

# How does my work space influence my wellbeing?

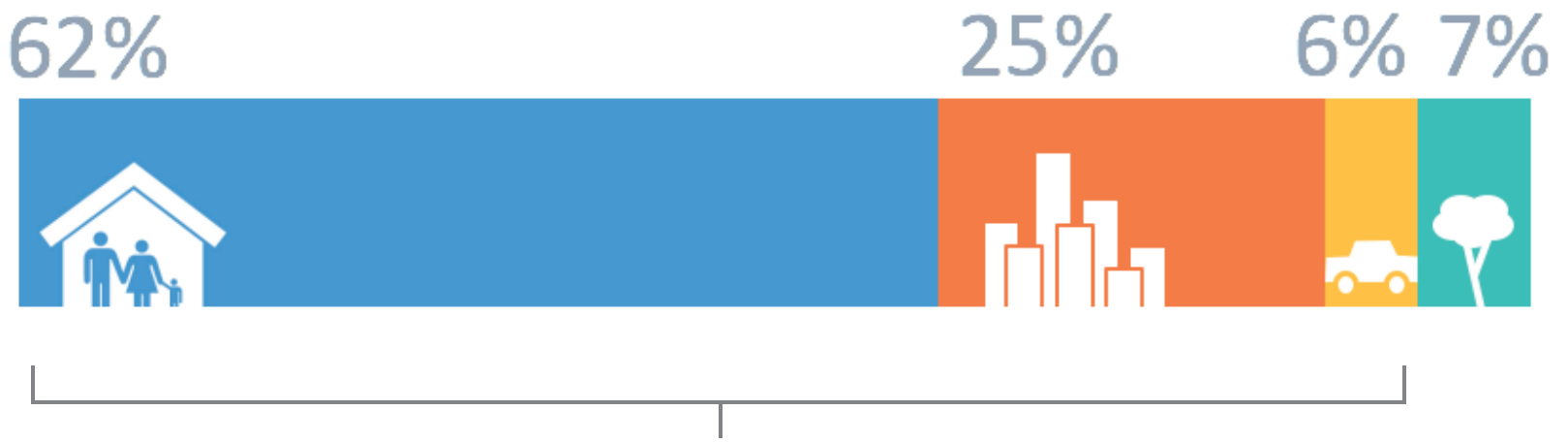


The U.S. General Services Administration, the University of Arizona, and Aclima Inc. are collaborating to address an important gap in the understanding of the human-building interface. Previous studies on human impacts of the indoor environment have been limited to the effects of individual ambient conditions. This research uses integrated environmental sensing technologies to map temperature, sound, air quality, light and other factors and study their combined effects on human health and work experience in real-time. Advanced analytic techniques will tease out how these factors combine, positively and negatively, to influence health and work effectiveness in individuals.

To learn more, join us at booth #546



# ENVIRONMENTAL SENSING: THE MISSING LINK TO HEALTHY BUILDINGS



## WE SPEND MORE THAN 90% OF OUR TIME INDOORS

We spend most of our time indoors, and yet we know little about how conditions at work affect health, wellbeing and performance. The Wellbuilt for Wellbeing research project focuses on the impact of environmental conditions on building occupants. The ultimate goal is to identify factors that promote health at work and reduce factors that create health and wellbeing risks.

## WELLBUILT FOR WELLBEING TAKES RESEARCH TO THE NEXT LEVEL

Building and medical professions know more about building health risks than their health benefits. Although subjective reports suggest that buildings influence employee health and work effectiveness, quantitative data is lacking. GSA's "Wellbuilt for Wellbeing" is a collaboration between government, industry, and academia, using advanced integrated environmental sensing technologies to gather this data.

This research combines real-time measures of environmental attributes including temperature, light, sound, and indoor air quality, linked with behavioral, psychological, and physiological responses. This research will inform building standards for design and operation of optimally healthy environments.

