

## **New Study by Mount Sinai Highlights Health Benefits of Smart Glass**

*Peer-reviewed study finds 16 minutes more sleep, 11% less anxiety and 9% less stress for residents with smart windows compared to traditional glass and blinds*

MILPITAS, CA – September 23, 2021 – A new [study](#) by the Light and Health Research Center at the Icahn School of Medicine at Mount Sinai finds that increasing access to daylight at home improves circadian alignment, sleep and mental health. The peer-reviewed paper published today in the *International Journal of Environmental Research and Public Health* tracked residents living in the [EXO apartments](#) in Reston, Virginia, which features View Smart Windows in each unit.

From the press release issued by Mount Sinai:

*During the crossover study, 20 residents spent one week in their apartments with electrochromic glass windows, also known as smart windows, which tint dynamically based on the location of the sun, and another week with standard windows with blinds. The participants wore sleep tracking devices, completed surveys on their health and well-being, and provided saliva samples every 30 minutes over the course of five evening hours to measure their melatonin levels, a hormone that peaks in the evening and triggers sleepiness.*

*Researchers found that melatonin production in the body was delayed by 15 minutes when residents used their blinds, resulting in them falling asleep 22 minutes later and sleeping 16 minutes less each night. In contrast, consistent and quality sleep in the smart window condition resulted in increased vitality during the day, an 11% reduction in anxiety and a 9% reduction in stress.*

Read the full press release from Mount Sinai at: <https://www.newswise.com/articles/new-research-shows-that-brighter-days-make-for-better-nights>

### **About View**

View is the leader in smart building technologies that transform buildings to improve human health and experience, reduce energy consumption and carbon emissions, and generate additional revenue for building owners. View Smart Windows use artificial intelligence to automatically adjust in response to the sun, eliminating the need for blinds and increasing access to natural light. Every View installation includes a cloud-connected smart building platform that can easily be extended to improve indoor cellular coverage, enhance building security and reimagine the occupant experience. View is installed and designed into more than 92 million square feet of buildings including offices, hospitals, airports, educational facilities, hotels and multi-family residences. For more information, please visit: [www.view.com](http://www.view.com).

**Contacts**

For Investors

Samuel Meehan

[IR@View.com](mailto:IR@View.com)

408-493-1358

For Media

Katie LeChase, Treble PR

[view@treblepr.com](mailto:view@treblepr.com)

585-410-5199