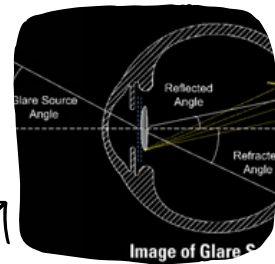


10 theories

01

Do not harm,
use light not look at it,

Visual effects of light can be physical



02

light also regulates several non-visual processes, such as sleep and circadian rhythms, melatonin secretion, pupillary light reflex, alertness, autonomic arousal, mood, brain activity and cognitive performance

Light/dark cycle affects:

- Pulse rate
- Blood pressure
- Growth and reproductive hormones
- Emotional receptors

Neurogenesis: 神经元发生

Neurogenesis is the process by which new neurons are formed in the brain... also contain certain brain regions

Arctic Experiment:

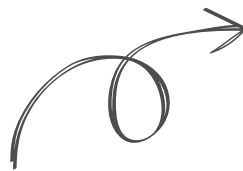
using wake-up light during the dark season, 78% ppl feel easier to get up after 2 weeks, and 86% ppl feel easier after 4 weeks.

03

CLIENT - AGING EYES

Vision is affected:

- yellowing of the lens
- Reduced colour vision
- Reduced light absorption



(for example, an average 60 years old eye requires three times more illuminance than an average 20 years old eye to see the same object with equal clarity)

04

LIGHTING POLLUTION

can't see stars in the city b/c of artificial light.

Light Trespass: a waste to carelessly light up the world



05

Q: what you are lighting and why?

EX: Decoration, fruit, art, for house, essential light

10 theories

06

LIGHTING CONTROL

sharing control of office lighting
smart home

07

TEST before client uses it in real life

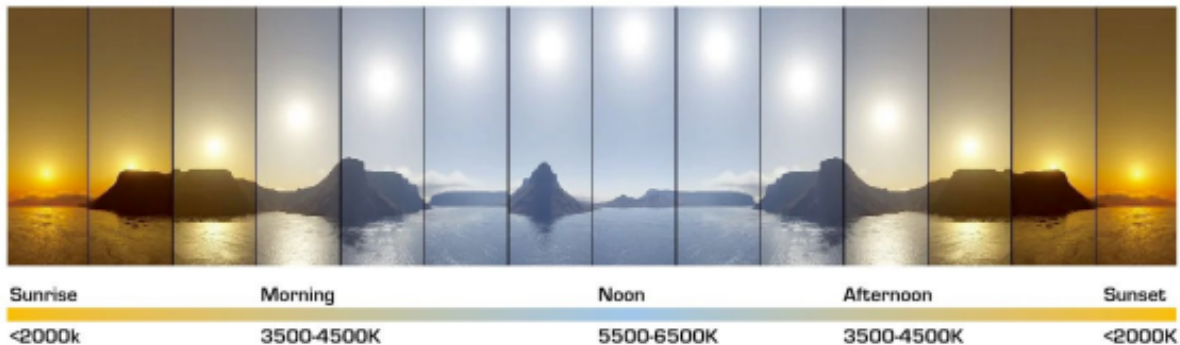
08

DAYLIGHT ORIENTATED DESIGN

Site context, do the site visit, research, and know the sun path before you design it.

09

color of light



Blue light govern circadian rhythms that pose concern for public health.

10

create new lighting possibilities

