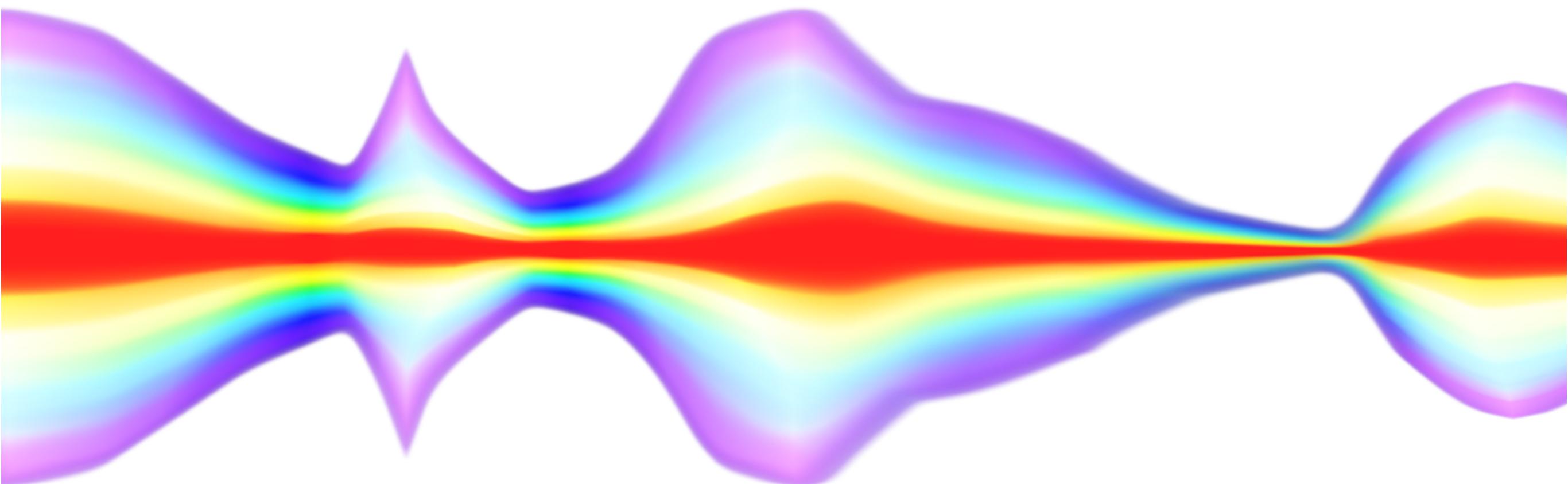


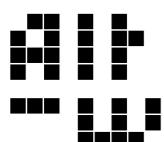
Light Log

Brighten your day

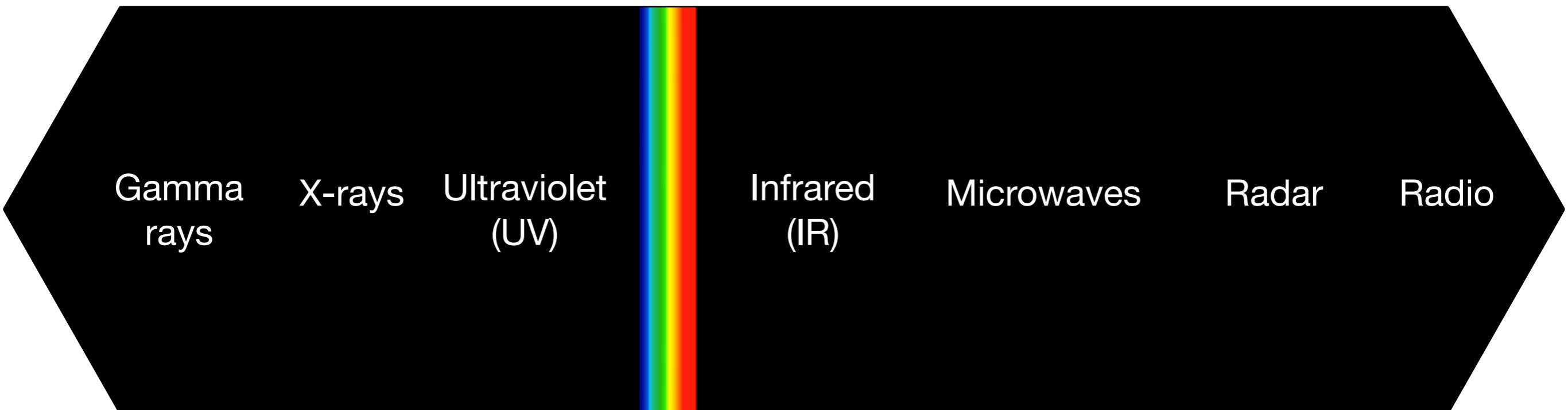
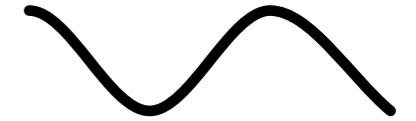


