Light & Health: From Science to Application

(Rescheduled Date)

(Presented by Mariana G Figuerio, Ph.D. - Light & Health Program Dir, Lighting Research Ctr)

Biological rhythms that repeat approximately every 24 hours are called circadian rhythms. Light is the main stimulus that helps the circadian clock, and thus circadian rhythms, to synchronize with the 24-hour day. If lack of synchrony or circadian disruption occurs, we may experience decrements in physiological functions, neurobehavioral performance, and sleep.

Lighting for the circadian system employs lighting design objectives that differ from those typically used in traditional architectural lighting design, and therefore, requires metrics that differ from those currently used by lighting designers.

In this presentation, the limitations of current lighting metrics (e.g., CCT, lux) in specifying light for the circadian system will be discussed. Practical design solutions to increase the potential for circadian light exposure in buildings and new field data investigating the health effects of light will be discussed.

The goal of this presentation is to provide attendees with new tools and metrics that will help them specify and apply effective lighting to improve our lighting in our living environments. Program qualifies for 1 CEU.

Presenter

Mariana G. Figueiro, Ph.D., is Light and Health Program Director at the Lighting Research Center and Professor of Architecture at Rensselaer Polytechnic Institute. She conducts research on the effect of light on human health, circadian photobiology, and lighting for older adults. She is the author of more than 70 scientific articles in her field of research, along with the AARP-sponsored publication, Lighting the Way: a Key to Independence, which provides guidelines on lighting for older adults.

Wednesday April 11, 2018 - Rick’s Prime Rib - 898 Buffalo Road
$30 (includes lunch)

Please register for this event ASAP on our ‘Education’ page at www.iesrochester.org or contact Diane Montrois at 585.254.8010 or diane@illuminFx.com