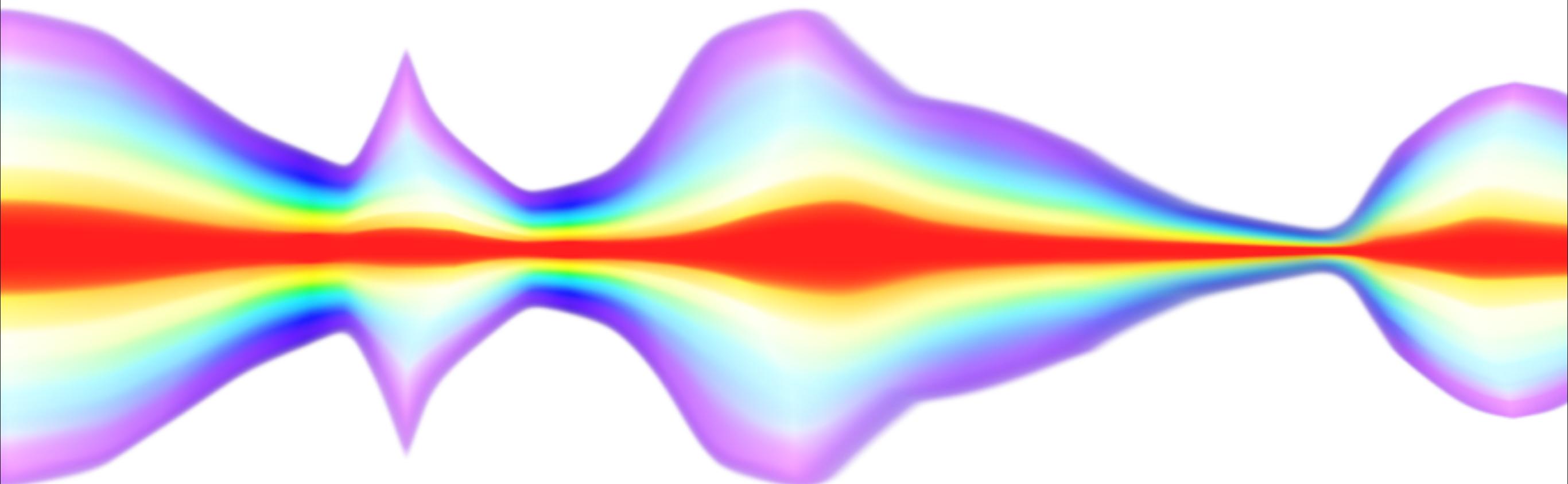


Light Log

Brighten your day

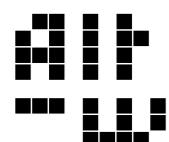


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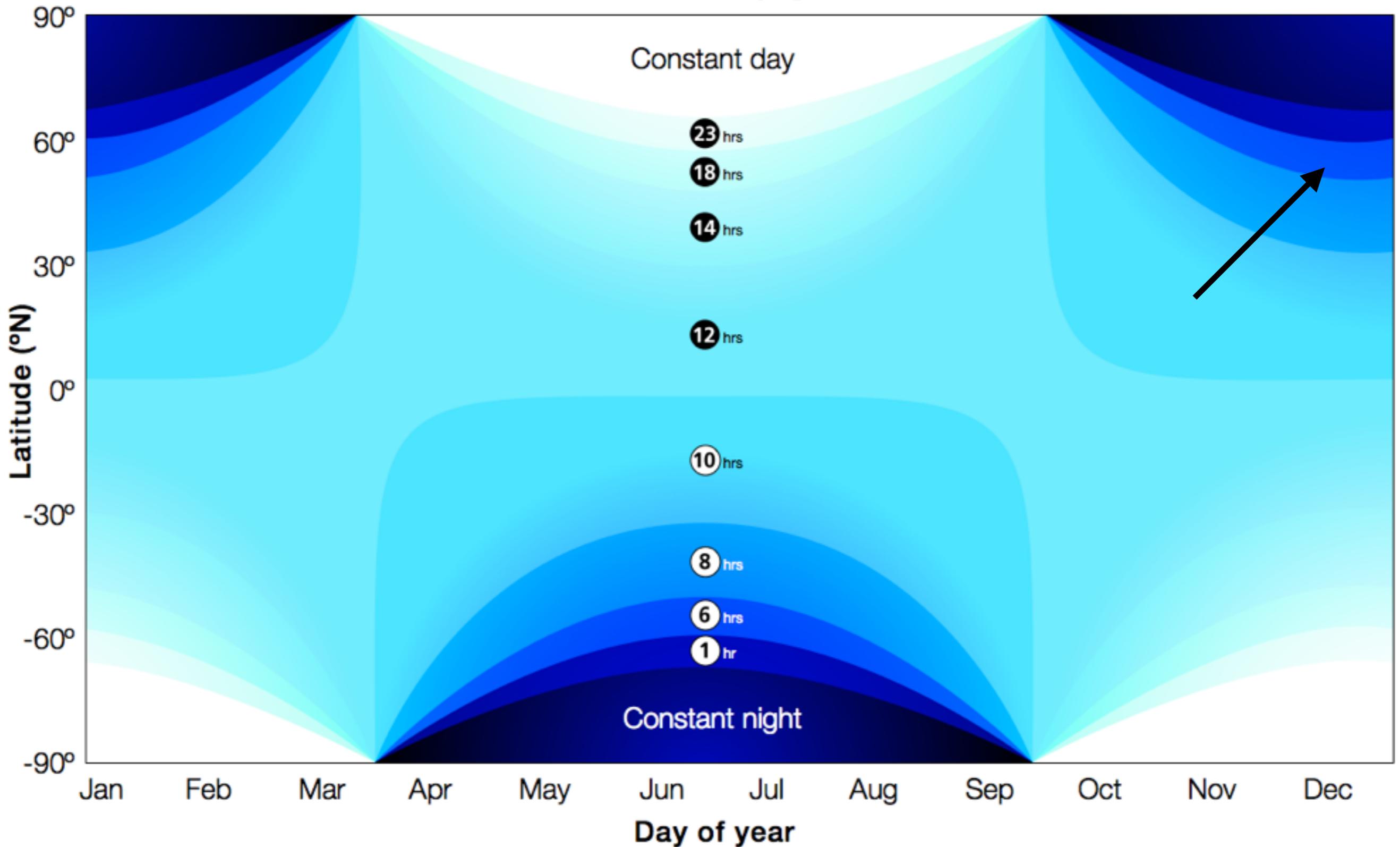


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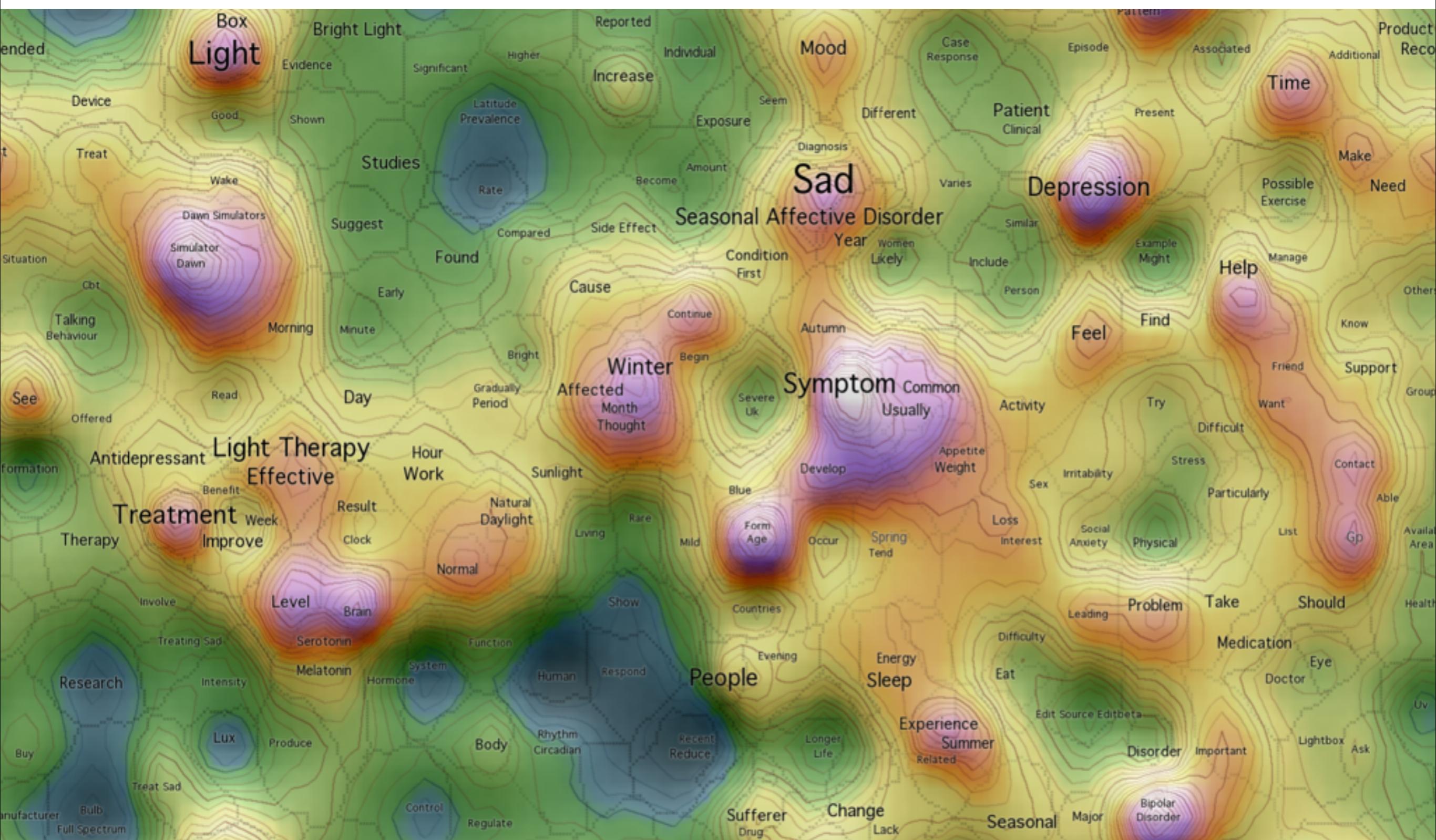
Hours of daylight



