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Are We Really Light Deprived And What Can We Do About It?

Many of us perceive a place in summer in the shadow of a tree as the ideal place to linger. But we are surrounded by boundaries that are not always easily removed, especially if we believe that an ideal light environment should be offered, on a daily basis to avoid negative health effects and to maintain mental focus at work and study. Topics for the presentation are highlighted in bold below.

We hear that living at a Nordic latitude poses health threats due to a lack of daylight during the dark season of fall and winter. And a slow genetic adaptation process to adapt is in progress. Meanwhile, a solution could be to plan living environments with the help of architectural design to catch the scarcity of daylight, one example being the development of outdoor offices. During this period, an addition of human-centric lighting seemed possible, but some improvement could be welcome, one example being light corners. Snow glow seems to give us some help!

The society also has to give attention to biological needs and non-visual effects of light and provide relevant care and solutions to people who suffer from health threats. This also means that building recommendations that provide a high daylight factor have to be endorsed at work and in living residence environments. It is today common to treat problems with medication in Western societies. Light therapy is still regarded as a non-evidence-based medical treatment by many professionals. Awareness will also increase the demand by individuals to provide good quality lighting conditions.