

Enhancing Workspaces with Human-Centric Lighting:

A review of
human-centered
design and
hushAssistant
technology





Goals:

1. Understand Human Centric Design (HCL)
2. Know what circadian rhythm is and how it affects humans
3. Understand how hushFree utilizes a human-centered lighting concept and why this is important to productivity, focus and wellness



What is Human-Centered Design?

Pods are made for people!

Human-centered design (HCD) is a creative approach to problem-solving that puts real people at the heart of the process.

The goal is to design products, services, or systems that truly meet the needs, behaviors, and experiences of the people they're intended for.

In simpler terms:

It's about designing *with* people, not just *for* them.



What are the challenges of today's workers?

Asking *real* people in *real* workspaces.

When do you need quiet?

What makes you uncomfortable in pods?

What do you wish you had inside?

What are the challenges of today's workers.

You'll hear things like:

I need quiet when I have a deadline.

I need quiet from 10am to 1pm to do focus work.

People feel claustrophobic in closed spaces.

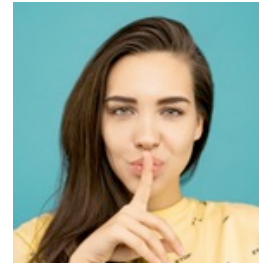
Some want to take calls, others want to meditate or do deep focus work.

Lighting, temperature, and ergonomics matter and are often overlooked.

Working *with* people, hushFree was born.

What the science says we need to perform our best.

Needs are an integral part of every human's life and stem from biological, psychological, and social factors. In addition to basic needs related to bodily functions, employees may have various needs concerning their work, office conditions, and relationships with colleagues.



No distractions

Noise and other distractions break concentration and increase stress. The ability to work in quiet, calm spaces increase productivity, support recovery and improves overall well-being and organizational efficiency.



PRIVACY

Everyone needs to be isolated from stimuli or other people from time to time - to make a phone call, to concentrate or to relax. Soundproof spaces increase comfort, safety and efficiency, improving working conditions in modern offices.

What else do we need to perform at our best?



The right lighting

Light regulates circadian rhythms and affects well-being and concentration.



Air quality

Good ventilation provides fresh air, reduces CO2 and pollutants, and supports concentration and health.



Ergonomics

Ergonomic workstations minimize muscle aches and improve comfort.



Collaboration and relationships

Employees need to collaborate and build relationships with colleagues to share ideas, solve problems, and stay motivated.

What else do we need to perform at our best?



Flexibility and the right tools

Employees need spaces and comprehensive solutions tailored to the activities they perform, both for individual and teamwork.



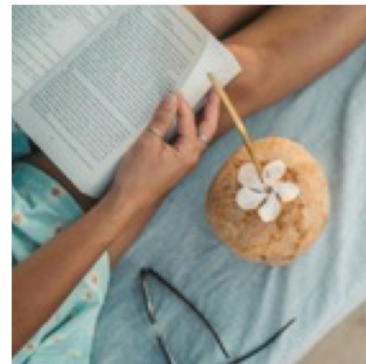
Control the working environment

Adjustable lighting and ventilation improve comfort and provide a sense of control, which is important for mental safety.



Safety

Ensuring physical and psychological safety is key to employee well-being and efficiency.



Breaks and recovery

Regular breaks help maintain productivity, reduce stress, and prevent burnout.

HushAssistant

The heart of the human-centered design philosophy

The simple and intuitive touchscreen control panel allows you to control the pod's operation, from the selection and intensity of lighting to fan efficiency, breaks, and managing bookings.

The innovative hushAssistant module is at the heart of the human-centered design philosophy of Hushoffice pods.



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HushAssistant

Freedom to work how you feel best

All lighting and ventilation settings can be adjusted to the user's specific requirements, or you can choose from five pre-defined user settings:



Default



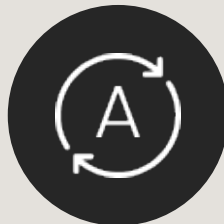
Focus



Relax



Video Call*



Auto



*Mode available in selected pods.