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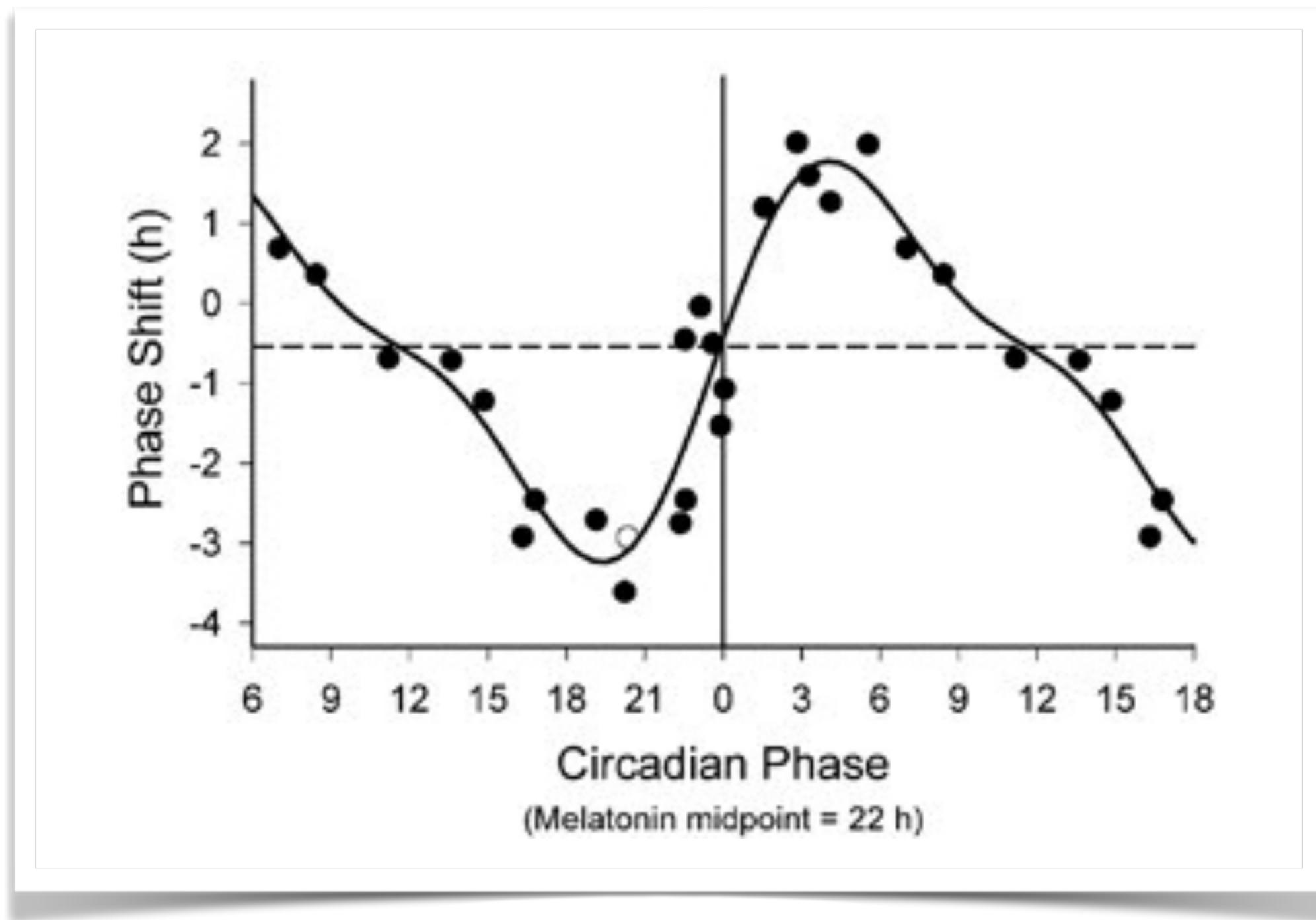


Seasonal Affective Disorder research
(self organising map ~250 terms)

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“...circadian disruption negatively affects human health...”

–Mark S Rea*, Andrew Bierman, Mariana G Figueiro and John D Bullough: A new approach to understanding the impact of circadian disruption on human health. Journal of Circadian Rhythms, 2008



Sat Bir S Khalsa, Megan E Jewett, Christian Cajochen, and Charles A Czeisler: A phase response curve to single bright light pulses in human subjects. *The Journal of Physiology*, 2003

