

**Some of the Results from a Study of Full Spectrum Lighting  
Conducted at Colt Elementary, Marble Falls, TX  
April 23, 2007**

A study was conducted by Betty Garnett, third grade teacher. Initially students were under the cool white fluorescent lights. Afterwards, the lights were changed to full spectrum tubes and were evaluated after the children had been under them for one month. Below is Ms. Garnett's evaluation.

**Teacher Evaluations of the Full Spectrum Lights**

I have noticed a difference in my overall attitude. I feel better, more energized. In addition, I feel happier, more relaxed enough to joke around with my husband; this is something that usually only happens in the summertime after school is out. I personally like the brightness of the lights. With the old fluorescent lights it was always sort of yellow in my room. Now everyone who comes in notices the blue look. It IS different!

My evaluation of the children is generally "better". It is hard to put a specific name to how they are better. Some of the children are able to concentrate better; others who previously were calm and mild mannered are more energized in a good way.

**Students Evaluation of the Full Spectrum Lights**

Many students report that they are making better grades, no more headaches, feel happier, not as tired, concentrate better, think more easily, see better, lights are brighter than the old ones which were dull.

**Quotes from Students**

"The lights made my headaches go away."

"The lights help me to focus better than I used to."

"When we had those other lights they had me staring in space so when we got new lights (they) help me from not staring in space."

"They make me think straighter. For example in math they keep me focused."

"They help me get calm when I am mad."

"The class and me have calmed down and we are not so rowdy anymore and I don't get any bad headaches anymore."

"The new lights are helping me because they take away my usual headaches."

"I feel much better and happier with the new lights. For example, this morning I was very gloomy, and now I'm very happy."

**Summary:**

When you look at the student data it becomes apparent that there is a big difference in their attitudes, their concentration ability, and the number of headaches before and after the new lights. In my opinion, it is worth it to purchase full spectrum lighting for all students to enjoy the benefits.