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User mode

User default mode allows users to set main lighting, providing full adjustment capabilities centered to their needs.



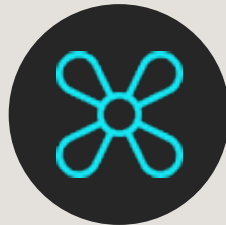
MAIN LIGHTING POWER
USER SETTINGS



MAIN LIGHTING COLOR
TEMPERATURE USER
SETTINGS



SIDE LIGHTING
0%



VENTILATION
100%



HushAssistant

Focus mode

Focus Mode emits light that supports tasks requiring bright illumination and sharp focus, such as drafting important documents.



MAIN LIGHTING POWER
70%



MAIN LIGHTING COLOR
TEMPERATURE
2800K



SIDE LIGHTING
0%



VENTILATION
100%

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HushAssistant

Relax mode

Relax Mode provides dimmed, warm light. It is the most comfort-oriented setting, promoting well-being and optimal recovery during short breaks.



MAIN LIGHTING POWER
90%



MAIN LIGHTING COLOR
TEMPERATURE
6500K



SIDE LIGHTING
0%



VENTILATION
100%

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Video call mode*

Video Call Mode activates additional LED strips on the right and left sides of the user, enhancing video quality and highlighting facial expressions. The neutral light supports prolonged engagement while emphasizing gestures and facial nuances during conversations.



MAIN LIGHTING POWER
60%



MAIN LIGHTING COLOR
TEMPERATURE
4000K

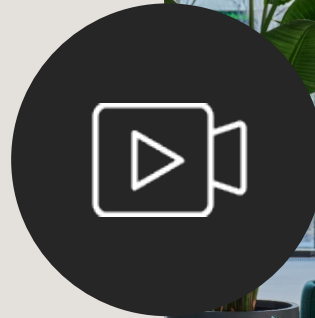


SIDE LIGHTING
100%



VENTILATION
100%

The thinkspace logo, featuring a stylized 'o' made of three small circles above the word 'thinkspace' in a lowercase, sans-serif font.



*Mode available in selected pods.

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OUR BIG DIFFERENTIATOR

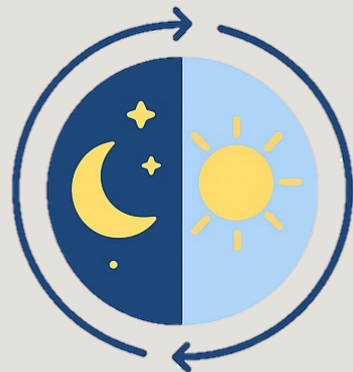
Auto mode designed with human-centric lighting concept

Human-Centered Lighting is lighting designed to support our **circadian rhythm** — the body's natural 24-hour cycle that affects sleep, energy, mood, and overall well-being.

HCL systems mimic natural daylight patterns by changing brightness and color throughout the day.

They help us wake up, focus, and wind down in sync with our internal clock.

By aligning artificial lighting with our biological rhythms, HCL can improve sleep, boost mood, and increase productivity.





Ideal biological lighting

**For most of human history,
our only source of light was the sun**





Circadian rhythm

**With the sun guiding us,
our bodies follow a 24-hour cycle**



How does sunlight affect the circadian rhythm?

The sun's light and dark cycle has a powerful effect on our biological clock, sleep, and alertness. Our body's biological clock responds to light as a wake-up signal and darkness as a sleep signal – increased light during the day results in greater alertness.

Morning light prepares us for the day.

