



A smart kitchen

THE JETSONS HOME IS HERE

Inside a cutting-edge wellness house of the future

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What if your home boasted good-for-you amenities such as a sleep sanctuary with circadian lighting, a wellness kitchen with a vertical produce wall garden, cork flooring to help you breathe better, a bathroom that monitors your vitals and other innovative ways to improve health outcomes? With smart technologies constantly emerging, the modern home is evolving into a wellness retreat.

To demonstrate what's possible, experts from the groundbreaking living laboratory at Lake Nona Institute built a show home known as

WHIT (Wellness Home built on Innovation and Technology). Located near Orlando, Fla., and built by Tavistock Development Company, WHIT harnesses the power of smart technologies to optimize health and well-being at home.

Born from a vision to construct a house that inherently supports healthy living, WHIT was conceived as both a living laboratory and a healthy home when it opened in 2017. It also serves as a collaborative space for companies, from

startups to established enterprises, to showcase and integrate advanced solutions for healthy living. This translates into innovative, consumer-friendly solutions, many of which you can incorporate into your own home today.

LIGHTING FOR HEALTH

Say goodbye to restless nights with Delos Living's Circadian Mood Lighting, a technology designed to replicate the benefits of natural light. Not only does it enhance >



Cooking made easy

sleep quality, but it also boosts energy levels and promotes productivity.

“Mimicking daytime light signals, this innovative feature is designed to align with our natural biological clock, countering the disruptive effects of artificial light on our circadian rhythms. It’s where creativity meets scientific research to enhance well-being,” says Juan Santos, Tavistock’s senior vice president of brand experience and innovation. Or

consider outfitting your bedroom with Delos’ Long Wave Night Lighting to gently illuminate your surroundings for safe nighttime navigation while minimizing sleep disruption.

GOOD-FOR-YOU KITCHEN

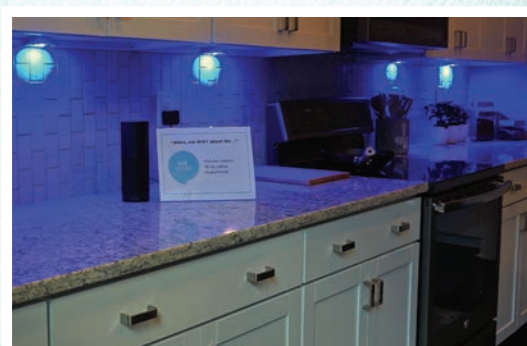
Outfitted with specialized appliances and features, the kitchen itself helps you prepare nutritious, home-grown meals.

Natufia’s organic hydroponic garden system makes efficient use of space for fresh produce. Using

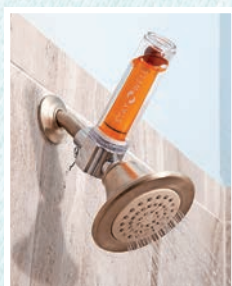
LED lighting and sound enhances the garden’s yields, which you can store and display in cooled-glass cabinets to prolong their life and provide a visual reminder of fresh ingredients.

The kitchen counters — with a built-in rail system — simplify preparation, cooking and composting for a plant-forward diet.

The prototype GE Interactive Island features a large touch-screen display, allowing you to plan and review recipes, >



A system that grows fresh produce indoors and a circadian lighting system around the home are some of the features in the Wellness Home built on Innovation and Technology.



Bathroom features, including health-monitoring technology and a shower that dispenses purified water, are now available for residential use.



receive step-by-step cooking instructions, compile grocery lists, shop, cook and connect on one intelligent surface.

Other wellness and sustainable kitchen items include the Foodini 3D Food Printer and the Smarter FridgeCam, which help improve kitchen efficiency, encourage the use of locally produced ingredients and reduce food waste.

BATHROOM AS A HEALTH LAB

Smart features that collect data from daily routines can transform your bathroom into a laboratory or an extension of your doctor's office. The Intelligent Toilet self-cleaning prototype activates personal health monitoring through home-based urinalysis. And the Intelligent Mirror prototype scans

your face and monitors your most essential health statistics in one convenient, portable mirror package.

These features help reliably and accurately track your health and wellness over time. Plus, they showcase cutting-edge technologies to support aging in place, which helps you maintain your independence and connections to your community as you age.

CLEAN WATER TECHNOLOGY

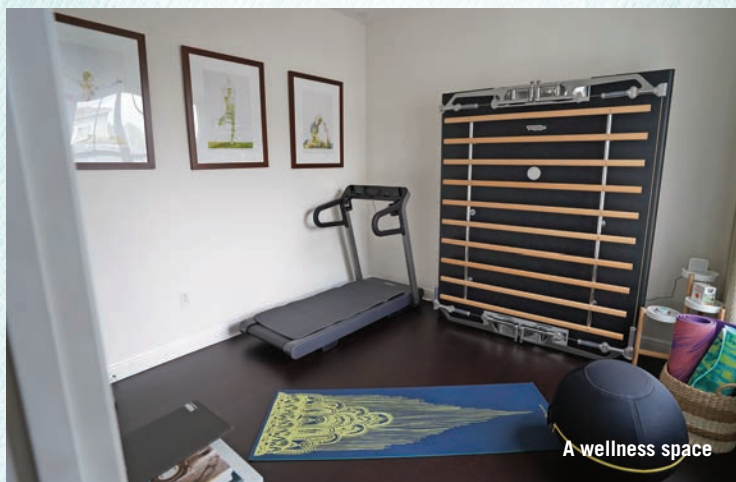
The Elkay Water Dispenser (an in-home water cooler) serves filtered water delivered directly from the SunToWater atmospheric water generator outside.

Much like a school science experiment, the generator distills moisture from the air, transforming it into water purer than what flows from most water filters. Meanwhile, Delta VoiceIQ Technology reduces

water waste using hands-free activation to dispense water needed for a specific task. All these appliances are commercially available for residential use.

"We view WHIT as a 'living' lab in two ways. First, it's not

just a showpiece but a real home where families can live and play. It's also a living entity that can grow and change with technology," says Gloria Caulfield, Tavistock's vice president of strategic alliances. ■



A wellness space