



A HUMAN-CENTERED APPROACH TO HEALTHIER INDOOR SPACES



Indoor health begins here.

How much time do you spend indoors every day?

Eight hours? Maybe even 15 hours? For the average American, it's more than 21 hours — that's 90 percent. Whether it's time spent at home, at the office or work environment, school, retail stores, fitness centers, health care facilities, and more — our exposure to indoor environments is at an all-time high.



WHY IT MATTERS

Most people don't realize how buildings, and everything in them, can affect our health and well-being. When we're healthy, we perform better in all aspects of life—as employees, spouses or partners, parents, friends or family members, and active members of a community. Indoor environments can affect our performance and quality of life in many ways, for example:



Lighting, along with temperature and sound, can impact the amount and quality of sleep we get.



Heating, ventilation and air conditioning systems can affect our cardiovascular and pulmonary systems, which can affect people of all ages.



Furniture in our offices and homes can influence ergonomics and posture and encourage physical activity.



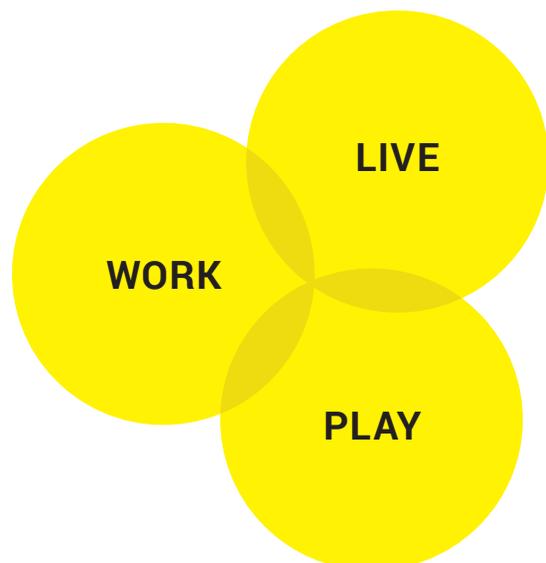
Natural lighting and biophilia can reduce stress and improve mood.

For these, and many more reasons, the need for a more focused study of the connection between health and the indoor environment is real and immediate.

WHAT WE DO

The Well Living Lab is the first scientific research center that uses exclusively human-centered research to understand the interaction between health and well-being and indoor environments. The Well Living Lab is a collaboration of industry leaders, Delos and Mayo Clinic.

What does that mean? Quite simply, the Lab has brought together some of the best and brightest minds in building science and medical research to study these indoor environments and create healthier indoor spaces in which to live, work and play.



REAL-WORLD RESEARCH WITH A REAL-WORLD IMPACT

We research the real-world impact of indoor environments on human health and well-being, and generate evidence-based information that can be used in practical ways to create healthier indoor spaces. This is accomplished through a multi-disciplinary approach involving science, clinical expertise, research and engineering. We observe real people, in simulated real-world settings.

Our one-of-a-kind research facility is completely reconfigurable and features advanced sensor technology and remote monitoring that allows people who participate in our studies to move about freely—as they normally would—unencumbered by wires, devices and monitors. For example, the Lab can be configured as:

- + **An apartment**, allowing us to study how factors like lighting, air temperature, noise, or furniture affect quality and quantity of sleep;
- + **An office**, allowing us to study how specific office furniture, natural light versus manufactured light, physical activity and other factors affect performance, attention, mood and comfort; and
- + **A single family home**, allowing us to study how specific products and furnishings impact our social interactions, health behaviors, and comfort.

Be informed. Get involved.

The movement to create healthy indoor spaces is growing rapidly as leaders from science, medicine, architecture and design begin to understand the connection between the indoor environment and health and productivity.

We invite you to learn more about the Well Living Lab and how you can become part of this growing movement. Visit us online at WellLivingLab.com or call [1-844-284-0236](tel:1-844-284-0236) to schedule a tour or meeting with our team.

TRUST IN THE EXPERTS

There are many research facilities around the world, but the Well Living Lab is unique. That's due in part to its physical structure, flexibility and technical capabilities, but at the foundation of this world-class facility are the collaborating organizations.



+ **Mayo Clinic** is a world-leading health care system with more #1 rated specialties than any other health system in the country. Mayo Clinic Center for Innovation provides day-to-day support and management for the Lab.



+ **Delos**, the pioneers of Wellness Real Estate™, was a leading force in establishing the WELL Building Standard® (WELL), the first building standard to focus exclusively on human health and wellness in the built environment.

The Well Living Lab brings together the health care expertise and world-class research of Mayo Clinic and the knowledge of health and wellness generated by Delos to leverage and expand upon the principles of WELL. Pioneered by Delos, administered by the International WELL Building Institute™ and third-party certified through the Green Business Certification, Inc., WELL sets performance requirements in seven categories relevant to indoor health: air, water, nourishment, light, fitness, comfort and mind.

