

LIGHTING DESIGN STAGE

THIS PROGRAMME IS SUBJECT TO CHANGE

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