

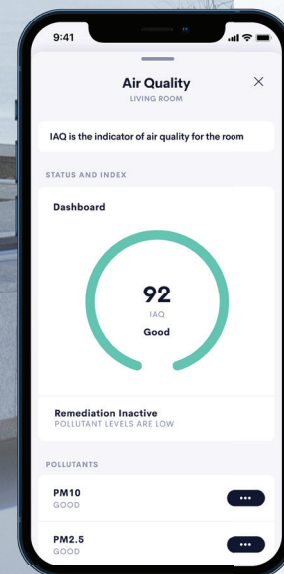
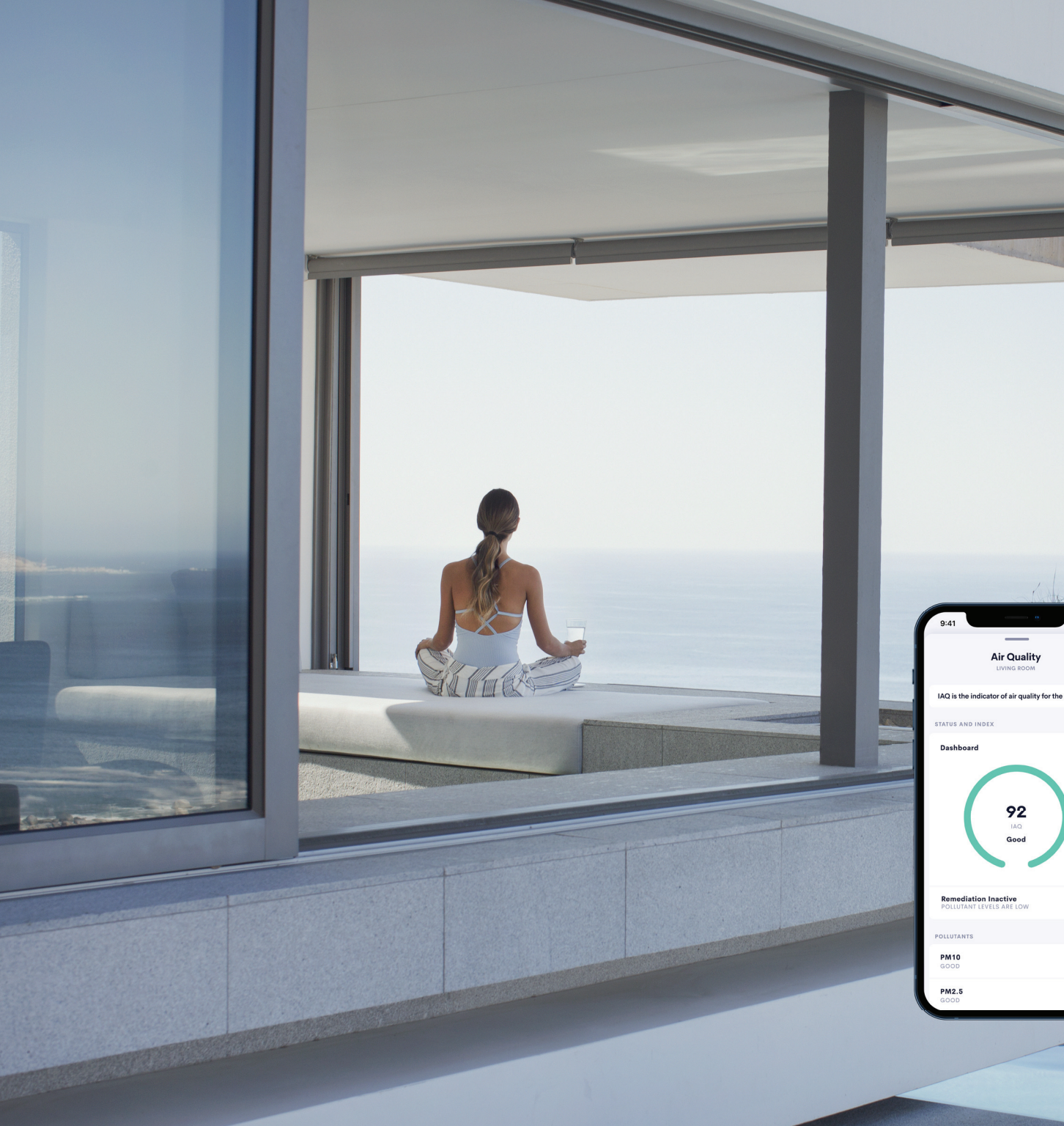


