

LIGHTING DESIGN STAGE

| TIME | TITLE |
|--|---|
| 10:45AM | Lighting for Human Health: Supporting Sleep, Cognition, Comfort and Mental Wellbeing |
| <i>Explores how lighting design can support health and wellbeing through visual comfort, contrast, neurodiversity and evidence-led circadian considerations.</i> | |
| 11:15AM | Stage Change |
| 11:30AM | Lighting for Healthy Homes: Designing Light That Supports Everyday Living |
| <i>Looks at how lighting design in homes supports wellbeing, balancing daylight and artificial light and arguing for the same level of rigour applied to non-domestic buildings.</i> | |
| 12:00PM | NETWORKING LUNCH |
| 13:00PM | Designing Light for Later Life: Safety, Confidence and Extending Independent living |
| <i>Shows how lighting design can support ageing in place by addressing age-related visual changes, reducing risk and improving confidence, orientation and independence at home.</i> | |
| 13:30PM | Stage Change |
| 13:45PM | Healthier Nights, Better Light: Lighting for People, Safety and the Environment |
| <i>Explores how responsible exterior lighting can balance safety, amenity and environmental protection, addressing ALAN impacts on people, biodiversity and night-time environments.</i> | |
| 14:15PM | NETWORKING BREAK |
| 14:45PM | Designing Healthy Interior Spaces: Integrating Light, Daylight, Acoustics and Air Quality |
| <i>How light, daylight, acoustics and air quality work together to create healthy interior spaces that support comfort, wellbeing and human performance.</i> | |
| 15:15PM | Stage Change |
| 15:30PM | Healthier Interiors Through Retrofit: Better Lighting Without Compromise |
| <i>Demonstrates how design-led lighting retrofit can create healthier, more comfortable interior environments without major rewiring or compromising on quality.</i> | |
| 16:00PM | Stage Closing Address |