LRC Takes Health Initiative

The Lighting Research Center is no stranger to the health and wellness movement. The center’s newest collaboration, The Light and Health Alliance, brings together manufacturers, government organizations and NGOs, codes and standards bodies, architects, specifiers, facilities managers and physicians in order to “bridge the science of light and health to practical applications, and to provide objective information based on basic and applied research.” Led by Mariana Figueiro, LRC Light and Health Program director and associate professor at Rensselaer Polytechnic Institute, the initiative will focus on research surrounding light’s effect on health, specifically regarding topics such as sleep, alertness, jet lag and depression. The LRC hosts a two-day seminar May 6-7, entitled “The Light and Health Institute,” to offer participants—from healthcare and lighting professionals to researchers and architects—cutting-edge information on the topic. “The goal is to provide attendees with the knowledge necessary to improve our modern living environments with efficient, dynamic lighting,” says Figueiro.