



Course: Circadian Lighting and the Built Environment
Provider: Healthe by Lighting Science
Credit: 1LU | HSW (AIA CES)

Summary:

This course delivers a basic foundation for understanding light and our eyes, how that relationship impacts circadian rhythms and overall wellbeing, the metrics that are used to describe biological light and how it is being applied in various industries.

Prerequisite Knowledge:

N/A

HSW Justification:

Circadian lighting is electrical lighting intended to improve the wellbeing and health of occupants in the built environment by using scientific understanding of the physical, neurological and physiological impacts light has on the human body. This course covers how light impacts the body and what that means for health, and how we can make healthier environments that improve mental and emotional health, safety and cognitive performance.

Learning Objective 1:

Understand how the eye, light and health are related

Learning Objective 2:

Comprehend why CCT is not an indicator of biological impact, and why 480 is significant

Learning Objective 3:

Understand the proper metrics used to discuss biological lighting

Learning Objective 4:

Apply healthy lighting within the built environment to optimize health for building occupants in various industries

About Healthe:

Healthe is the technology leader in developing and deploying circadian and biological lighting solutions that help regulate the body's internal clock, boost performance, enhance sleep and improve air quality. Our work with NASA scientists to develop LED lighting technology for biological applications is now being adopted as part of the standard for human-centric built environments – in homes, schools, offices, senior communities and healthcare facilities. Learn more at www.healthelighting.com.