# TECH-X

## (TECHNICAL EXCELLENCE CONFERENCE)

NEW

TECH - X

## LIGHTING DESIGN STAGE

**THIS PROGRAMME IS SUBJECT TO CHANGE**

| TIME | TITLE | SPEAKER | |
|---|---|---|---|
| **10:45AM** | Lighting for Human Health: Supporting Sleep, Cognition, Comfort and Mental Wellbeing | ***Dr Shelley James, founder of Age of Light Innovations*** |  |
| *Explores how lighting design can support health and wellbeing through visual comfort, contrast, neurodiversity and evidence-led circadian considerations.* | | | |
| **11:15AM** | Stage Change | | |
| **11:30AM** | Designing Light for Later Life: Safety, Confidence and Extending Independent Living | ***John Bullock, Publisher at The Light Review Ltd*** |  |
| *This session examines how age-related changes in vision must directly inform lighting design in homes and care environments. It explores how glare control, balanced contrast and clear wayfinding can reduce falls risk while supporting dignity and confidence.* | | | |
| **12:00PM** | **NETWORKING LUNCH** | | |
| **13:00PM** | Lighting for Healthy Homes: Designing Light That Supports Everyday Living | ***Gail Race, Founder, Gail Race Interior Design & Vitae Longevity Living and Iliada Rossi Interior Designer at Rossi Studio*** |   |
| *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.* | | | |
| **13:30PM** | Stage Change | | |

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| **13:45PM** | Designing Healthy Interior Spaces: Integrating Light, Daylight, Acoustics and Air Quality | ***Myrto Skreta-Krikou, Associate and Dan Bailey, Associate Director at Buro Happold*** |   |
| *How light, daylight, acoustics and air quality work together to create healthy interior spaces that support comfort, wellbeing and human performance.* | | | |
| **14:15PM** | **NETWORKING BREAK** | | |
| **14:45PM** | Healthier Nights, Better Light: Lighting for People, Safety and the Environment | ***Peter Thorns, Head of Strategic Lighting Applications at Thorn Lighting*** |  |
| *Explores how responsible exterior lighting can balance safety, amenity and environmental protection, addressing ALAN impacts on people, biodiversity and night-time environments.* | | | |
| **15:15PM** | Stage Change | | |
| **15:30PM** | The Art of Restraint: Designing for Safety, People, and the Planet | ***Graham Festenstein, Director of Masterplanning at Nulty+ Design*** |  |
| *Discover why "less is more" in the future of urban illumination. This talk highlights how designers are reimagining the night, using purposeful light to enhance public safety while actively restoring the dark skies essential for human health and local wildlife.* | | | |
| **16:00PM** | Stage Closing Address | | |