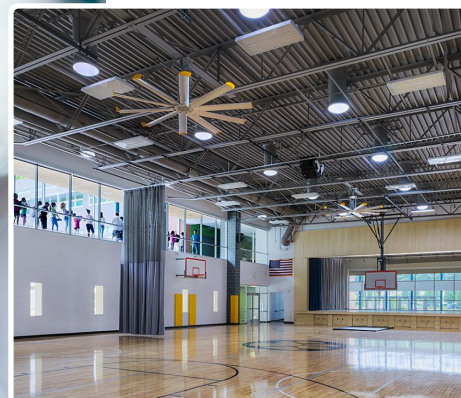




Daylighting Benefits for Youth Recreation & Athletics



Why Daylight Matters

From youth centers to gymnasiums, lighting plays a critical role in how people feel, perform, and engage. Natural daylight supports human health, enhances visual conditions, and creates more welcoming, active community spaces. Solatube tubular daylighting systems make it possible to deliver these benefits deep into interior spaces where traditional daylight access is limited.

Proven Human Benefits

Improved Energy, Mood & Engagement

- Exposure to natural light helps regulate circadian rhythms, supporting mood, energy levels, and overall well-being¹
- Daylight exposure is associated with improved mental well-being and reduced stress²

Enhanced Focus & Cognitive Performance

- Daylight supports alertness and cognitive performance, helping occupants stay focused and engaged^{1,3}
- Access to natural light contributes to improved concentration and mental clarity¹

Reduced Fatigue & Increased Activity

- Access to natural light supports sustained daytime energy and reduced fatigue, encouraging higher levels of participation and activity³

Supports Healthy Sleep, Recovery and Performance

- Daylight exposure helps regulate the body's internal clock, improving sleep quality and recovery^{1,3}
- Strong circadian alignment is linked to better overall physical and mental performance³

Visual Comfort & Safety

- Balanced daylight improves visual clarity and acuity, supporting safer movement and play⁴
- In daylit environments, occupants have reported reductions in eyestrain, headaches, and drowsiness⁴

Supports Youth Development & Eye Health

- Access to natural light improves cognitive function, mood, and focus, supporting youth development¹
- Increased daylight exposure plays a role in healthy eye development and may reduce the risk of myopia⁵



The Outcome

Recreation and community facilities designed with effective daylighting strategies can achieve:

- Increased user satisfaction and engagement
- Improved comfort, visibility, and safety
- Greater community connection and usage
- Healthier, more enjoyable environments for all ages

1. Boubekri, M. et al., 2020 – Daylight, sleep, and cognitive performance

2. Mead, N., 2008 – Sunlight exposure and human health

3. Lee, S. et al., 2020 – Daylight, health, and circadian rhythm

4. Hedge, A., Cornell University – Daylight and visual comfort (occupant-reported outcomes)

5. Scott, A. et al., 2015 – Light exposure and eye development in children