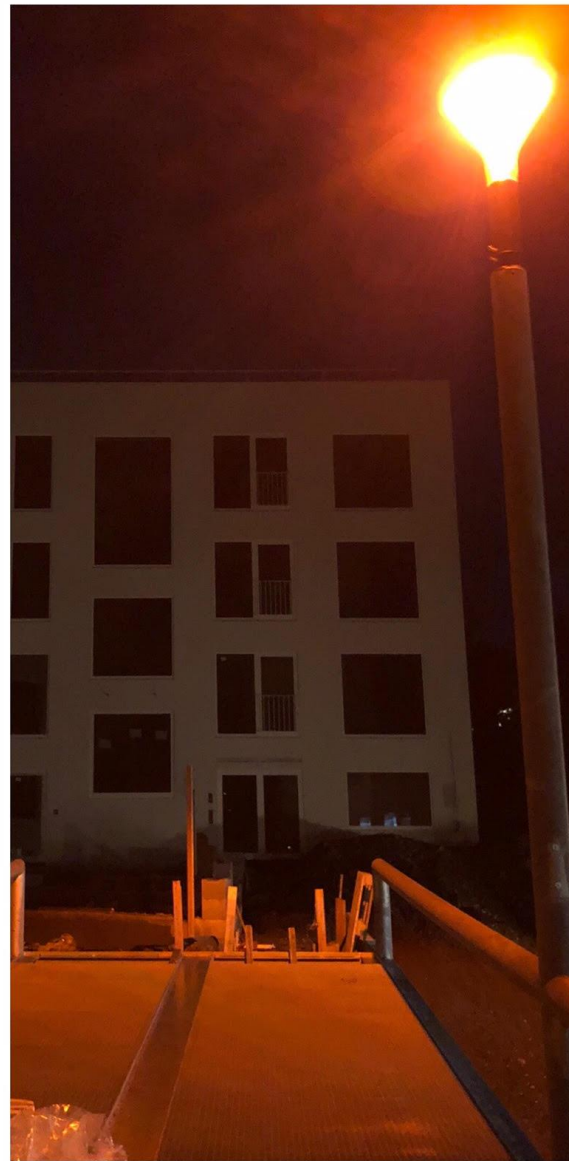
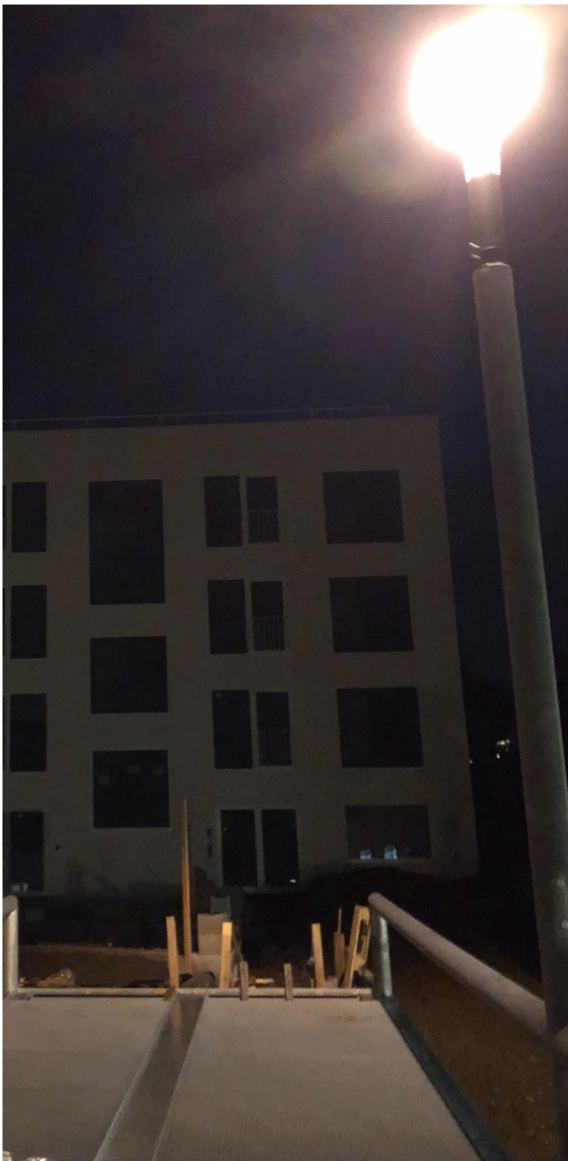


