

## Contents

**Preface** xv

**Acknowledgements** xvii

<b>1</b>	<b>Introduction and Motivations</b>	<b>1</b>
1.1	Introduction: A Historical Review. Current Issues	1
	References	5
<b>2</b>	<b>Fundamentals of Lighting Technology – Basic Visual and Non-visual Aspects</b>	<b>7</b>
2.1	The Human Visual System. Visual and Non-visual Signal Processing	7
2.2	Photometric and Colorimetric Quantities	12
2.2.1	Lighting Technology and Colorimetry	12
2.2.2	Colorimetry: CIE Tristimulus Values and CIE Chromaticity Diagram	13
2.2.3	Colour Appearance, Colour Matching, Colour Spaces, and Colour Difference Formulas	16
2.2.4	The CIECAM02 Colour Appearance Model	18
2.2.5	CAM02-UCS Colour Space	21
2.3	Basics of the Non-visual Aspects	21
2.3.1	Melatonin Suppression at Night	21
2.3.2	Modelling Melatonin Suppression at Night with the Circadian Stimulus (CS) and the Melanopic Action Factor	23
2.3.3	Spectral Sensitivity Functions According to the CIE	25
2.3.4	Correlations Among Circadian Stimulus CS, Melanopic Illuminance, and D65-Equivalent Illuminance	27
2.3.5	Recommendations of Necessary Melanopic EDI (mEDI) Levels for Optimum Sleep and Daytime Environments and Summary of this Chapter	28
	References	29

<b>3</b>	<b>Basic Principles of Human-Centric Lighting and Integrative Lighting</b>	<b>33</b>
3.1	Basic Questions, General Aspects	33
3.2	Input Variables – A Systematic Approach	35
3.3	Brain Processing for the Formation of Subjective and Objective Behavioural Variables	38
3.3.1	Visual Processing Systems	38
3.3.1.1	Horizontal Cells of Bipolar Cell Layer	39
3.3.1.2	Ganglion Layer	40
3.3.1.3	The Visual Pathway	41
3.3.1.4	Overall Network Structure of the Visual System: An Overview	42
3.3.2	Processing Centres and Transmission Pathways for Non-visual Light Effects	43
3.3.2.1	Light Effects on Mood and Learning	46
3.3.2.2	General Light Effects on Cognition, Emotion, and Alertness	47
3.3.2.3	Wavelength Dependence of Brain Activities on Light Exposure	48
3.4	'Timing System', Circadian Rhythm, and Sleep Behaviour	48
3.4.1	Questions	48
3.4.2	Timing System: Entrainment, Timing Role	49
3.4.3	PRC – Function, Phase Shift	50
3.4.4	Chronotypes, Sleep Behaviour	51
3.5	Output Variables of the Visual and Non-visual Brain Processing Apparatus: A Systematics	52
3.6	Basic Aspects of Human-Centric Lighting/Integrative Lighting	54
3.7	Tools and Methods for Determining the Subjectively and Objectively Measurable Lighting Effects	57
3.7.1	Questionnaires for Comprehensive Subjective Determination of Indoor Lighting Quality	57
3.7.2	Questionnaires on Sleep Behaviour, Sleepiness, and Alertness: The Subjective Basis	58
3.7.3	Objective Methods and Tools	59
	References	60
3.A	Appendix A	63
<b>4</b>	<b>Visual Performance–Work Performance</b>	<b>67</b>
4.1	Status of Standardisation for Interior Lighting Using the Example of DIN EN 12464	67
4.2	Visual Performance	71
4.2.1	Definition and Influencing Factors	71
4.2.2	Rea's RVP Model, 1991	74
4.2.2.1	Experiments and Results from 1986	74
4.2.2.2	Experiments and Results from 1988 and Modelling from 1991	76
4.2.3	The Model of Kokoschka on the Data Basis of Weston	77
4.3	Work Performance	80
4.3.1	Assignment of Work Performance Aspects	80

