

LD+A



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Light & Wellness

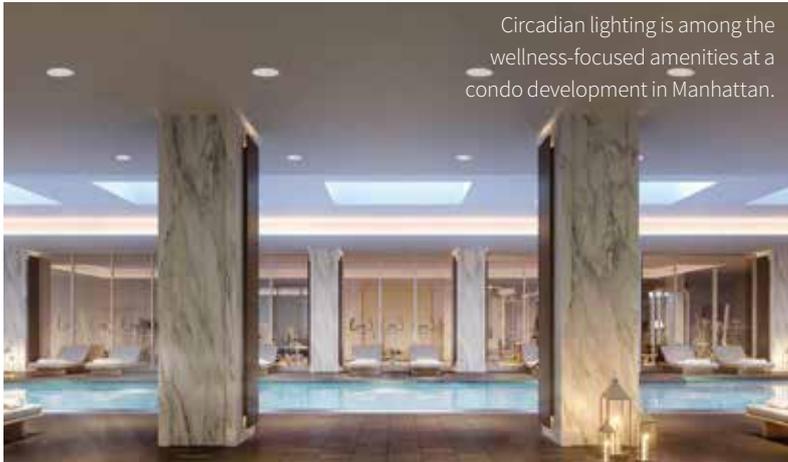
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**The Designer-
Client Dialogue**

**LRC's Lighting
Interventions**

**Circadian Survey
Results**



Circadian lighting is among the wellness-focused amenities at a condo development in Manhattan.

Home Health Aid

A “meditation room” equipped with a circadian lighting solution is as natural a fit as a south Florida housing development with a swimming pool and golf course. That’s the synergy being sought at a new Manhattan luxury condominium development, Gramercy Square, which has installed the Good Day&Night downlight from Lighting Science in its meditation room and in several other amenity rooms. The objective is to offer residents “healthy, biologically-balanced light.”

The product is marketed as “a daytime productivity and natural sleep cycle lighting solution” and combines the company’s GoodDay and GoodNight LED spectrum technologies into a single luminaire. The new downlight is meant to enable residential and commercial customers to optimize daytime alertness, while also enhancing their nighttime sleep environment.

Based on technology developed in collaboration with NASA to support the natural circadian rhythms of astronauts living onboard on the International Space Station, the downlight allows users to change between “focus-enhancing” and “sleep-enhancing” spectrums. The luminaire is controlled via a standard wall switch, or by a wireless switch accessory. Mounting kits are available for retrofit and new construction. “At Gramercy Square, integrated wellness is supported through a multi-dimensional approach to programming and meaningfully considered sensory experiences in our homes, gardens and amenities,” says David Bistricher of Clipper Equity. “The partnership with Lighting Science naturally aligns with our mission to contribute living innovation inspired by nature, connectivity and a healthy environment.”

Paul Tarricone

sumers and self-proclaimed expert advisers to our clients, we need to make sure we’re up-to-date on the research, we need to continue questioning our manufacturing counterparts about what their products can do, and we need to educate our clients on how much there is still left to learn.

We also need to share our experiences, even with our competitors. Up until the revolution of the lighting industry with the mainstream acceptance of LEDs in the marketplace, the lighting community had a certain tribal knowledge passed from the most senior designers to the younger staff they were mentoring. Around 2010, this knowledge was mostly useless due to the rapid changes in technology. Now, we as a community need to rebuild our tribal knowledge and share our failures and successes with our fellow lighting designers.

We also need to push our research counterparts for metrics and guidelines and ask for clear information about what is still left to be figured out. We need to question manufacturers on misinformation. Tunable, dynamic white lighting might be the wave of the future, and it very well may do all it has been hyped up to do, but we don’t know that yet. We, as lighting designers, need to work as a collective group—supporting and sharing what we learn—just like we’ve done in the past, to promote a better and potentially healthier future. □

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