



Next Generation in Circadian Lighting

AIA Course Number: BIOS-2025-01

About this Course

Circadian supportive lighting is an innovative approach to lighting design. However, traditional lighting practices often require very high light levels and energy consumption to meet the standards outlined in RP-46-25. This session will delve into the design parameters necessary to meet the requirements of RP-46-25 and introduce a formula for achieving this standard, known as application efficiency. This will provide practical insights for professionals implementing circadian lighting. It is essential to recognize that measuring circadian supportive lighting differs from measuring conventional lighting. It is crucial to consider the role of color and spectrum, as different light colors and spectrums impact circadian rhythms.

Certification: AIA/HSW 1 LU

All about Healthy Lighting

Learning Objective 1

Gain an understanding of the profound importance of circadian rhythms for health and well-being. Learn how lighting influences these natural cycles and how to incorporate these strategies into design.

Learning Objective 2

Summarize the key requirements outlined in the RP-46-25 guidelines and discuss their implications for traditional lighting practices in various environments.

Learning Objective 3

Evaluate circadian supportive lighting by considering application efficiency, including assessing the role of light color and spectrum in design.

Learning Objective 4

Utilize a novel formula to achieve RP-46-25 criteria in your projects, enabling you to create effective circadian lighting solutions for diverse spaces.