4.3.2	Model for Stress Regulation Under Poor Lighting	82
4.3.3	Influence of Lighting Level on Mental Work	83
4.3.3.1	The Experiments of Boyce	84
4.3.3.2	The Experiments of Lindner	86
4.3.4	Influence of Lighting Levels on Work Performance in Industrial Workplaces	88
4.3.4.1	Literature Review Until 1971	88
4.3.4.2	Lindner's Experiments in 1976	90
4.3.5	Summary of the Significance of the Visual Performance and Work Performance Results – Preliminary Consequences for Indoor Lighting	91
	References	92
<b>5</b>	<b>Modern Aspects of Brightness and Visual Clarity in the Context of Light Quality and Visual Performance</b>	<b>95</b>
5.1	Introduction	95
5.2	Experimental Method of the Subjective Study	100
5.3	Modelling Brightness and Visual Clarity	102
5.4	Summary	107
	References	108
<b>6</b>	<b>Colour Quality and Psychophysical–Emotional Aspects, Laboratory Experiments</b>	<b>111</b>
6.1	Introduction	111
6.2	Preferred Horizontal Illuminance Levels	112
6.3	Preferred Luminance Levels on the Wall for a Computer Monitor	114
6.3.1	Introduction	114
6.3.2	Experimental Method	115
6.3.2.1	Test Series 1: Determining the Most Comfortable Display Brightness at a Constant, Typical Wall Luminance	116
6.3.2.2	Test Series 2: Determining the Most Pleasant Luminance and Colour Temperature on the Wall with Constant Display Luminance	118
6.3.3	Evaluation of the Results	119
6.3.4	Summary	121
6.4	Preferred Colour Temperatures	122
6.4.1	Introduction	122
6.4.2	Experimental Method	123
6.4.3	Results and Discussion	127
6.5	Preferred Ranges of Colour Temperatures and Illuminances	129
6.5.1	The Nature of Illuminance and Colour Temperature	129
6.5.2	Illuminance and Colour Temperature in the Literature	130
6.5.3	Visual Experiments on the Combined Effect of Colour Temperature and Illuminance	132
6.5.4	Results: Combined Effect of Colour Temperature and Illuminance	134

6.5.5	Dependence of Preferred Colour Temperature and Illuminance on Age and Gender for Activation and Relaxation	135
6.6	Preferred White Chromaticities	137
6.6.1	Introduction	137
6.6.2	Experimental Method	139
6.6.3	Results	139
6.7	Colour Quality	140
6.7.1	Perceptual Aspects of Colour Quality	141
6.7.1.1	Naturalness, Colour Fidelity (Colour Rendering)	141
6.7.1.2	Vividness	143
6.7.1.3	Chromatic Lightness (Brilliance)	143
6.7.1.4	Colour Preference	144
6.7.1.5	Memory Colours	144
6.7.2	Modelling Colour Preference, Naturalness, and Vividness	146
6.7.2.1	Modelling of Colour Preference, Naturalness, and Vividness at 750 lx	146
6.7.2.2	Modelling Colour Preference at 2000 lx. Comparison of Colour Preference Between 750 and 2000 lx	149
6.7.3	Consideration of Red Object Colours in the Colour Preference Model	150
6.8	Colour Preference for Skin Tone Lighting	153
6.8.1	Introduction	153
6.8.2	Method of the Colour Preference Experiment for Skin Tone Illumination	154
6.8.2.1	Spectral Measurement of Skin Tones	154
6.8.2.2	Characterisation of the Light Sources Used	156
6.8.3	Results of Subjective Scaling of Colour Preference for Skin Tone. Optimal Saturation Levels	159
6.9	Colour-Rendering Indices and Their Semantic Interpretation	162
6.9.1	Introduction	162
6.9.2	Methodology of the Experiment on the Semantic Interpretation of the Colour-Rendering Indices	162
6.9.3	Results of the Experiment on the Semantic Interpretation of the Colour-Rendering Indices	164
6.10	Summary: Preliminary Consequences for Indoor Lighting	166
	References	166
<b>7</b>	<b>New Light-Quality Models from Laboratory Experiments and their Validation in Field Trials</b>	<b>171</b>
7.1	Introduction	171
7.2	Input and Output Parameters of the Light-Quality Models	173
7.2.1	Input Parameters	173
7.2.2	Output Parameters	173
7.3	Experimental Set-Ups for the Light-Quality Models	174
7.4	Equations of the Light-Quality Models	178

7.4.1	Brightness	178
7.4.2	Visual Clarity (VC)	179
7.4.3	Colour Preference (CP)	180
7.4.4	Scene Preference (SP)	183
7.5	Modelling with the Circadian Stimulus (CS)	184
7.5.1	Calculation Method	186
7.5.2	Brightness	186
7.5.3	Visual Clarity (VC)	187
7.5.4	Colour Preference (CP)	187
7.5.5	Scene Preference (SP)	188
7.5.6	Visualisation of the VC, CP, and SP Models in Contour Diagrams	188
7.6	Validation of the Light-Quality Models (in Section 7.4) in Three Museums in Japan	191
7.7	Summary	192
	References	194
<b>8</b>	<b>Correlation Analysis of HCL Parameters and Consequences for the Measurement Methods of Non-visual Effects</b>	<b>197</b>
8.1	General Consideration of the Correlation of the Parameters for Visual Performance, Colour Quality, and Non-visual Effects	197
8.1.1	Introduction	197
8.1.2	Evaluation of the Colour-Rendering Indices	202
8.1.3	Assessments of the Brightness Parameters	203
8.1.4	Melanopic Effect and Colour Rendering	205
8.1.5	Correlation Between Further Parameters of Visual Performance, Colour Quality, and Non-visual Effects	206
8.2	Structure and Categories of the Input Parameters of the HCL System	210
	References	214
<b>9</b>	<b>Psychophysical–Emotional Aspects – Visual Comfort and Non-visual Effects</b>	<b>217</b>
9.1	Psychological–Emotional Aspects of the Effect of Light	217
9.1.1	Introduction	217
9.1.2	Psychological Effect of the Variable Lighting Situations, Spatial Effects	220
9.1.2.1	Field Trial	221
9.1.2.2	Laboratory Experiment	223
9.2	Space Impression, Space Brightness, and Visual Field Luminance	227
9.3	Visual Comfort: Flicker and Stroboscopic Effects	229
9.3.1	Pulse Width Modulation and Constant Current Control	229
9.3.1.1	Pulse Width Modulation (PWM)	229
9.3.1.2	Constant Current Regulation (CCR)	230
9.3.2	Flicker and Stroboscopic Effects	230
9.3.3	State of Research	231

