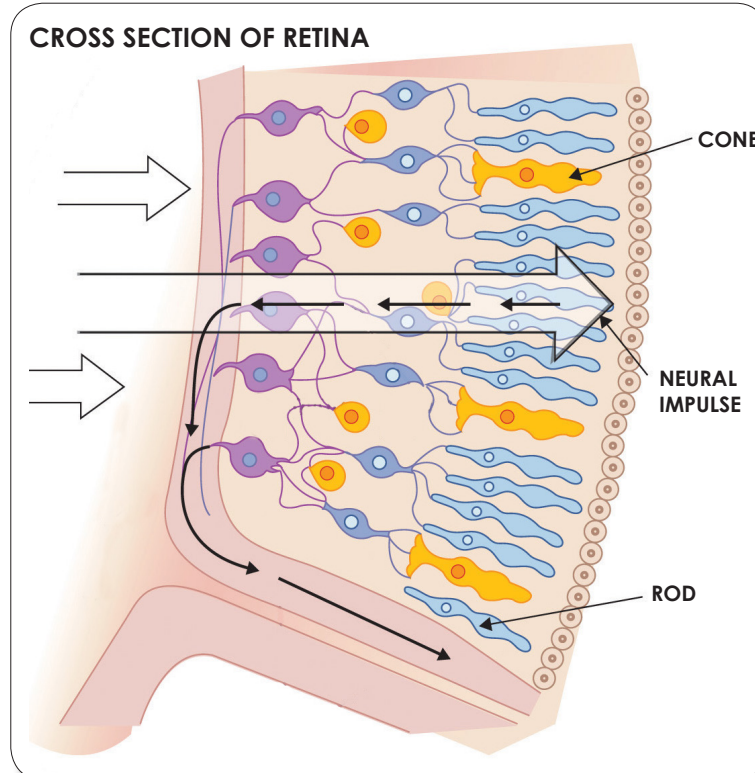
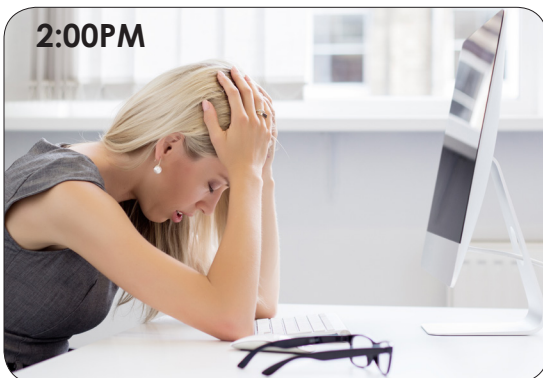


Our aim with **elio Light Bites** is to help you to better understand lighting, how it effects office ergonomics, how you can improve existing spaces with simple lighting recommendations, and how you can generate more **high margin** sales.

Fluorescents & Yellow Frequency

One of the most common complaints among office workers is **eye strain and headaches**. Most people attribute these symptoms to staring at a computer screen all day, when in fact it is related to the yellow frequency fluorescent lights produce.

This yellow frequency is the worst for your eye because it reaches the cones of the eye first causing it to contract and squint. Additionally, the yellow color is not absorbed into white paper and is reflected back as glare causing even more strain¹. Over time this squinting/glare can lead to **eye strain and headaches**.



elio® Light Bites

Week 5:
Yellow Frequency of
Fluorescent Lights

Click [here](#) to view on
our website

¹Source:
www.consumerhealth.org

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