**A NEED for LIGHT**

A Unique look at How the Body and Brain are Dependent upon and Affected by LIGHT!

Beauty, grace, and vitality are just a few aesthetic reasons to incorporate daylight and style savvy artificial light into every project, but the full potential of design is just now surfacing as the physiological and neurological affects of light on the human body and brain are making news . Recent scientific discoveries have uncovered the interconnection between environmental light and a host of bodily functions, human behaviors and disease conditions. Yet this information has been slow in coming to the lighting and design professionals responsible for the built environments in which modern man spends over 90% of his day. With, simple, easy to understand anatomical and neurological references, Deborah will bridge the gap between science and design while presenting cutting-edge, evidence based research investigating how and WHY light is now proving to be a major player in all things human including…. SLEEP

* Unravel how seemingly unrelated aspects of our lives such as; performance, productivity, learning, concentration, cognition, weight gain/loss, overall health, daytime fatigue, quality sleep and even sexual performance have all been linked with environmental light …who knew that building design would play a role in that!
* Learn HOW the newly discovered iPRGC cells function to transport environmental light thru to the portion of the brain that is responsible for key neurological functions and WHY architectural and design specifications can either inhibit or support this process.
* Based on recent scientific and medical research, develop a professional understanding of the human circadian system in order to create aesthetically pleasing, and human centered, built environments responsible for improving workplace productivity and performance, impacting healthcare outcomes, driving retail sales, and creating a positive effect on overall health and wellness.
* Discover how daytime evidence-based design and lighting specifications play a critical role in achieving nighttime sleep quality as well as reducing daytime fatigue levels simply by designing spaces and incorporating lighting technologies that work to support how the body and brain function, survive and thrive !
* Explore the relationship of reflectivity to aging and examine how the angle and direction of light hitting the retina impacts the visual and neurological reception as well as the *processing of light* and what this means for the lighting designer and other A&D professionals who strive to enhance the quality of life for anyone who occupies a built environment .