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Lux

Indirect sunlight
10,000-25,000 lx

Light therapy
2,500-10,000 lx

Overcast day 100-1,000 lx

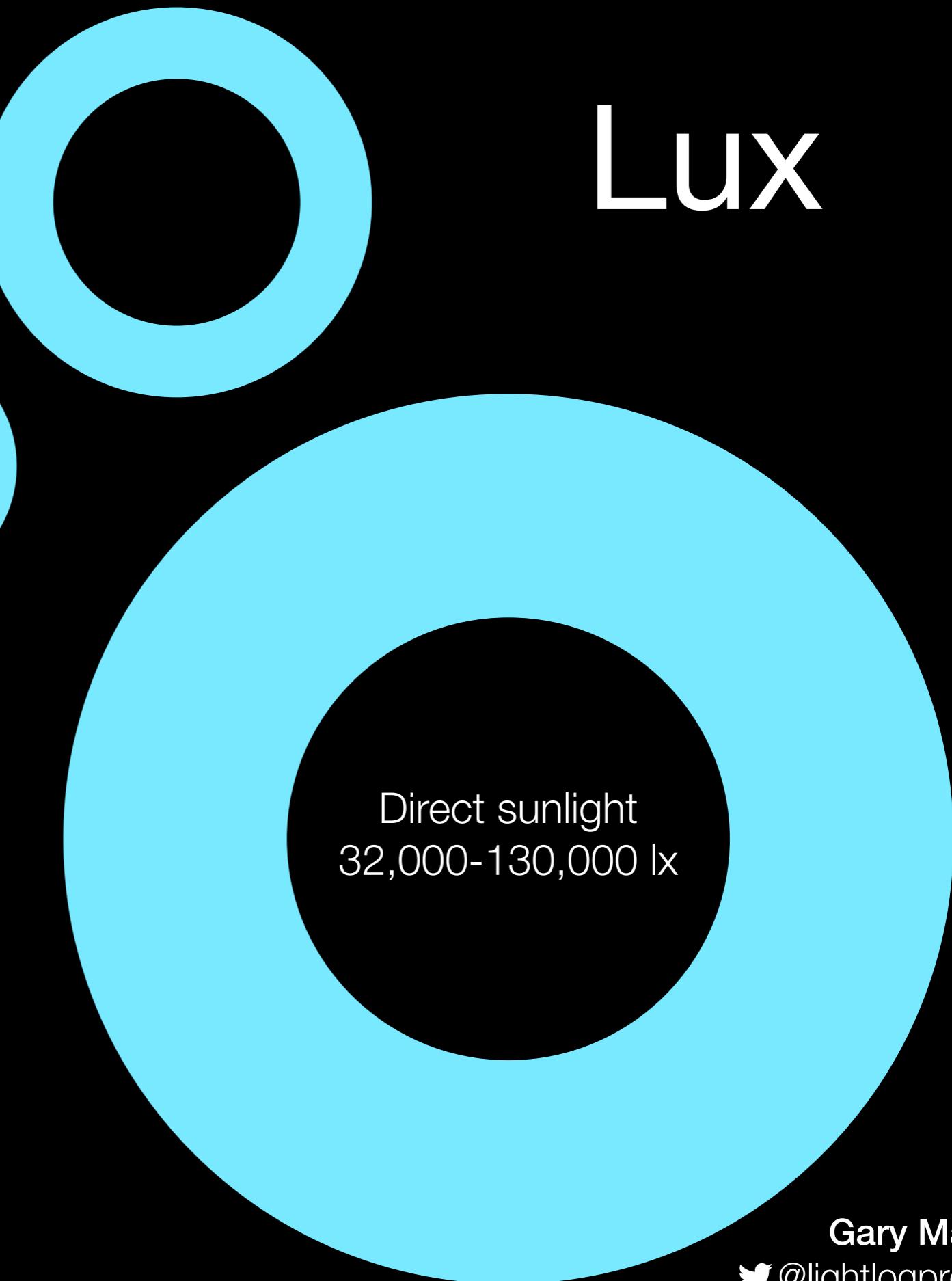
Office 320-500 lx

Home lighting 50-150 lx

Dim laptop screen 18 lx

Twilight 10 lx

Full moon 1 lx



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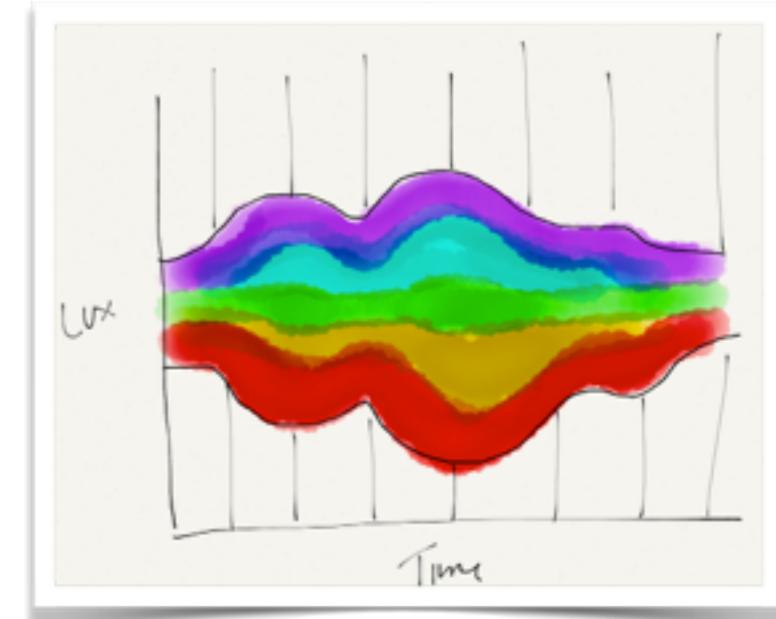
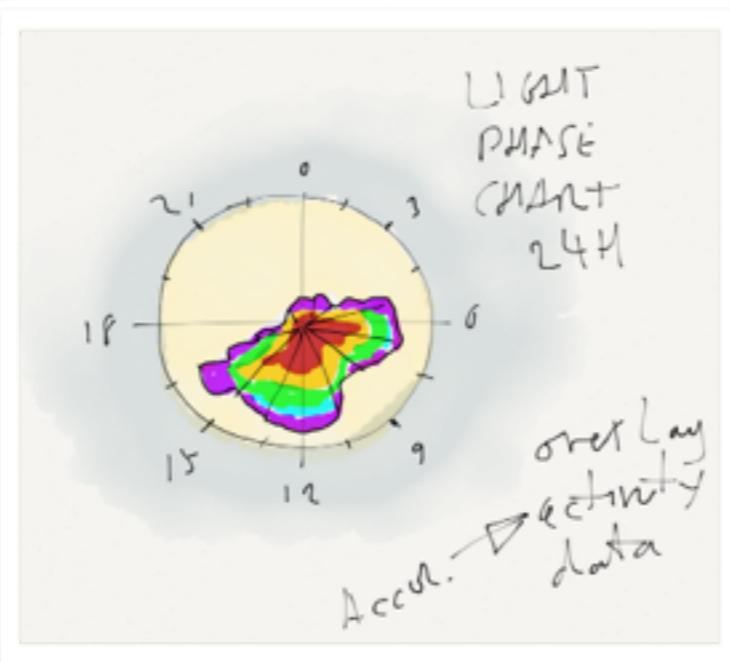
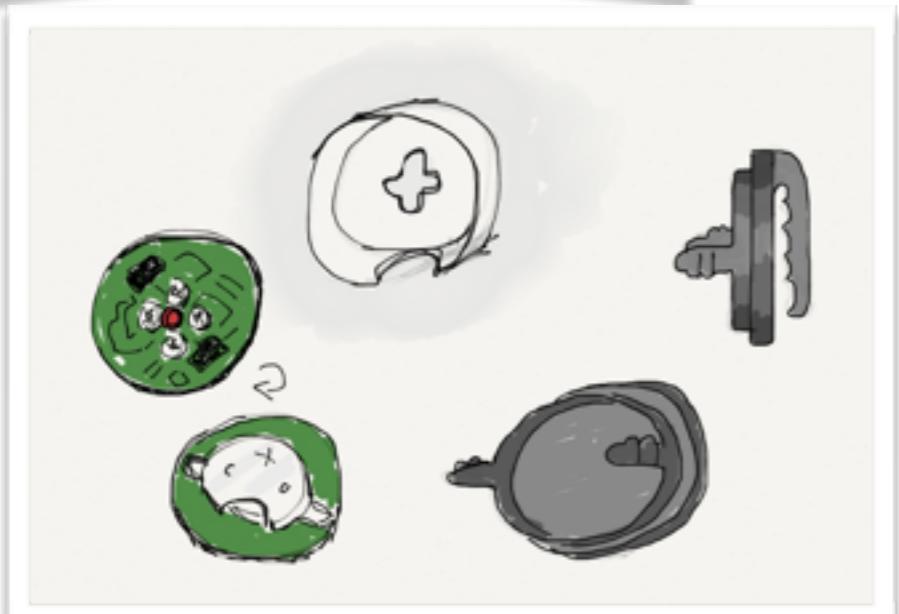
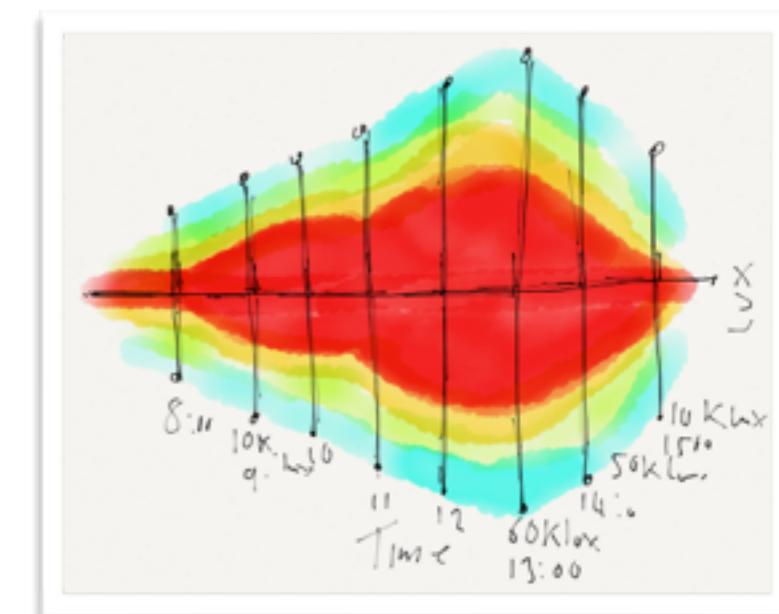
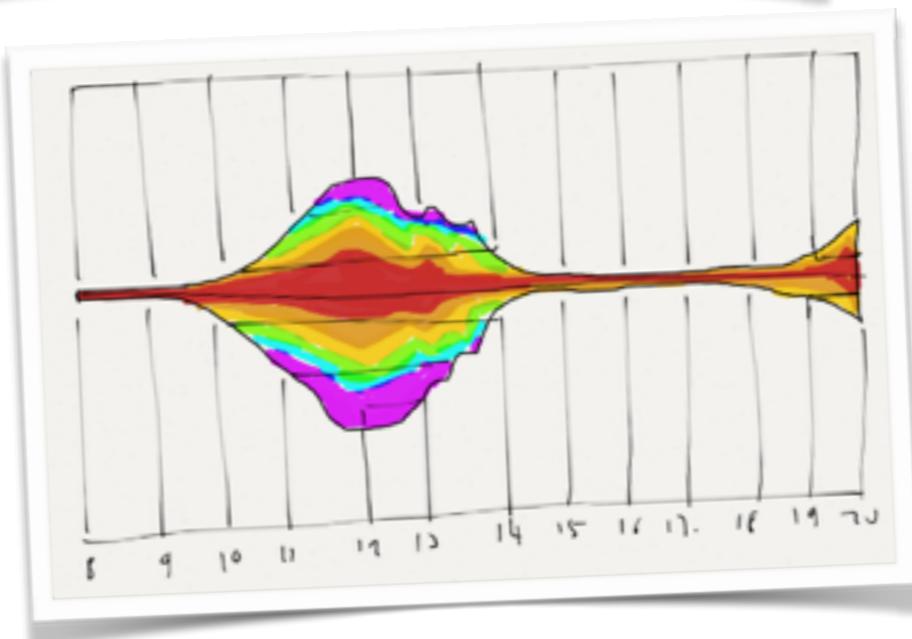
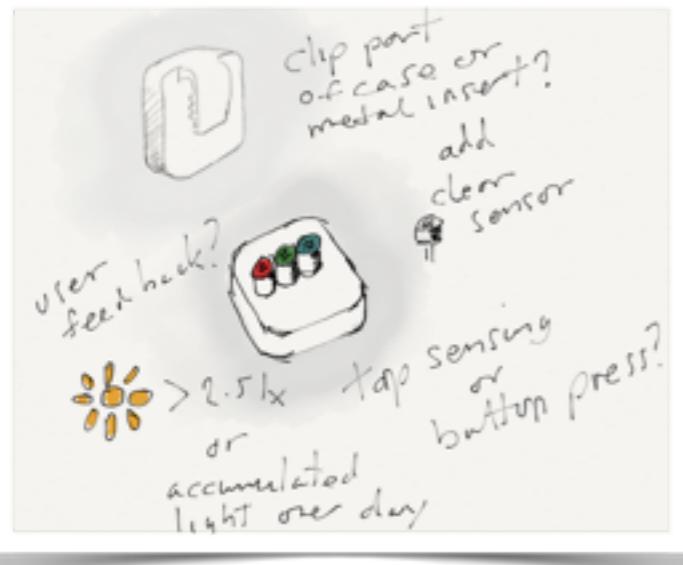
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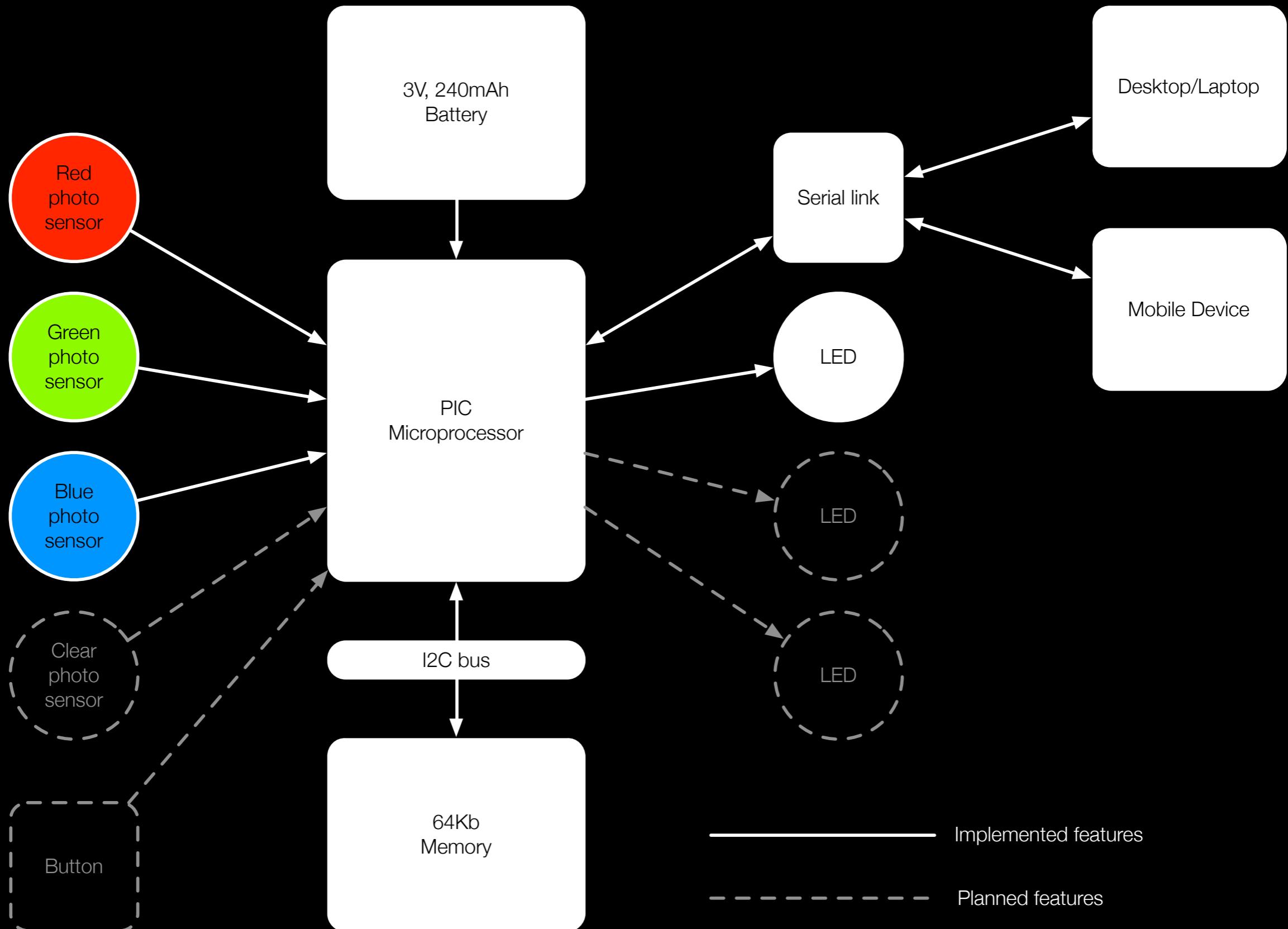
Colour

