Waiting Room — Immersive Art for Well-being

This project, Waiting Room — Immersive Art for Well-being, explores the impact of dynamic light art installations on viewers’ sense of calm and well-being within a simulated healthcare environment. Building on research demonstrating art’s ability to improve healthcare experiences — including shortened hospital stays, faster recovery, and reduced pain management needs — this study focused on whether dynamic, immersive light art could offer similar benefits.

The project featured 11 dynamic light installations, each blending slow color transitions, rhythmic motion, and soothing visual patterns. Participants were invited to experience these installations and complete electronic questionnaires designed to capture their responses. The feedback focused on user experience, engagement duration, and perceived emotional impact.

With 195 responses collected, the results were overwhelmingly positive. Participants frequently reported feelings of “calm,” “peacefulness,” and reduced stress after engaging with the installations. This suggests that dynamic light art can be a powerful intervention in high-stress environments, offering moments of respite and mental clarity for those confined or waiting.

The study also identified opportunities for future research, including deeper investigation into which specific aspects of the installations — such as rhythm, color, or interactivity — are most effective. Additionally, future studies will explore how different populations, such as patients, caregivers, or visitors, respond to these environments and how interactive technologies might further enhance the calming effects. Ultimately, this work highlights the potential for dynamic, immersive art to transform healthcare settings into healing and emotional restoration spaces.