**Transform your  
home into your  
personal oasis.**

HEALTH & WELLNESS

CRESTRON **HOME**<sup>®</sup>



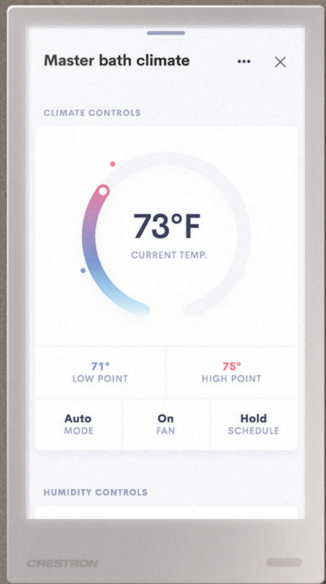


## Yes, your home can benefit your health.

Your sleep. Your energy. Your mood. Your emotional and physical health. A smart home can help improve and support these and other aspects of wellness. Lighting and shading, acoustics, temperature, air and water quality, and power and security reassurance all play a role.

The **Crestron Home® platform** seamlessly integrates with the Crestron product ecosystem and best-in-class wellness technology from our industry partners, so you can easily orchestrate your home's environment and how it interacts with the outside world to help support your health and well-being.





# Elements of health and wellness.

## LIGHT

Light affects everything. Our mood and energy levels. The quality of our sleep. It's how we evolved; our biological clock tied to the rhythms of the sun. Now, we spend an average of 90% of our time indoors surrounded by artificial light. This confuses our brains about when to rev up and when to wind down. Now, you can make artificial light mimic the qualities of natural light.

## SIGHT & SOUND

In today's world we're surrounded by so many displeasing sights and sounds: a neighbor's renovation, gardeners, street traffic, even your family's many devices. No matter how quiet and aesthetically pleasing we make our homes, nothing else feels quite like nature. Natural sights and sounds can help nourish and calm us. There's even a word for this innate human tendency: biophilia. Setting up your home to connect with nature can support feelings that are naturally healing.

## WATER

Our bodies are around 60% water and there's no question it's a vital part of our everyday lives. We bathe in it, cook with it, start our day with morning coffee or tea made with it. While you cannot control what goes on in the outside world, you can do a lot to filter out impurities in the water that comes into your home.

## AIR

The purity of the air we breathe is not just about the outside. Cooking, cleaning, perfumes and even the smoke from the match you use to light a candle, can build up inside our homes — especially during the times windows are kept shut. The right air purification system can help maintain the purity of the air inside your home.

## CLIMATE

Our bodies have a basic need to maintain a constant internal temperature within a specific range, for our comfort, health, and mental well-being. Temperatures in the home that are either too hot or too cold can impact your quality of life, especially when you sleep, when your body's temperature decreases. Climate control is a necessary part of maintaining a healthy home for everyone in your family.

## SECURITY

How prepared your home may be for a storm or how secure it may be while you're away may not seem a part of health and wellness. Yet anything that can help ease your mind affects your well-being. That's why the **Crestron Home platform** is built to give you access and visibility to security and energy management throughout your home.

## SUPPORT FOR HEALTH AND WELLNESS – WHERE YOU NEED IT MOST

**Crestron Home** natively connects to best-in-class Crestron products and wellness technologies from our industry partners to help support your wellness.







# Lighting the way to wellness.

Your body runs on a 24-hour cycle called a circadian rhythm. That's why the Crestron Home platform features circadian lighting control. Simulating natural light provided by the cycles of the sun with artificial light can help support your well-being and promote restorative sleep. This can easily be accomplished using a combination of shading and fully tunable LED lighting, which can change the color, saturation, color temperature, and intensity of light to create the perfect ambiance. All completely personalized to match your daily routine, so you're in the right light throughout the day, as nature intended.

## MORNING

Dim orange light slowly ramps up, simulating the sunrise, which can help you awaken more naturally and ease you into the day.