Clear blue sky 10,000–27,000 K

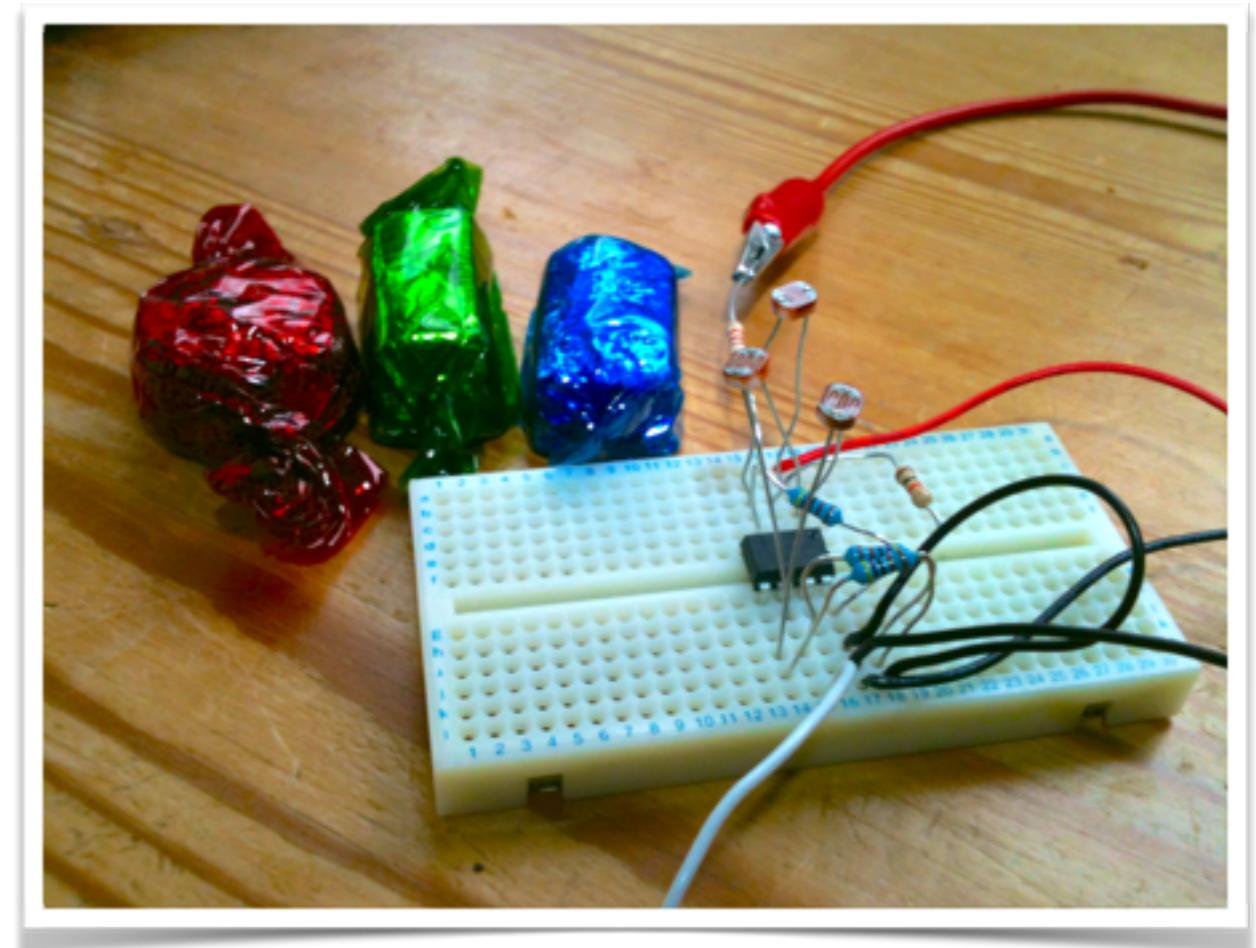
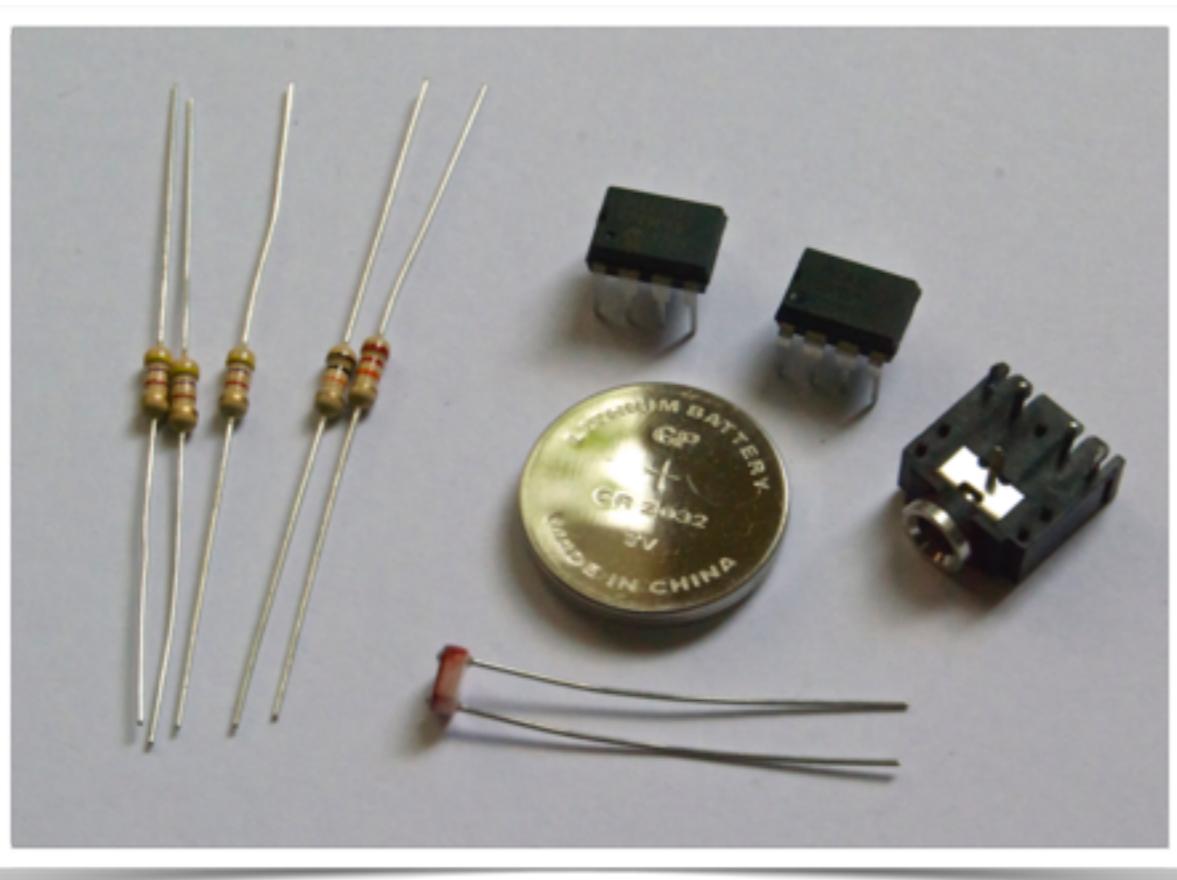
Shade in daylight 7,500 K
LCD / CRT 5,500-10,500 K
Daylight overcast 6,500 K
Midday sun 5,500-6,000 K
Moonlight 4,000 K
Incandescent light bulb 2,700-3,300 K
Candle, sunset/sunrise 1,850 K
Match flame 1,700 K