# Bio-dynamic light

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**Hynek Medřický**

**Sušice, 26.4.2018**

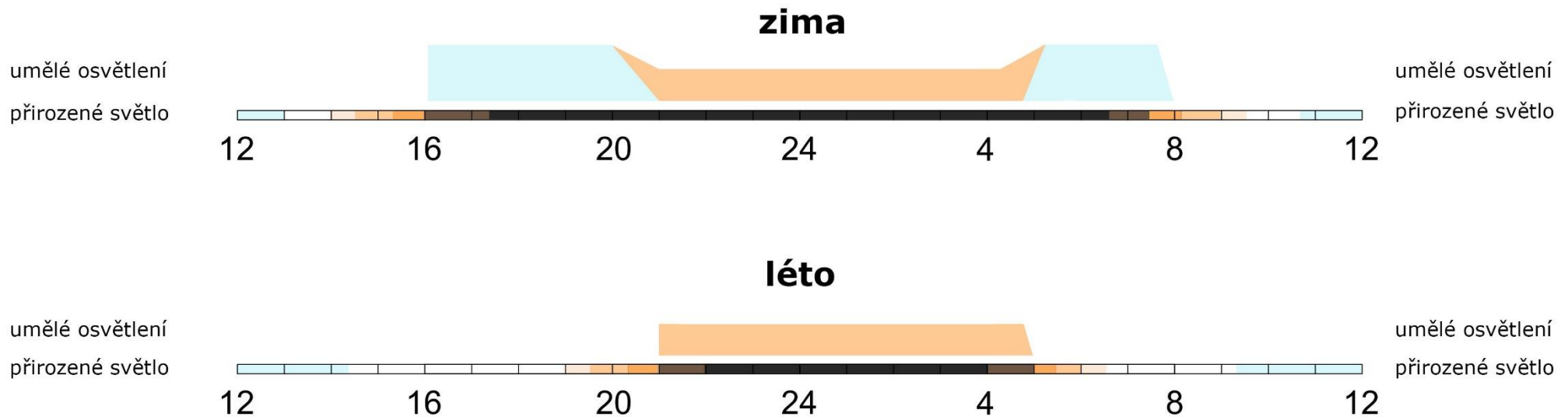
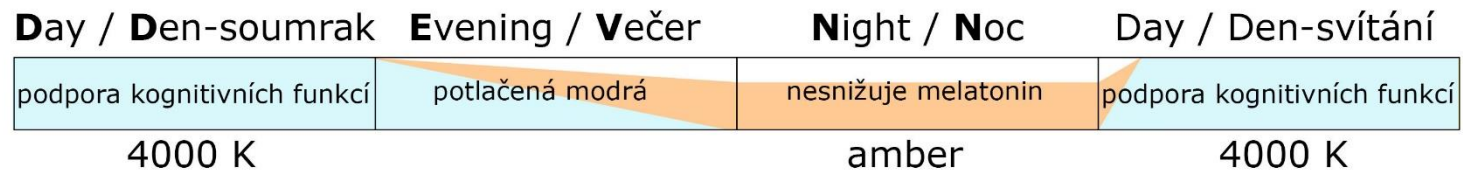


