



Taipei Municipal Gan-Dau Hospital
(Managed by Taipei Veterans General Hospital)

e-Newsletter

February 2024

Taipei Municipal Gan-Dau Hospital

How Smart Lighting Helps Seniors Sleep

Introducing the Taipei Municipal Gan-Dau Hospital, a pioneering institution at the intersection of healthcare and technology. Our transformation into a "Smart Community Hospital" signifies a paradigm shift in healthcare delivery. By harnessing the power of Artificial Intelligence, Big Data, Robotic Technology, Telehealth and the Internet of Things, we have optimized our operations and elevated the standard of patient care and community health.

Our mission transcends the conventional boundaries of healthcare. We are committed to promoting 'Healthy Longevity' within our community. This involves a proactive approach to health, emphasizing preventive care, and fostering a culture of wellness. Our smart technologies facilitate personalized care plans, real-time health monitoring, and telemedicine services, thereby enhancing healthcare accessibility and enabling early detection and management of health conditions.

We are dedicated to cultivating a health-conscious community. Through regular health education seminars, fitness programs, and wellness activities, we engage individuals of all ages, integrating healthcare into everyday life. Our goal is not just to treat illness but to inspire a lifestyle that values health and longevity using integrate biomedical and digital technology.

Join us at Taipei Municipal Gan-Dau Hospital as we redefine healthcare and pave the way for a healthier, longer-lived future.

Find us at our website. <https://www.gandau.gov.tw/englishweb/>

Human-centric lighting, designed to align with our natural circadian rhythms, has been shown to significantly improve sleep quality. By mimicking the natural progression of daylight, it helps regulate the body's internal clock, promoting healthier sleep patterns. This, in turn, can reduce the risk of delirium and neuropsychological symptoms often associated with cognitive impairment. However, to date, there is no universal approach to implementing a hospital-wide smart lighting system. While human-centric lighting holds great promise, its application in a healthcare setting requires careful planning and customization.

Discover the transformative power of our innovative, human-centric lighting system! In a recent study conducted in our nursing home, we compared sleep outcomes between residents exposed to our smart lighting and those with standard lighting. The results were nothing short of remarkable. Residents basking in the glow of our human-centric lighting experienced a significant reduction in sleep disturbances and an enhancement in overall sleep quality. What's more, they achieved this superior sleep without the need for sleep medications. Experience the future of lighting with us - where technology meets well-being (Lan CH, et al. Arch Gerontol Geriatr. 2023;115:105112.)



Unveiling our revolutionary lighting system, a perfect blend of science and comfort! This unique system is designed to create a more natural environment for residents by adjusting its brightness and color throughout the day. It mirrors the natural outdoor light changes, bringing the rhythm of the outdoors inside, right to each individual bed. This scientific approach helps regulate the residents' internal body clocks, facilitating a smoother transition to sleep and maintaining it. Experience the harmony of nature and science with our innovative lighting system, where better sleep is no longer a dream!



Our groundbreaking lighting system, a fusion of science and innovation, designed to transform the lives of nursing home residents, hospital inpatients, and the dedicated staff. By elevating sleep quality, we boost the overall well-being of seniors. This not only enhances their quality of life but also alleviates the care burden on our committed staff. Experience the difference with us, where science meets care, and innovation enhances lives.

Experience the transformative power of our state-of-the-art, human-centric lighting systems! Not just limited to nursing homes, these systems are making waves in hospitals, outpatient offices, and other healthcare settings, revolutionizing patient outcomes. Our smart lighting system is scientifically proven to alleviate patient anxiety, uplift mood, and enhance the overall patient experience. By creating a natural and comfortable environment, it helps patients relax and feel at ease, leading to improved outcomes and expedited recovery times.

But the benefits don't stop there! Our smart lighting system also enhances the working conditions for healthcare professionals by reducing glare and eye strain, enabling them to work more efficiently and effectively. It also creates a welcoming and calming environment in waiting rooms and other public areas, elevating the overall patient experience.

Join us on this journey of innovation at Taipei Municipal Gan-Dau Hospital, where we're trailblazing the future of healthcare. Our successful deployment of smart hospital solutions, including advanced tools like AI and IoT, is a testament to our commitment to transforming healthcare. We're setting a global example, demonstrating how technology can be leveraged to provide better, safer care for all. Experience the future of healthcare with us, where science meets care, and innovation enhances lives.

Time	05 : 30	07 : 00	10 : 00	12 : 00	16 : 00	18 : 00	19 : 00	20 : 00
Color	3000K	4000K	5000K	5700K	4500K	4000K	3500K	3000K
Brightness	10%	30%	60%	100%	80%	60%	30%	10%