Gas-emission lighting
Fluorescent & neon lighting

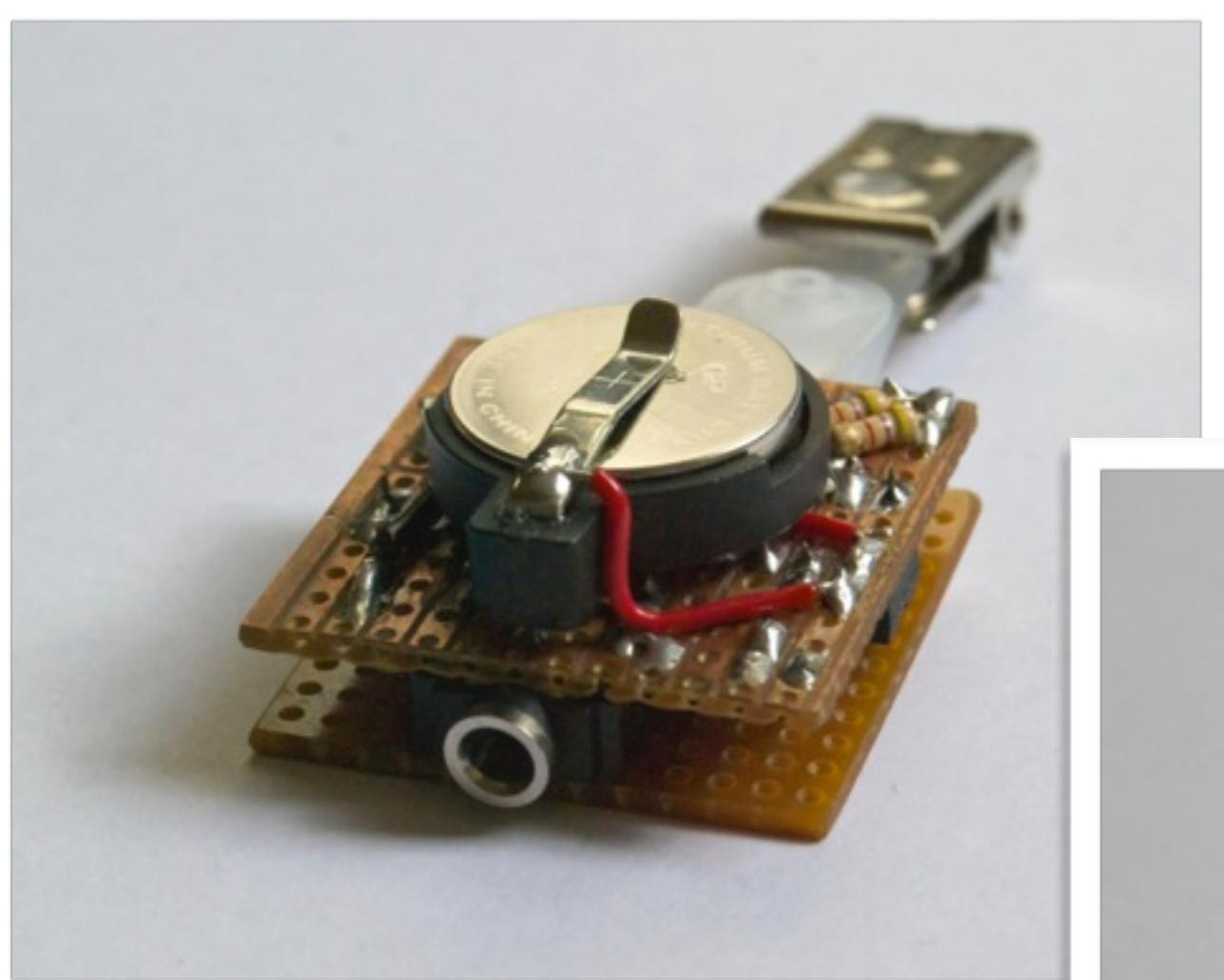




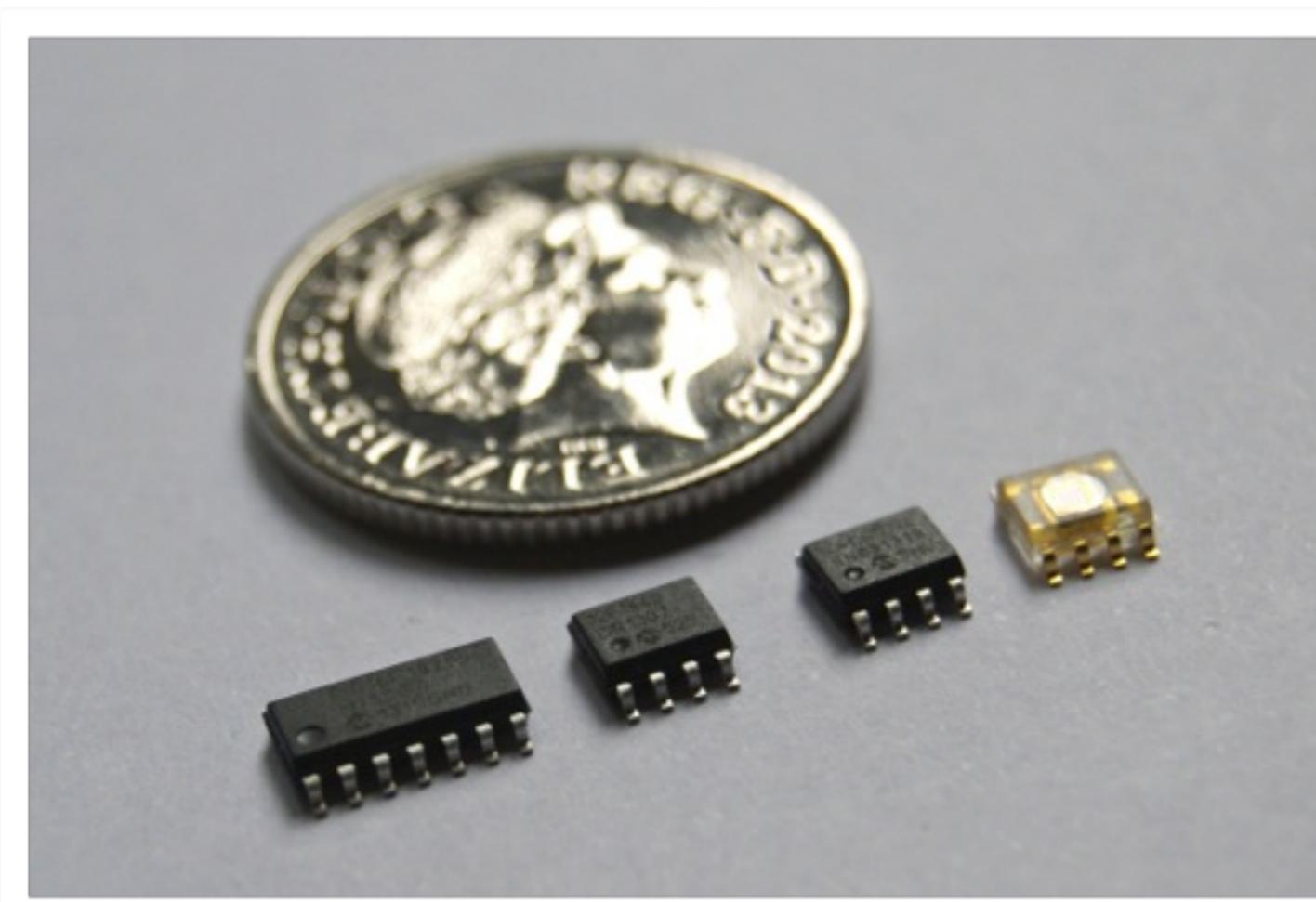
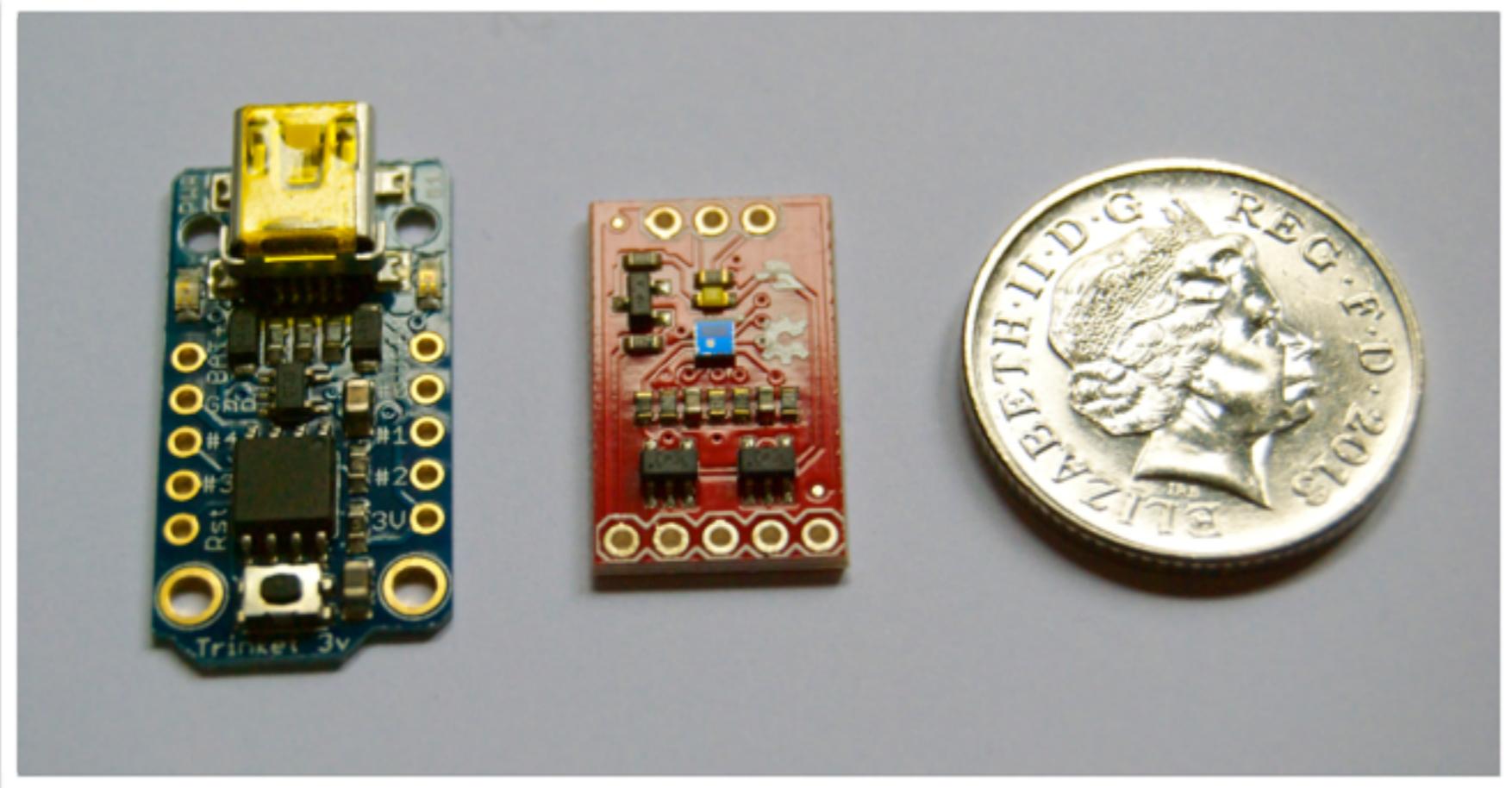
Block diagram



