

Building Energy Exchange's Daylight Hour Campaign Goes Global Again

Join Daylight Hour 2026, a global social media campaign created by the Building Energy Exchange (BE-Ex) that helps organizations rethink how they use energy by strategically utilizing electric lighting in daylit spaces.

On June 24, 2026, from 12–1 pm local time, offices around the world will turn off their lights for one hour and share their participation on social media. The simple act of switching off non-essential lighting allows organizations to demonstrate their commitment to sustainability while joining a global effort to spark conversations about energy use in our buildings.

This year's campaign is generously powered by Pearl Street Systems & Engineering and supported by Lutron.

June 18, 2026

At its core, Daylight Hour is a demonstration of what natural light can do. When offices reduce their reliance on electric lighting, even briefly, the results are tangible: lower energy consumption, reduced associated emissions, and a reminder of the value that strategic daylighting can bring year-round. And the case for daylighting goes beyond energy savings alone. Research has linked it to improved productivity, healthier circadian rhythms, and reduced eye strain, benefits that make it one of the most human-centered sustainability strategies available.

Daylight Hour started with a simple idea: on one day a year, turn off the lights and let the sun do the work. Since its inception in 2014, that idea has grown into a global movement, and the numbers speak for themselves. The Daylight Hour campaign has now saved over one million kilowatt-hours of energy, proof that small, collective actions can add up to something truly meaningful.

Global engagement is central to the campaign. Through the hashtag #DaylightHour, participants share photos and videos from their day-lit workspaces, creating an international conversation. Each year, participating offices compete in categories like Best View, Most Spirit, and Most Photogenic, while raising awareness of the energy, climate, health, and comfort benefits of daylighting.

“Every Daylight Hour reminds us that meaningful change happens when people and organizations come together around a shared purpose. Through Daylight Hour, we're celebrating not only the energy we save, but also the participants and community of leaders committed to a more sustainable future. We are incredibly grateful to our sponsors, whose support helps expand the campaign's impact and inspire thousands of participants worldwide”
Richard Yancey, Chief Executive Director, Building Energy Exchange

Pearl Street Systems joins as this year's lead sponsor:

"Pearl Street Systems is proud to support Building Energy Exchange as the Lead Sponsor of Daylight Hour 2026. Over the past 15 years, we have helped customers reduce energy consumption through daylight harvesting strategies, making this an initiative we strongly believe in. We thank the Building Energy Exchange team for their continued leadership on impactful programs like this one."

Brian Healey, LC | Vice President, Sales & Marketing, Pearl Street Systems

Lutron returns as supporting sponsor:

"Lutron is proud to once again sponsor Daylight Hour in 2026. Daylight remains one of the most effective tools for creating spaces that are both comfortable and energy-efficient, and our lighting and shading solutions are designed with that goal in mind. Supporting this campaign reflects our values and underscores that building more sustainable cities is a shared responsibility across our industry."

Stacey Kim, Senior Director of Health, Safety, & Environmental, Lutron

For a deeper dive into the science and benefits of daylighting, tune into these Radio BE-Ex podcast episodes: [Social Equity and Daylighting with Lisa Hescong](#), [The Power of Daylight with Susan Ubbelhode](#), and [Shining Light on Healthy Buildings with Sara Karerat](#).

To help participants make the most of the day, BE-Ex offers a range of Daylight Hour resources, including an energy savings calculator, marketing and communications materials, and printable activities, all available at www.daylighthour.org.

Daylight Hour takes place June 24, 2026, from 12 to 1 pm local time. Register at www.daylighthour.org/join and share your participation on social media to be counted in the official tally.

www.daylighthour.org

www.be-exchange.org

Instagram & Twitter @Daylight_Hour

#DaylightHour

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