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(54) **CONTINUOUSLY ADJUSTING BIOLOGICAL ILLUMINATION ATTRIBUTES**

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(57) **ABSTRACT**

Methods and systems for illuminating an occupied spaces are disclosed, including, in one general aspect, an illumination method for illuminating a space to be occupied by one or more occupants that includes driving a first illumination element designated as an illumination level element, driving a second illumination element designated as a biological element, and continuously adjusting the steps of driving the first illumination element and driving the second illumination element to continuously adjust illumination levels and biological effects over time. The step of continuously adjusting can adjust biological effects without significantly changing perceived illumination quality.

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