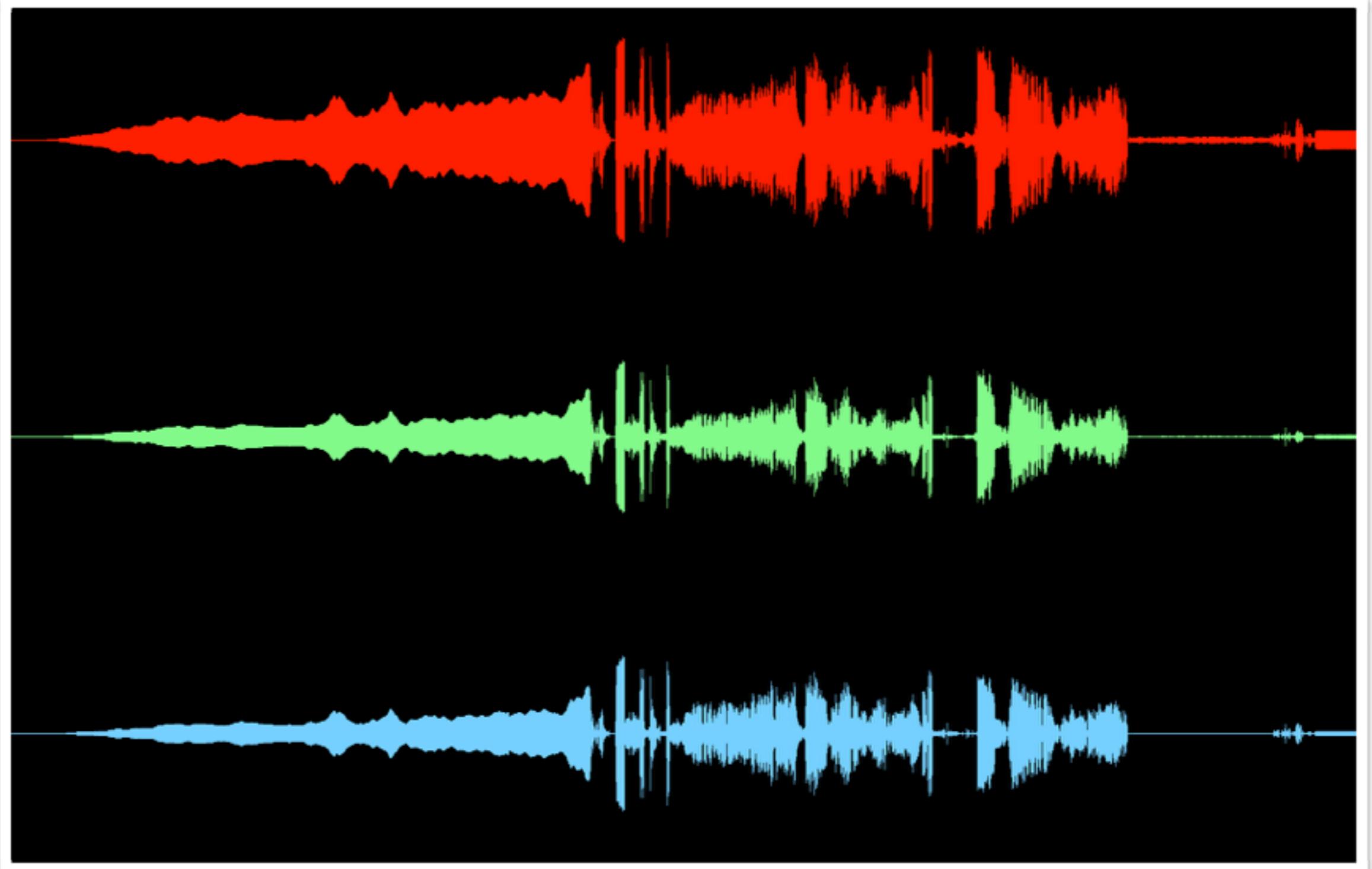
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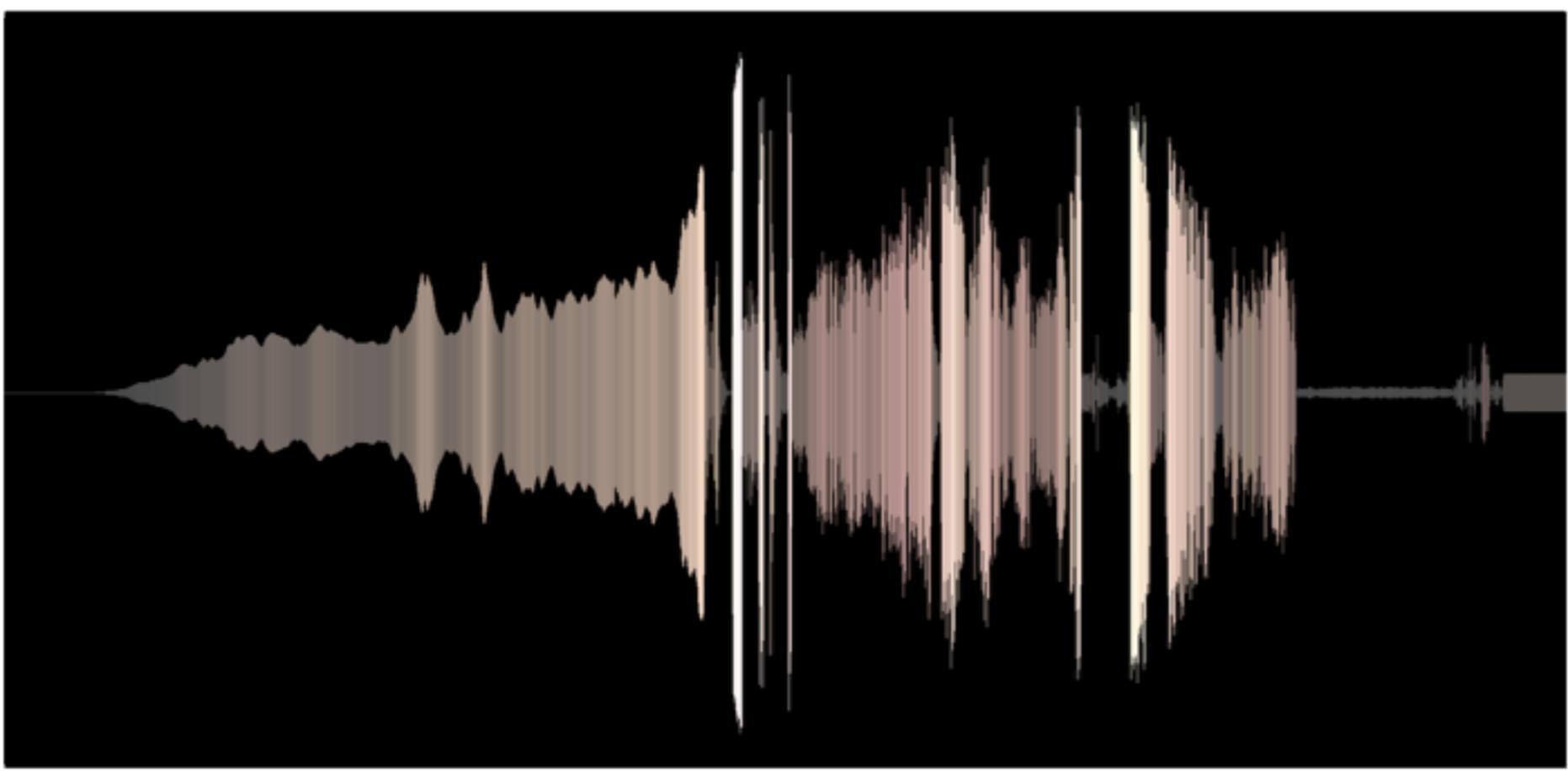
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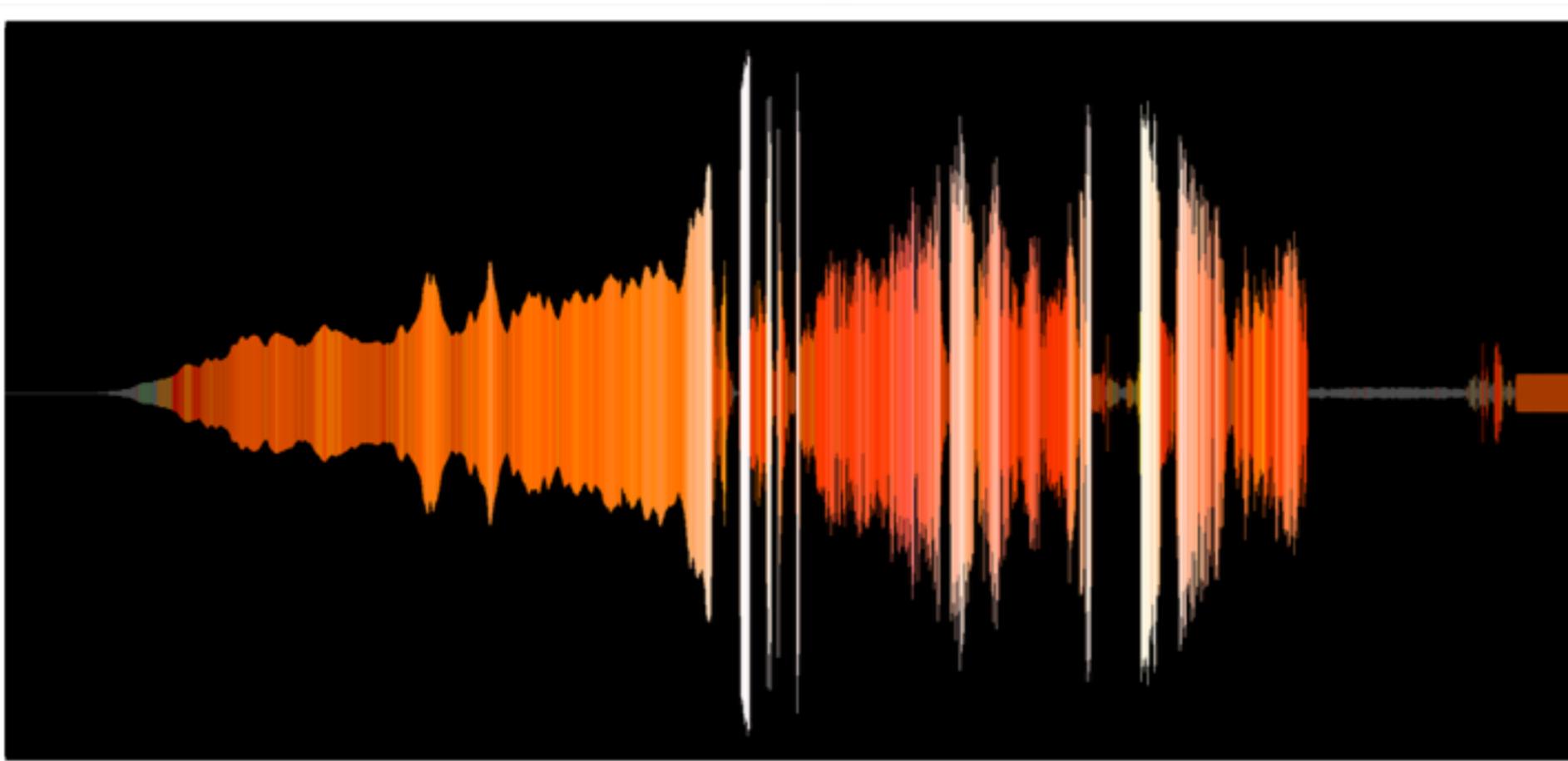
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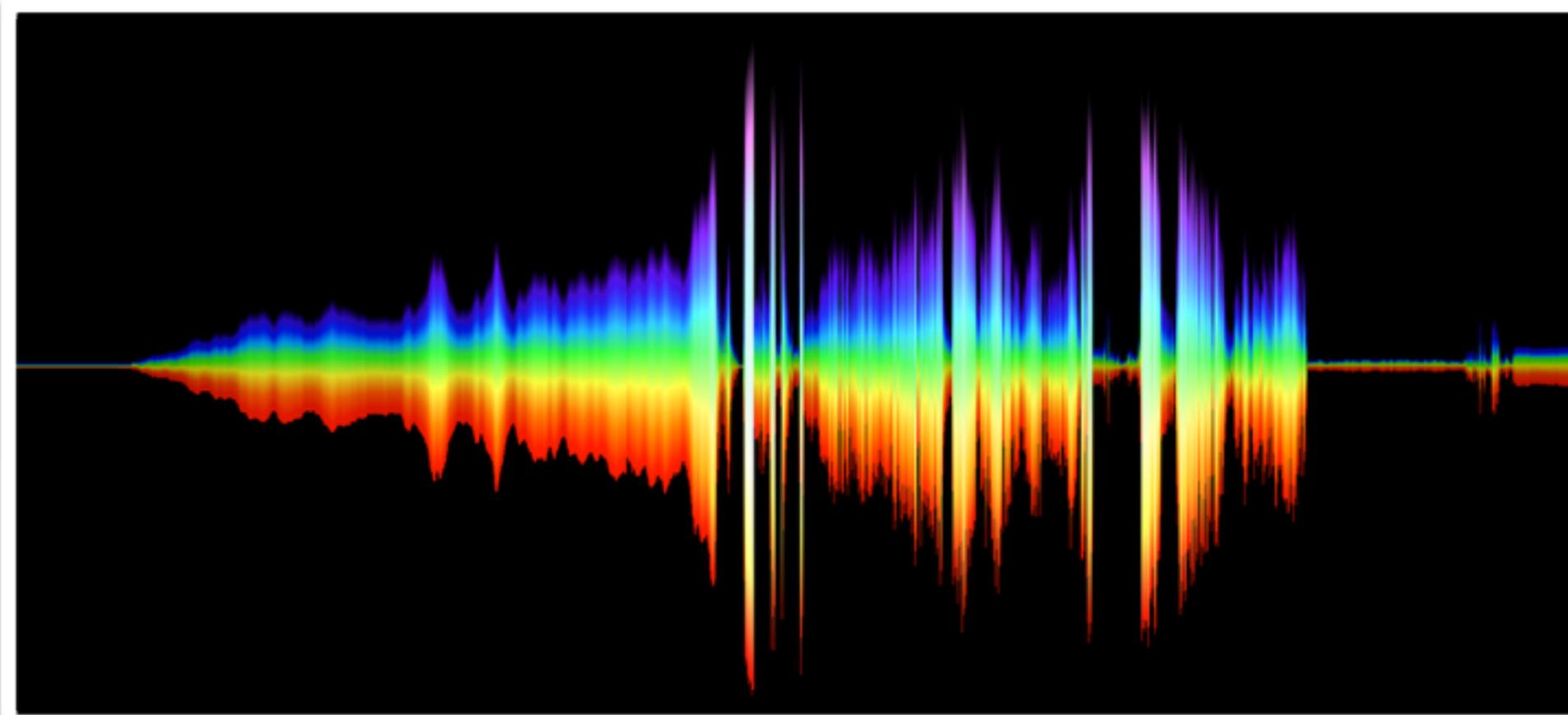
Red, green, blue raw data