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Short wavelengths

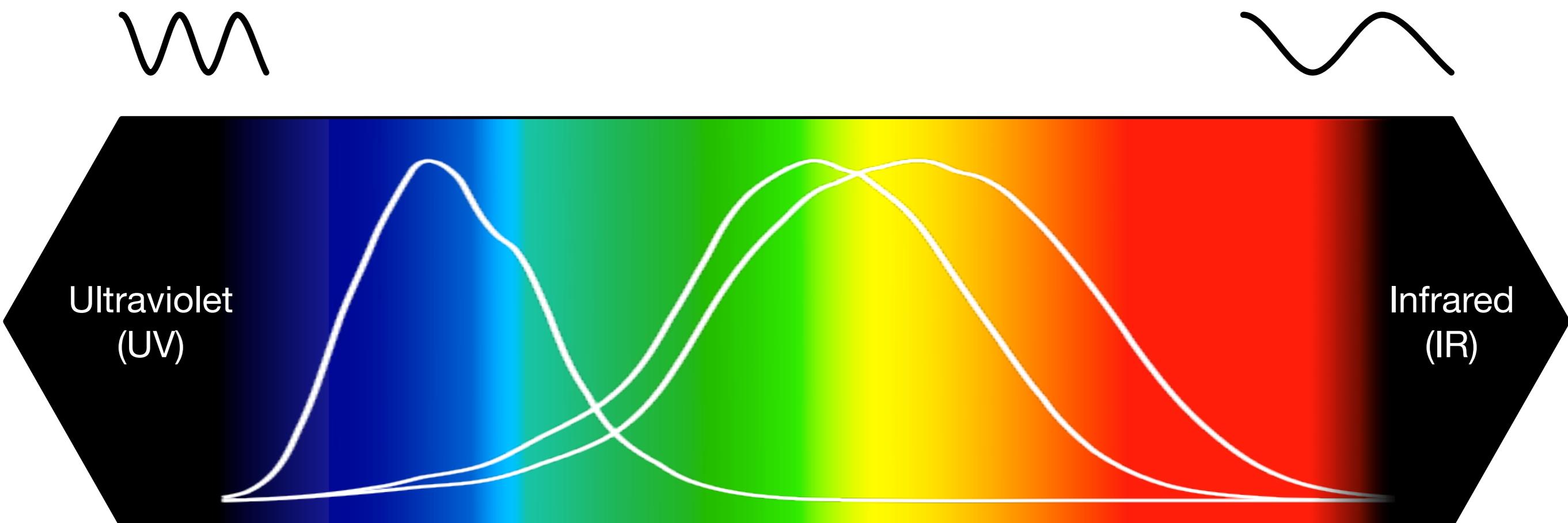
Visible light

Long wavelengths

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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

