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**LIN et al.**(10) **Pub. No.: US 2022/0377867 A1**(43) **Pub. Date: Nov. 24, 2022**(54) **HUMAN CENTRIC LIGHTING METHOD  
WITH ADJUSTABLE LIGHTING  
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**ABSTRACT**

The present invention is a human centric lighting (HCL) method with adjustable lighting parameters comprises the following steps: 1) User connects with the cloud through the intelligent communication device and selects the specific spectral recipe that the user wants to achieve a specific emotion from the cloud; 2) The light emitting device is configured to emit light in a specific light field according to the lighting parameters in a specific light field to select the light in a specific light field; 3) After the user performs HCL, when the effect of specific emotion is not reached, the user adjusts the lighting parameters in the selected specific spectral recipe through the intelligent communication device; 4) When the user has achieved the effect of specific emotion after performing HCL, store the corresponding lighting parameters of the adjusted spectral recipe to the cloud.