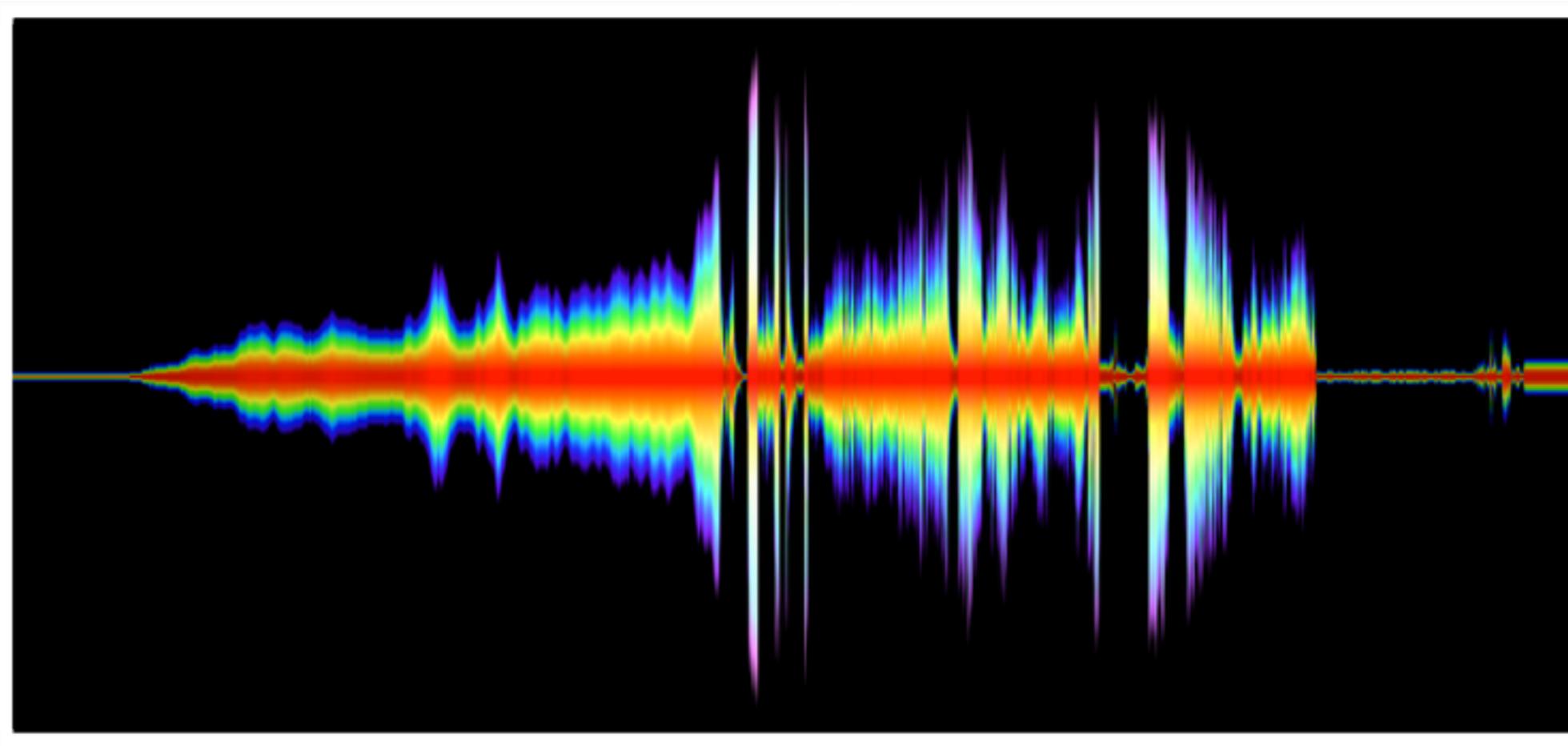
True colour
'porridge'