Direct sunlight
32,000-130,000 lx

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Colour

Clear blue sky 10,000–27,000 K

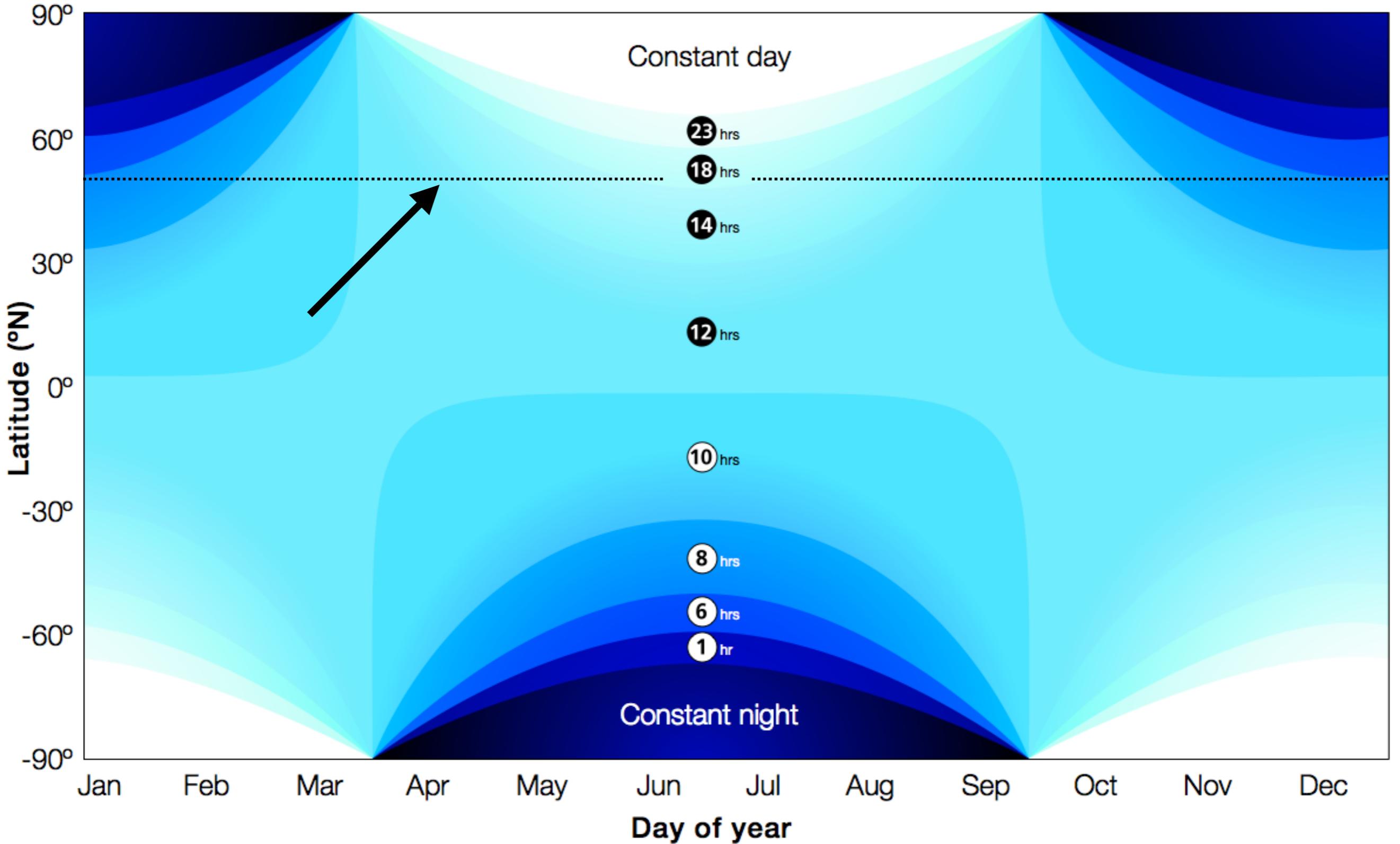
Shade in daylight 7,500 K
LCD / CRT 5,500-10,500 K
Daylight overcast 6,500 K
Midday sun 5,500-6,000 K
Moonlight 4,000 K
Incandescent light bulb 2,700-3,300 K
Candle, sunset/sunrise 1,850 K
Match flame 1,700 K