9.3.4	Investigation	233
9.3.4.1	Settings	233
9.3.4.2	Parameters Investigated	234
9.3.4.3	Experimental Procedure	235
9.3.5	Results	236
9.3.5.1	Mean Subjective Values	237
9.3.6	Conclusion	240
9.4	Non-visual Light Effects During the Night Hours	240
9.4.1	Introduction	241
9.4.2	Light Effects in Night Hours with Polychromatic White Light	242
9.4.2.1	Results	243
9.4.3	Light Effects in Nocturnal Hours with Quasi-monochromatic Light	246
9.4.4	Formation of a Metric to Characterise Time-Dependent Melatonin Suppression	249
9.4.5	Determining the Potential Causes of Melatonin Suppression in Nocturnal Hours	253
9.4.6	Lighting Aspects for Shift Work	254
9.5	Psychological and Health Aspects of Daylight	261
9.5.1	Psychological Aspects	261
9.5.2	Health Aspects of Daylight	263
9.5.3	Quantitative Characteristics of Daylight and Electric Light – A Comparison	265
9.6	Influences of Light Intensity and Timing of Light Exposure on Sleep Behaviour	271
9.7	Light Effects on Alertness – Literature Analysis of Various Publications	275
9.7.1	Alertness in the Evening and Night Hours	275
9.7.2	Alertness in the Daytime	276
9.8	Results of the Effect of Light on Alertness and Sleepiness During the Early Shift in an Industrial Company	281
9.8.1	Results of the Data Evaluation	283
9.8.2	Summary and Discussion	284
	References	284
<b>10</b>	<b>Practical HCL Light Measurement Technology Indoors and Outdoors</b>	<b>291</b>
10.1	Introduction	291
10.2	Hypotheses and Questions for HCL Light Measurement Technology	293
10.3	Light Measurement Aspects	296
10.3.1	Size of the Viewing Field	296
10.3.2	Current Definitions of Circadian-Effective Irradiance	297
10.3.2.1	DIN Evaluation Procedure	298
10.3.2.2	Procedure according to M. Rea and Figuiero	300

10.3.2.3	Use of the Definitions for the Metrics MDER and MEDI according to CIE, Which Have Been Described in Chapter 2 (Section 2.2.3) of this Book	302
10.3.3	Calculation of the Circadian Stimulus CS from Vertical Illuminance and Chromaticity Coordinate $z$	302
10.3.4	Computation of the Circadian Stimulus CS from Vertical Illuminance and Correlated Colour Temperature CCT	305
10.4	Circadian-Effective Irradiation Outdoors and Indoors by Integral Field Measurements	307
10.4.1	Field Measurements in Winter	309
10.4.2	Field Measurements on a Summer Day	310
10.4.3	Field Measurements on the Evening of an Autumn Day	312
10.5	Daylight Measurement–Spectral Measurement and Practical Approaches	314
10.5.1	Spectral Measurement of Daylight Spectra	314
10.6	HCL – Light Measurements at Office Workplaces	320
10.6.1	Measured Variables and Measurement Technology	320
10.6.2	Measurement Set-Up	321
10.6.3	The Rooms in which the Measurement Took Place	322
10.6.4	Measurement Results at Different Office Workplaces	324
10.7	Calculation of the Metrics MDER and MEDI from Vertical Illuminance and Chromaticity Coordinate $z$	326
10.7.1	Definition of MDER and MEDI According to CIE-Publication	326
10.7.2	Mathematical Transformation for Calculation of MEDI and MDER	328
	References	331
<b>11</b>	<b>Technological Aspects of Human Centric Lighting in Buildings</b>	<b>335</b>
11.1	Introduction to the Topic ‘Smart Lighting’	335
11.2	Technical Principles of Smart Lighting	340
11.3	Cloud Software Structure and Use Cases	349
11.4	Light Control and Spectral Optimisation for High-Quality and Healthy Light	353
11.4.1	Stages of the Realisation Possibilities of the Luminaires for HCL Lighting Technology	353
11.4.2	Levels 1 and 2 with Constant Colour Temperature	353
11.4.2.1	Basic Data of Circadian Effectiveness	353
11.4.2.2	Previous Technologies for Generating White LED Light	355
11.4.2.3	Newer Technologies for the Generation of White LED Light with Only One Colour Temperature	356
11.4.3	Levels 3 and 4 (Figure 11.17) with Variable Colour Temperature and Variable Illuminance	361
11.4.4	Level 5 (Figure 11.17) with Variable Colour Temperature, Variable Illuminance, and High Colour Quality	364