## MIDDAY

Lights automatically adjust to simulate the brightest part of the day, which can help trigger higher energy levels.

## EVENING

As bedtime approaches, lights gradually dim to simulate the calming light of dusk, which can help your body recognize it's time to get ready to sleep and release melatonin, the key sleep hormone.







## Connect with nature.

Can you think of anything more soothing than the sights and sounds of nature? Crestron sound systems enable you to fill your home or individual rooms with a variety of natural acoustic environments from your favorite streaming services or audio sources. Consider placing your speakers in living walls, or “vertical gardens,” which bring the outdoors inside — green environments can help lift our mood.

Bring nature inside at just the right times, with Crestron shading solutions. Set them to follow the sun or open automatically to reveal beautiful, calming views and fill rooms with natural light.





## Clear the air.

Crestron Home solutions seamlessly connect to the **Delos Wellness platform** and their Advanced Air Purification solutions to give you the ability to monitor and filter the air in your home. So, it becomes as simple as the rest of your Crestron Home solution.

Within Crestron Home you can immediately see the status of your home's air quality. From there, you can either manually start your air filtration system or have it automatically do so when your levels change.







## The perfect temperature, always.

Set the perfect temperature in every room. Program your home to adapt to the seasons. Well placed, reliable heating and cooling systems, paired with **Crestron Horizon®** smart thermostats maintain the optimal thermal environment day and night, year-round.





## Water is life.

Crestron Home seamlessly integrates with the **Delos Wellness platform** to give you visibility of their advanced smart water filtration solutions, which are designed to help improve your household water quality. They feature different types of filters specifically engineered to remove different types of contaminants, such as activated carbon filters to target chemicals.







## Your port in the storm.

The ability to see how prepared your home may be for power interruptions is a reassurance that can't be measured. Crestron partners with **PanTech Design**, whose energy automation technology stores power from the grid and your own renewable resources. It manages energy to help make your home more efficient. And it anticipates power outages via severe weather tracking to keep the lights on for you. More than anything, with seamless integration, you'll always have visibility and control of your energy at your fingertips.





## Security.

The ability to access your home's security features by touch screen or mobile device can help put your mind at ease. Knowing your doors are locked, alarms and shades are set, and cameras are on can help you feel safer and more secure, whether you're at home or away.

Crestron unifies your security technologies, from alarm systems and video door stations, to shades programmed to raise and lower to make your home appear lived in while you're away. Continuous system feedback on your mobile device confirms the status of door locks and alarms, the exact positions of doors, gates, shades, and garage bays, and provides real-time views of cameras. You can take control of your alarm system and video door stations from any touch screen throughout your home or remotely from your mobile device.







## Serenity at your fingertips.

With Crestron, the ability to monitor and control the elements of health & wellness throughout your home is always close at hand. Choose from a wide variety of **touch screens, handheld remotes, and keypads**, all crafted to accentuate your décor and personalized to support your lifestyle. Away for the weekend? Control doesn't end at your front door; from your **mobile devices**, you can prepare your personal oasis for your return home with just a tap, check security cameras, and more.





## Design inspiration for your home

Our Design Showrooms and Experience Centers provide a wealth of inspiration to help you choose the best options for your Crestron smart home. Our solutions are shown in exquisitely appointed settings and experts are always on hand to show you how Crestron technology blends artfully into any interior design.

Schedule your visit at [crestron.com/showroom](http://crestron.com/showroom)

### United States

Cypress, CA  
New York, NY  
Rockleigh, NJ  
Ft. Lauderdale, FL  
Scottsdale, AZ  
Houston, TX

### Mexico

Monterrey

### Asia

Hong Kong  
Singapore

### India

Bangalore

### Africa

Johannesburg

### Middle East


Dubai

### Europe

London  
Frankfurt  
Paris  
Fornebu  
Madrid  
Milan







For more information, visit [crestronhome.com](https://crestronhome.com)

---



All brand names, product names, and trademarks are the property of their respective owners. Certain trademarks, registered trademarks, and trade names may be used in this document to refer to either the entities claiming the marks and names or their products. Crestron disclaims any proprietary interest in the marks and names of others. Crestron is not responsible for errors in typography or photography. ©2022 Crestron Electronics, Inc.