Gas-emission lighting
Fluorescent & neon lighting



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Hours of daylight

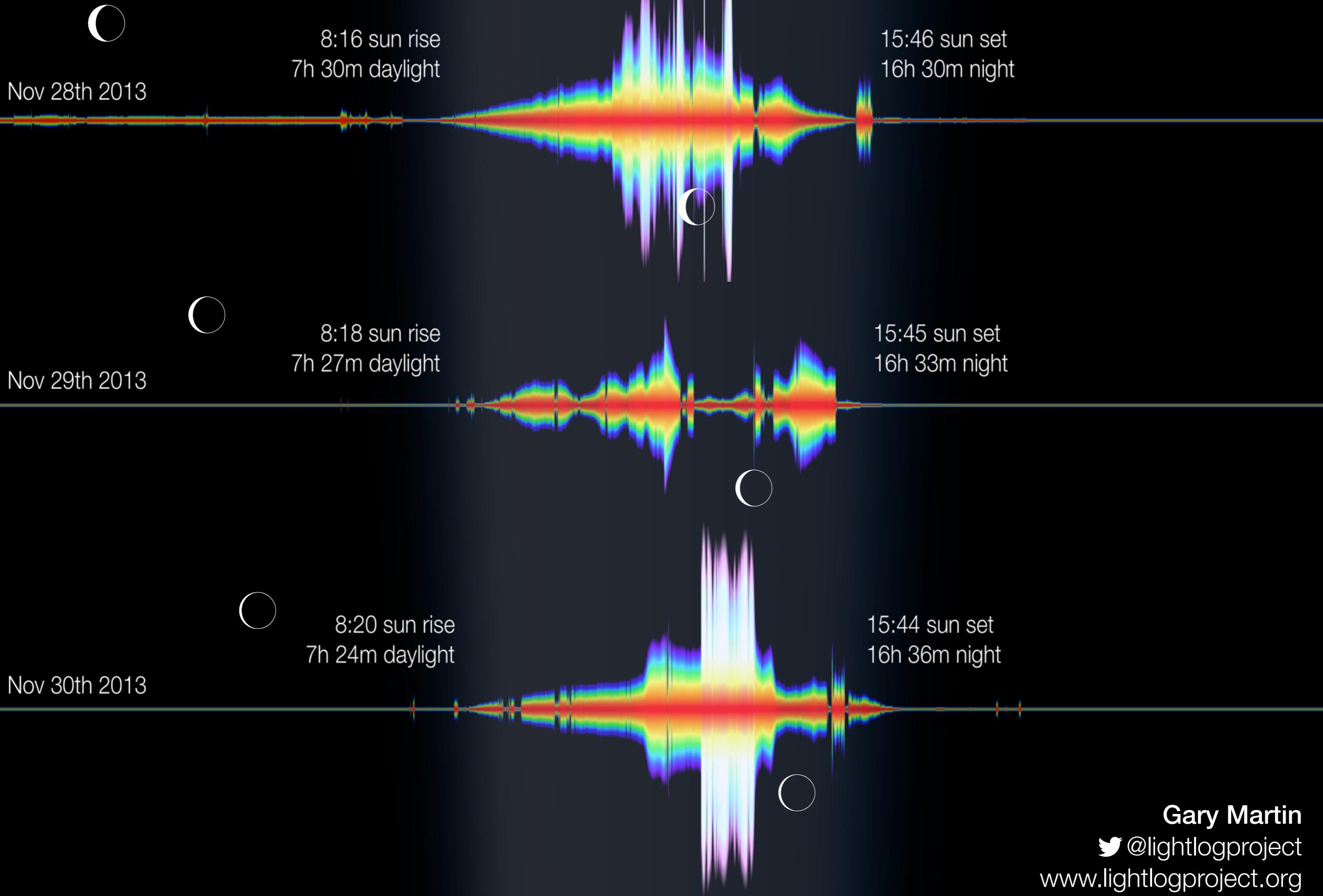


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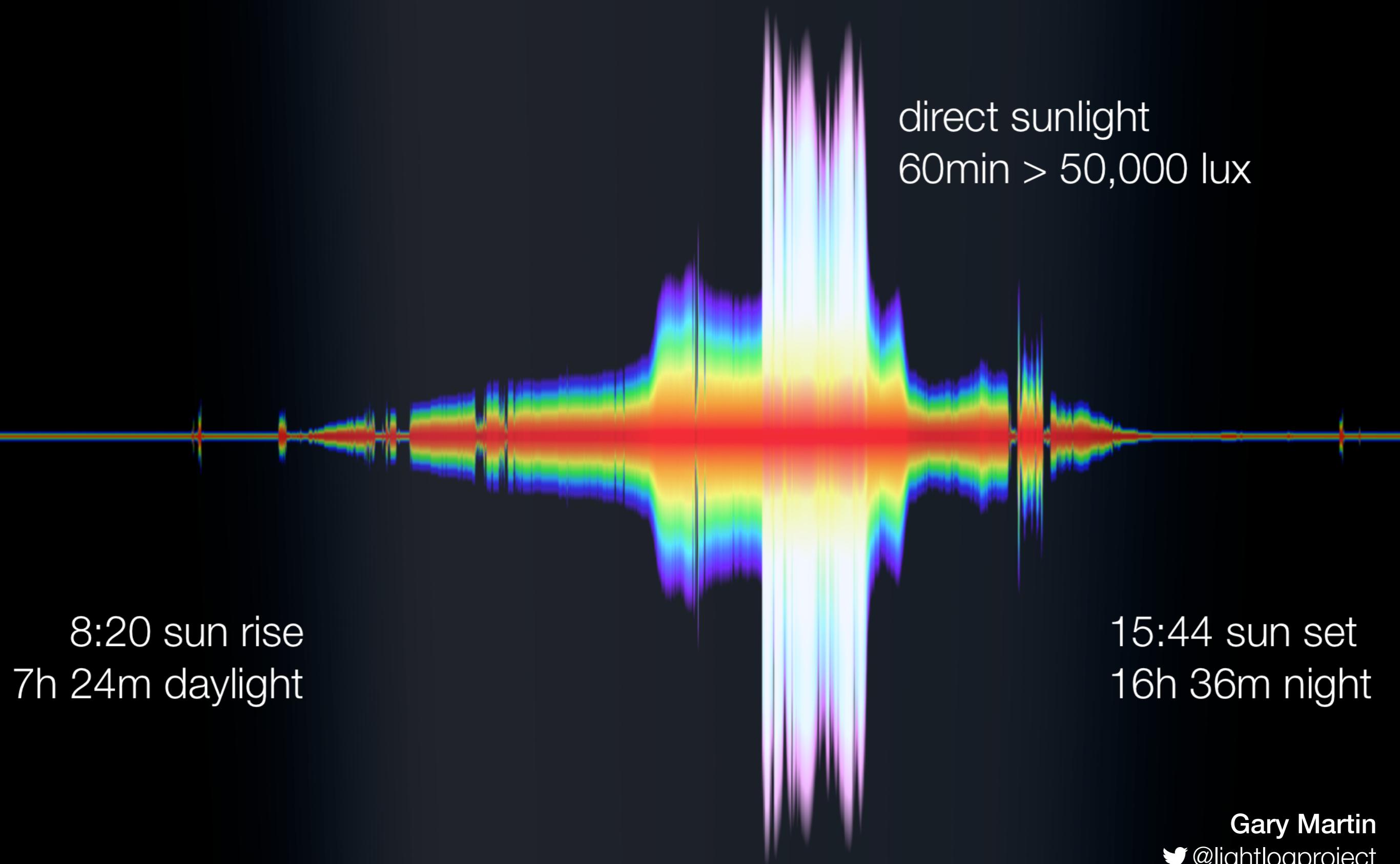
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0 3 6 9 12 15 18 21 0



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



8:20 sun rise
7h 24m daylight

15:44 sun set
16h 36m night

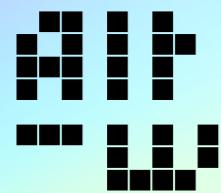
Nov 30th 2013

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