



Blue Sky Lighting 101

AIA Course Number: BIOS-2026-02

About this Course

This course explores Blue Sky Lighting as a design strategy that brings the biological benefits of natural daylight indoors. Participants will examine key concepts such as melanopic light, circadian-effective lighting, and spectral distribution, and understand how these factors influence occupant health in built environments.

The course will demonstrate how to design and implement lighting systems that support human performance while maintaining compliance with energy codes and lighting standards. Real-world applications in offices, educational facilities, and healthcare environments will be reviewed to illustrate how improved lighting design contributes to safer, healthier, and more productive spaces.

Attendees will also evaluate current lighting solutions on the market, including practical, scalable technologies that enable designers to integrate biologically effective lighting without increasing complexity or making it cost-prohibitive.

This course qualifies for AIA LU/HSW as it addresses how lighting design directly impacts occupant health, safety, and welfare through improved environmental conditions and human-centric design strategies.

Certification: AIA/HSW 1 LU
All about Healthy Lighting

Learning Objective 1 - Explain Key Lighting Metrics Related to Healthy Blue Sky Lighting

Define melanopic light, circadian stimulating, and spectral power distribution, and understand their role in supporting occupant health and well-being beyond traditional visual lighting metrics.

Learning Objective 2 - Assess the Impact of Lighting on Occupant Health, Safety, and Welfare

Evaluate how exposure to appropriate light spectrum influences circadian rhythms, alertness, mood, focus, and performance in indoor environments.

Learning Objective 3 - Apply Design Strategies to Support Healthy Indoor Environments

Identify practical approaches to integrating Blue Sky Lighting into architectural design, including fixture selection, layout, and control strategies that enhance occupant comfort, safety, and performance.

Learning Objective 4 - Evaluate and Specify Current Blue Sky Lighting Solutions

Compare available technologies and systems that deliver biologically effective lighting, ensuring alignment with energy codes, building standards, and healthy lighting goals for occupants.