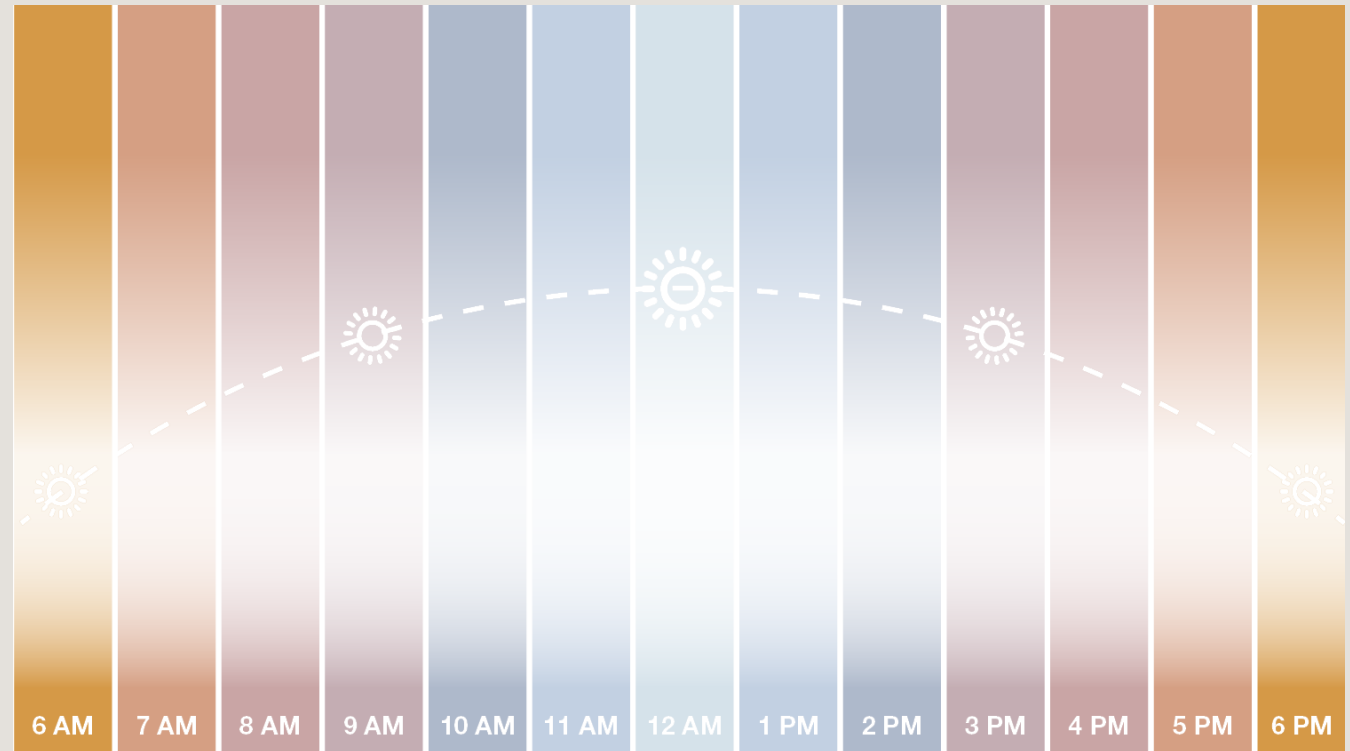
It is quite intense and characterized by a cool, blue-rich hue, stimulating the body to take action.

Around midday, light supports our activities.

At this time, it reaches its highest intensity and color temperature, stimulating productivity and focus.

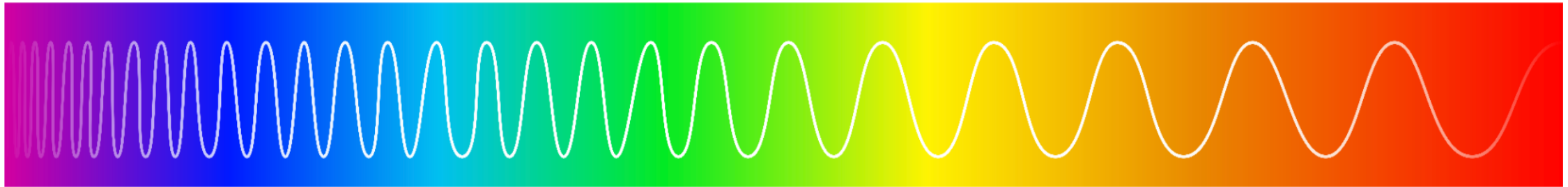
Late in the afternoon and evening, light prepares us for sleep.

