

A bedroom that finally lets you sleep past 5am

PROJECT · Riverbend

CATEGORY · Single-Family Residential

Illustrative placeholder · Sleep & Circadian

LEVER · SLEEP & CIRCADIAN

ANATOMY · BEDROOM / BRAIN



THE DIAGNOSIS

Residents were waking at 5am to direct east light, with no way to control it from bed.

THE PRESCRIPTION

Circadian glazing film, automated shading, and a warm-shift lighting scene tied to sunrise.

THE OUTCOME

The household reports falling asleep faster and no longer waking before their alarm.

“We didn’t know how much the light was running our mornings until it stopped. I wake up now feeling like I chose to, not like I was told to.”

— PLACEHOLDER CLIENT, ILLUSTRATIVE ONLY, NOT A REAL QUOTE

