

A circadian rhythm is a natural, biological process that helps regulate our sleep-wake cycle. It is directly linked to the pattern of the sun, repeating roughly every 24 hours.



Irregular light-dark patterns or light exposures at the wrong circadian time can lead to disruption of the sleep-wake cycle.

Research is ongoing to understand if artificial light can be used to replicate the natural light-dark pattern and regulate our circadian rhythms.

Lighting Parkhaven

Putting this into practice Parkhaven have installed a dynamic lighting and controls system.

The luminaires contain LED chips that enable a variation in output and colour appearance ranging from 'warm' to 'cool'. The desired levels are set using the wireless controls system.

7am-7pm - Colour temperature and intensity gradually adjust to mimic natural daylight.

7pm-7am - In circulation spaces lighting remains on at a lower output and warm colour temperature.

Note: At any point the lighting controls system can be overridden.

