

# JKL Continuing Education Seminar

## The Modern Dilemma of Lighting - The Solution

CEU 2024 | Course Number: JKLCE101 | Learning Units: *HSW IDCEC 12-00003315*

### JKLCE101: The Modern Dilemma of Lighting - The Solution

Architectural lighting is no longer just for the visual system. Our eyes contain non-visual blue-sky photoreceptors that help to regulate our circadian rhythms. Modern architectural lighting has been designed to meet the needs of our visual system, however does not provide the proper light signals our bodies and minds need to properly reinforce healthy circadian rhythms. With growing emphasis on healthy built environments, circadian lighting is a popular topic that many designers and end-users are being asked to explore. We face two (2) major hurdles in circadian health: 1. Lack of proper daytime and nighttime biological light signals for circadian health. 2. There is a big disconnect between our everyday activity/rest period and how that relates to the light/ dark cycle. Both of these challenges have been shown to contribute to Social Jet-lag and circadian disruption, which can result in a series of negative health outcomes, such as disrupted sleep cycles. This seminar explores the science behind the circadian rhythms and outlines the potential for light spectrum to enhance the health of our architectural lighting by reinforcing proper daytime light signals and promote healthy circadian rhythms. *HSW Justification* This presentation discusses the biological mechanisms that contribute to circadian health and describes the role of the human circadian system as it relates to our health over our lifetime and on a daily basis as well. This course also details how light plays a critical role in maintaining circadian health and can support our well-being.

### HSW Justification

This presentation includes information on the biological impact light has on our health and well-being and covers human-centric lighting strategies for the built environment. This course introduces circadian metrics that designers need to know when designing healthy spaces and outlines how light plays a critical role in maintaining circadian health and supports our well-being.

#### Learning Objectives:

1. Discuss the current state of research and new work in light and circadian rhythms.
2. Recall the visual and non visual impact of light.
3. Identify the design considerations that are important when implementing human centric / wellness / circadian lighting.
4. Identify the important performance characteristics to include when specifying circadian lighting.
5. How to validate the circadian lighting designed spaces.

#### Who Should Attend:

Architects, Interior Designers, Lighting Designers, Engineers, Design-Build Contractors, End-Users, Owners Reps, FMs, Ops Managers.

**Presenter** Joe Kraus  
*IDCEC Member*

Joe Kraus is currently the vice-president of marketing at joekrauslighting and has been educating specifiers on the differences between Psychological and Biological lighting for the last 3 years. His extensive knowledge of lighting technology and application provide a unique perspective on the development and integration of quality lighting technology for today's rapidly advancing design environment.

A member of ASID & IIDA, Joe has given CEU presentations for 20 years that help educate lighting professionals on the latest developments in light and wellness. These sessions are not only educational, but are a great way to meet incredible people within the lighting industry and build long term relationships.

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