

Reading Response 4

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1 Field evaluation of the circadian stimulus potential of daylight and non-daylight spaces in dementia care facilities

1.1 What is the chapter about?

- The paper studies the effects of natural daylight exposure in the morning in dementia patients.
- It studies the effects of morning daylight between morning 8-10 am, at different angles (0,90,180, and 270 degrees) and difference distance (1-5m) from the window. The result was compared with a similar non-daylight setup study's outcome.
- Patients with day-light exposure showed a better impact on circadian stimulus than the patients in a non-day-light setup.
- Significant impact on circadian stimulus potential was seen for patients facing directly to the window (0 degrees inclined) and at a distance of 1m from the window.

1.2 What are my thoughts on the chapter?

- Such minute details about how the experiments were set up and conducted were fascinating; it gave a clear picture of the exact setup. The more detailed information in the paper allows a future researcher not to spend time on similar research and can use this as a baseline for further study.
- I tried the 1-3m facing the window set up for myself today, and I did feel a difference in alertness and activity. (Although no quantifiable data, but it was interesting)

1.3 What are some topics I would like to discuss?

- Why were 90 and 270 degrees both taken into the study? I would have assumed both to show similar results.
- The research did not specify if the non-daylight patients were moved from their bedding space for the light exposure or were given the exposure in their sleeping area. It does seem to make a difference if we are transferred to a new place with an exciting activity that affects our alertness and keeps us awake. The activity out of the window and being moved to a refreshing open location may have played a role in staying alert.
- Natural light is a source of VitaminD and initiates its synthesis in the body. Can it also be a reason for the positive outcome of the study?

2 Healing environment: A review of the impact of physical environmental factors on users

2.1 What is the chapter about?

- The paper is about literature review study to analyze the effect of healing environments on faster healing and improved well-being of the patients, family, and creating a pleasant and safe workspace.
- The research includes looking up papers using specific search keywords and uses integrated building design framework to analyze.

2.2 What are my thoughts on the chapter?

- (I am new to reading research papers) I wasn't aware of such a method of research by doing a literature review of the existing papers. I found that a very interesting way to do a baseline check on the particular field.
- The paper did a very well organized data retrieval and analysis. The research outcomes were very well distributed into categories, topics and sub-topics.

2.3 What are some topics I would like to discuss?

- Is this a common type of research to do a literature review of existing papers?
- What is the evaluation criteria for such research type?