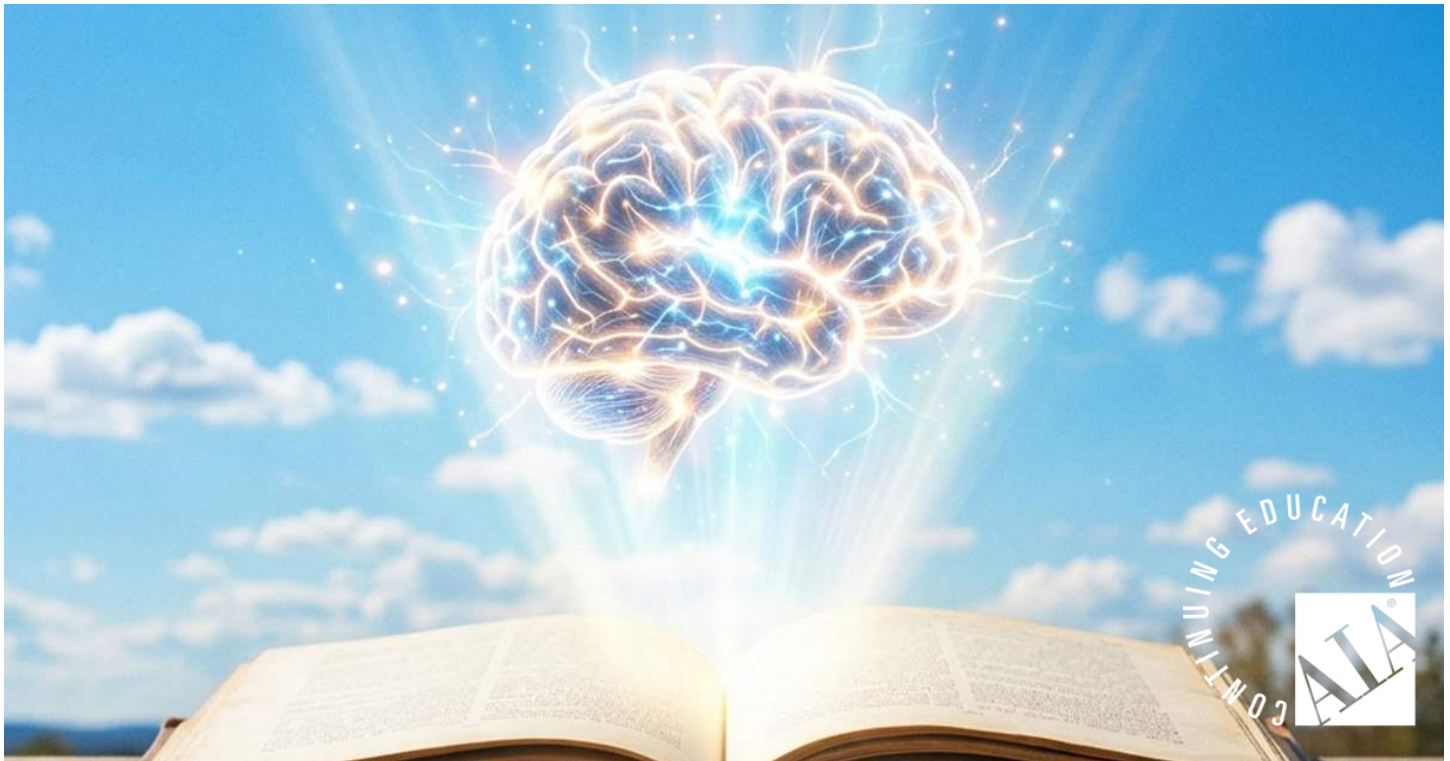




The Hidden Impact of Light: Designing for Circadian Health, Mood and Human Performance

AIA Course Number: BIOS-2026-03

About this Course

Every lighting specification is a biological decision — whether you know it or not. Light is the most powerful regulator of human physiology, governing circadian rhythms, sleep quality, alertness, mood, and cognitive performance. It affects how safely people move through a space, how productively they work, and how well they recover. Yet in most projects, its biological impact is an afterthought at best. This session translates the latest research on light and human health into language and guidance that designers, architects, and end users can act on immediately. You'll leave with a clearer understanding of what makes a lighting environment work for the people inside it — not just aesthetically, but biologically — and the questions you should be asking on every project going forward. The most consequential material in your next specification might be the one you're least thinking about.

Certification: AIA/HSW 1 LU

All about Healthy Lighting

Learning Objective 1

Explain the role of light as a biological stimulus and its influence on circadian rhythms, sleep quality, alertness, mood, and overall human health.

Learning Objective 2

Identify the key characteristics of lighting environments that support human performance, wellbeing, and visual comfort across a variety of building types.

Learning Objective 3

Evaluate the impact of lighting design decisions on occupant outcomes, including cognitive performance, productivity, safety, and recovery.

Learning Objective 4

Apply evidence-based lighting design principles to create spaces that support circadian health and enhance the user experience while meeting project goals.