11.4.5	Level 6 with Variable Colour Temperature, Variable Illuminance, and Daylight Consideration	365
11.4.5.1	Introduction	365
11.4.5.2	Variation of Daylight and Consequences for Indoor Lighting – Result of a Measurement	366
11.4.5.3	Approaches to Considering Daylight Components in Interior Space	368
11.5	Measurement of Melanopic-Equivalent Daylight Illuminance (MEDI) with RGB Colour Sensors	372
11.5.1	Introduction Into the Context	372
11.5.2	RGB Colour Sensors: Characterisation and Signal Transformation	372
11.5.2.1	Characterisation of RGB Colour Sensors	372
11.5.3	Method of Signal Transformation from RGB to XYZ	376
11.5.4	Matrix Transformation in Practice, Verification with an Actual RGB Colour Sensor	377
11.5.5	Measurement of the Non-visual Quantities MEDI and MDER	378
11.5.6	Summary	382
	References	384
<b>12</b>	<b>HCL-Oriented Lighting Design: Basic Aspects and Implementation</b>	<b>387</b>
12.1	Classification of HCL-Oriented Lighting Quality Concepts	387
12.1.1	Conceptions and Thought Processes on Lighting Quality Until 2002	387
12.1.1.1	Flynn et al.	388
12.1.1.2	Rowlands and Loe	389
12.1.1.3	Veitch and Newsham	389
12.1.2	Literature Analysis and New Thoughts on Lighting Quality	393
12.1.3	Summary of the Concepts on HCL and Lighting Quality – A Draft Overall Concept	396
12.2	Lighting Design: The Process and the Influencing Factors to Achieve Lighting Quality	397
12.2.1	Goals and Classification of HCL-Oriented Lighting Design	397
12.2.2	Process Steps of HCL-Oriented Lighting Design	399
12.3	Daylight and Daylight Planning	404
12.3.1	Introduction	404
12.3.2	Daylight from a Lighting Design Perspective – Daylight Design in the Context of Standardisation	405
12.3.3	Daylight Planning for Non-visual Effects	407
12.3.4	Some Data on Daylighting Effects	408
12.4	Specification of HCL Lighting Systems for Daytime – Draft Recommendation	409
12.4.1	Introduction	409
12.4.2	Illumination Level, Circadian-Effective Illuminance Levels	410
12.5	Dynamic Lighting, Control Curves	418
12.6	Lighting for Users with Higher Lighting Requirements	425
12.6.1	Vision in Old Age – Some Aspects	426

12.6.2	Lighting for Elderly People's Homes and People Suffering from Dementia	431
12.6.3	Proposal for Lighting Design for Elderly People's Homes and Nursing Homes	433
	References	436
<b>13</b>	<b>Numerical Relationship Between Non-visual Metrics and Brightness Metrics – Consequences for the Evaluation of HCL Systems and Facilities</b>	<b>443</b>
13.1	Introduction	443
13.2	Brightness Perception and Modelling	445
13.3	Circadian Stimulus Models CS <sub>2018</sub> and CS <sub>2021</sub>	446
13.3.1	The Circadian Stimulus (CS) Models 2005 and 2018	447
13.3.2	The Circadian Stimulus Model 2021	448
13.4	The Formula of Giménez et al. for Nocturnal Melatonin Suppression	450
13.5	Numerical Analysis of the Relationship Between Brightness and Non-visual Metrics	451
13.5.1	Introduction	451
13.5.2	Method of Correlation Analysis	452
13.5.3	Relation Between the Linear Brightness Metrics and the Non-visual-Effect Parameters	452
13.5.4	Relation Between Non-linear Brightness Metrics and Non-visual-Effect Parameters	455
	References	457
<b>14</b>	<b>Summary and Outlook</b>	<b>459</b>
14.1	Summary	459
14.2	Outlook	463
	<b>Index</b>	<b>465</b>