

# Light and Wellness

## Design Ramifications of Circadian Lighting in the Built Environment

1 AIA LU | HSW



### **Learning Objectives**

- Define circadian rhythm and how it impacts the human body's sleep/wake cycle
- Identify the five controllable lighting parameters that have a circadian impact.
- Differentiate between the two primary circadian metrics and use the Circadian Stimulus calculator to determine successful design for circadian entrainment.
- Execute four lighting design techniques to create a circadian focused solution.

### **Course Outline**

- Evolution of Circadian Rhythm
- Health Implications of Circadian Disruption
- How Light Impacts the Circadian System
- Evidence Based Metrics
- Design Considerations
- Conceptual Discussion of Applications