The color of the light becomes warmer, and its intensity decreases, allowing the body to transition into rest mode.



not all light is equal

Cool Light vs Warm Light



Shorter waves
High energy
Cortisol

Longer waves
Low energy
Melatonin



HushAssistant

Auto Mode & the Circadian Rhythm

The Auto mode is based on the circadian rhythm of the sun, dynamically adjusting the brightness and color temperature of the lighting according to the time of day to provide the most natural working conditions for the user.

As with natural light, the color temperature and intensity of the light gradually increases from the morning, reaching a maximum around midday, helping to stimulate the body to act and move into a state of full activity and concentration.

Then, until the evening, the brightness of the light begins to gradually decrease and the color of the light becomes warmer, helping to reduce stress and gently transition from a state of activity to rest.

Everything happens automatically and entirely according to the circadian cycle.



HushAssistant

A lighting concept used to heal, focus and boost human life.

HCL-based lighting systems are used in offices, schools, and medical facilities to support employee productivity, student cognitive performance, and patient treatment.

Adapting light to people's natural needs remains critical to creating safe spaces that are conducive to work and recuperation.



HushAssistant

Auto mode



MAIN LIGHTING POWER
50-100%



MAIN LIGHTING COLOR
TEMPERATURE
2700-6500K



SIDE LIGHTING
100%



VENTILATION
100%



HushAssistant

Lighting matters more than you think!

Proper lighting is one of the most essential elements of the office environment. It directly influences employee comfort, focus, and productivity.

While lighting serves many purposes, its primary role is to support visual tasks and create a workspace that matches the nature of the work being done.

When employees have clear visibility, they can work more efficiently and complete tasks more quickly. But it doesn't stop there.

Thoughtfully designed lighting also supports better mood, sharper concentration, and overall well-being — contributing to a healthier, more effective work environment.

The right lighting boosts productivity, enhances comfort, and promotes safety throughout the office.



HushAssistant

Supportive reservation system for more efficient pod utilization*

HushAssistant supports quick ad hoc bookings that can be made in the pod itself. Reservations can also be scheduled remotely using Microsoft 365 Business-enabled devices.

This ensures seamless access to a quiet workspace whenever needed, enhancing productivity and minimizing disruptions. The ease of booking also optimizes pod utilization, making collaboration and focused work more efficient.



HushAssistant

Timer fostering better work management

HushAssistant is delivered with the built-in timer which helps users manage their work sessions effectively by setting time limits for focused tasks. This feature promotes a better time management, encourages productivity, and prevents overextended use of the space. By keeping track of time, users can maintain a balanced workflow, take necessary breaks, and ensure fair availability of the pod for others. It's a simple yet powerful tool for optimizing the concentration and efficiency.



HushAssistant

Coffee time reminder for improved productivity and well-being

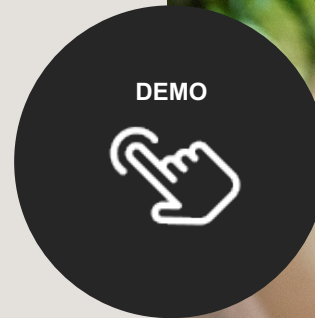
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HushAssistant

Demo mode for getting the most out of the pod

The hushAssistant's Demo mode feature allows users to explore available functionalities without making permanent adjustments. This model provides a guided overview of key features such as lighting, ventilation, and booking options, helping users and, e.g., Facility Managers understand how to optimize their experience and use the pod correctly. It's an excellent tool for demonstrations, training sessions, or testing different settings before regular use.





HushAssistant

Choose solutions that support employee productivity and well-being

Providing a supportive work environment and solutions in offices is crucial to employee efficiency and well-being. The right lighting reduces fatigue and stress, common challenges in office settings, while lighting aligned with the circadian rhythm enhances concentration, mood, and general health. Beyond lighting, smart workplace solutions further support employees in maintaining Focus and balance.

Features such as built-in timers help manage work sessions effectively, while break reminders encourage regular pauses to boost long-term productivity and well-being. Seamless booking systems ensure easy access to quiet workspaces, reducing distractions and optimizing workflow. By integrating these enhancements, modern office environments foster engagement, efficiency, and overall job satisfaction.



neurodesign!

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