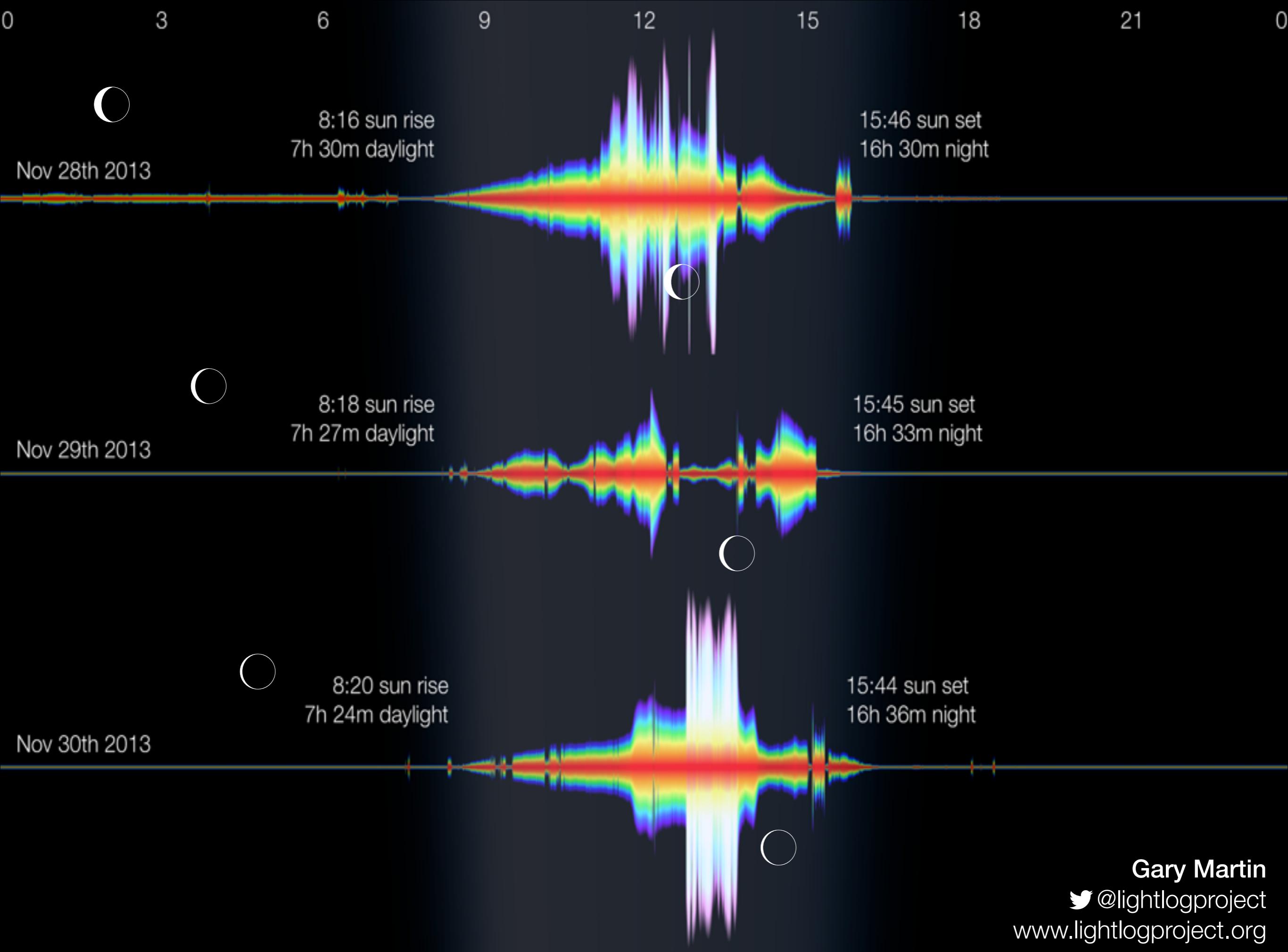
False colour



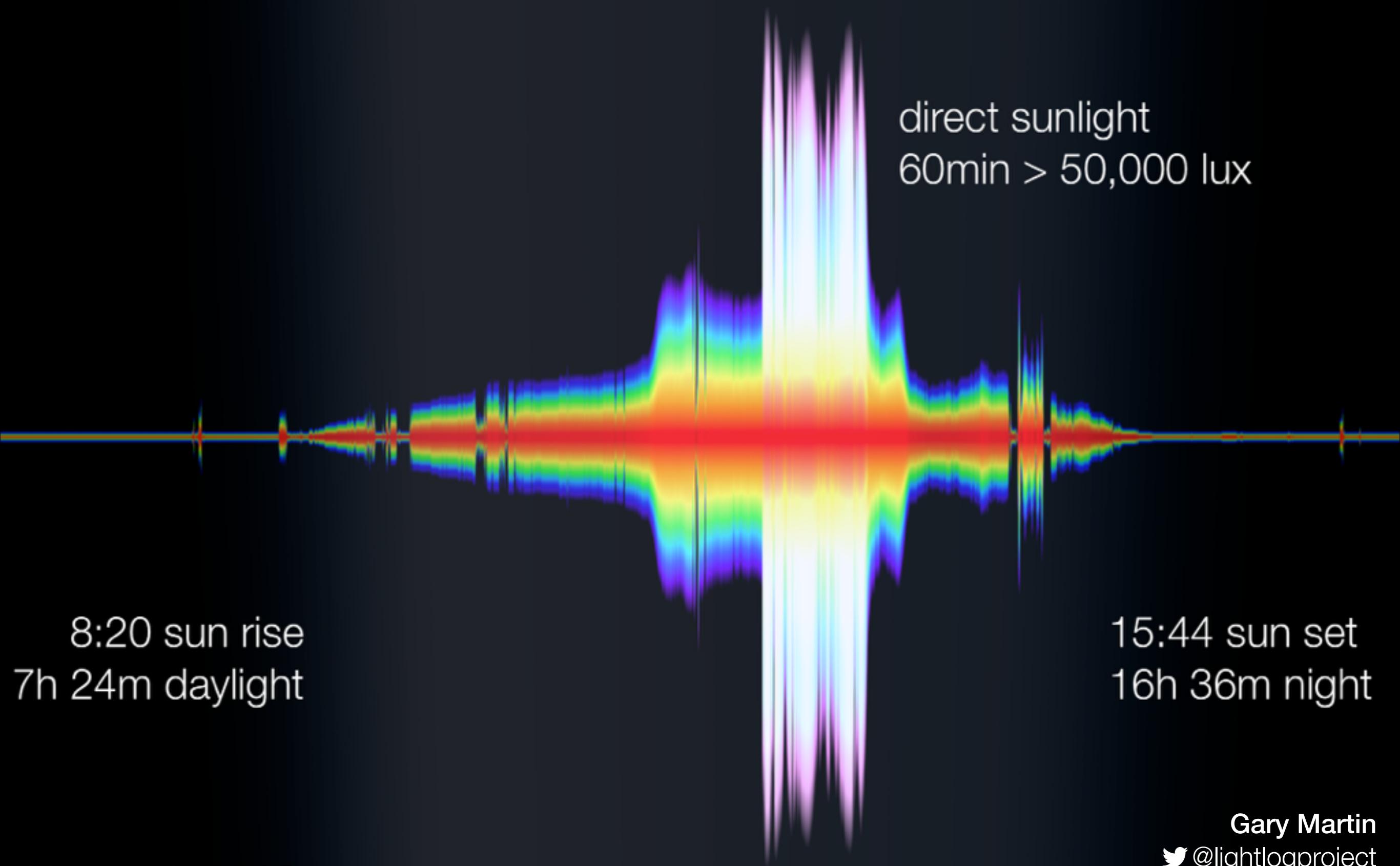
Colour
spectrum
stacked



Colour
spectrum
mirror



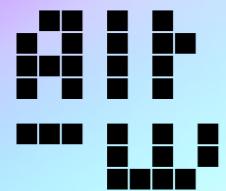
6 7 8 9 10 11 12 13 14 15 16 17 18



Nov 30th 2013

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Acknowledgements



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