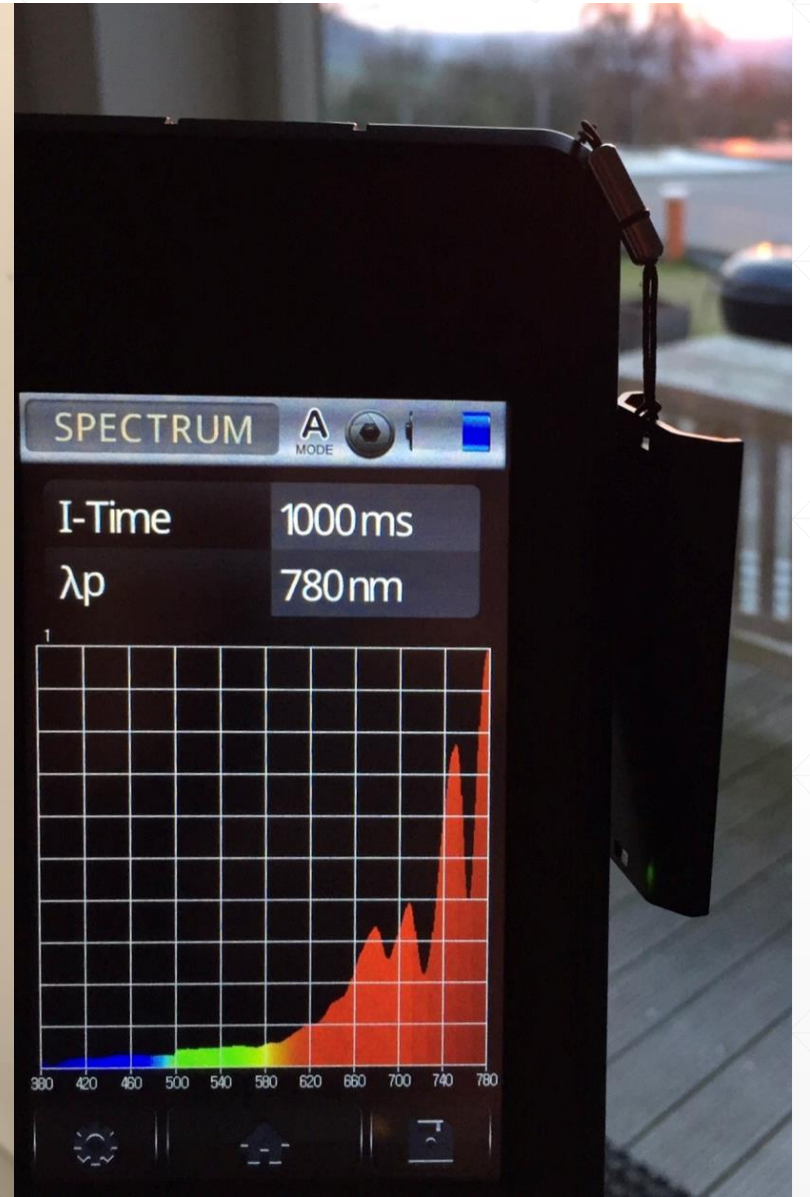
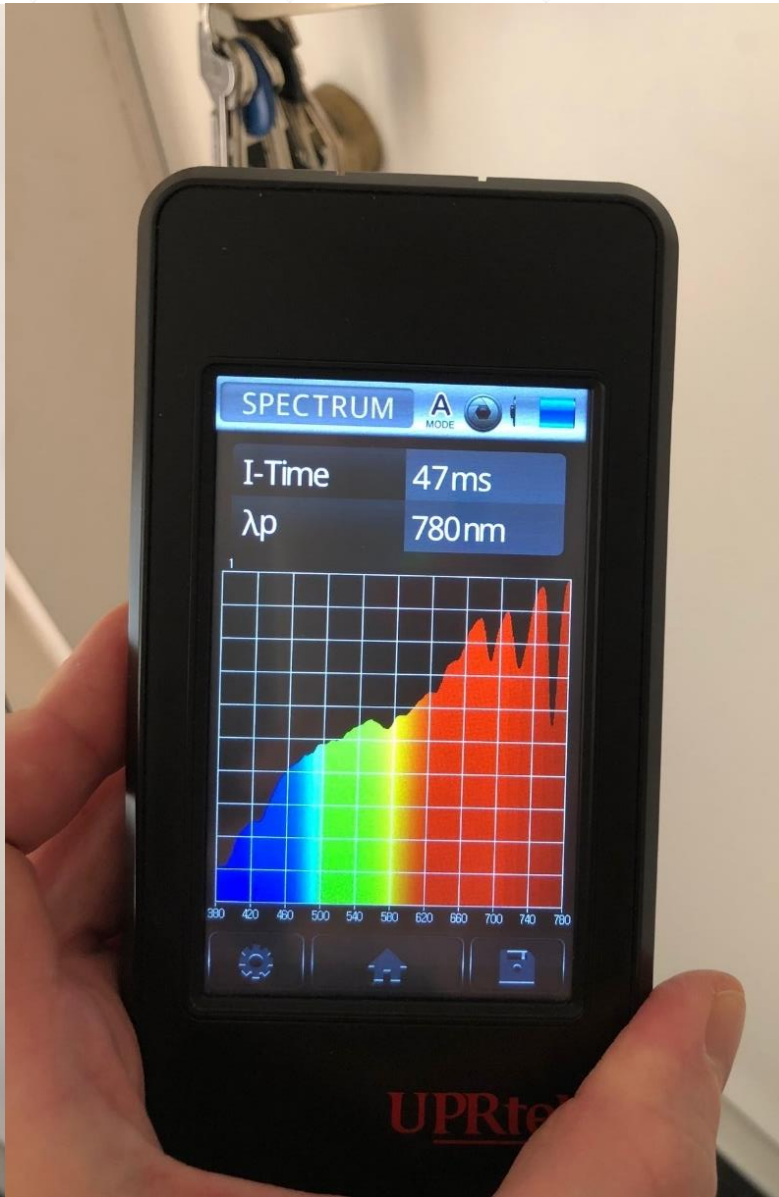
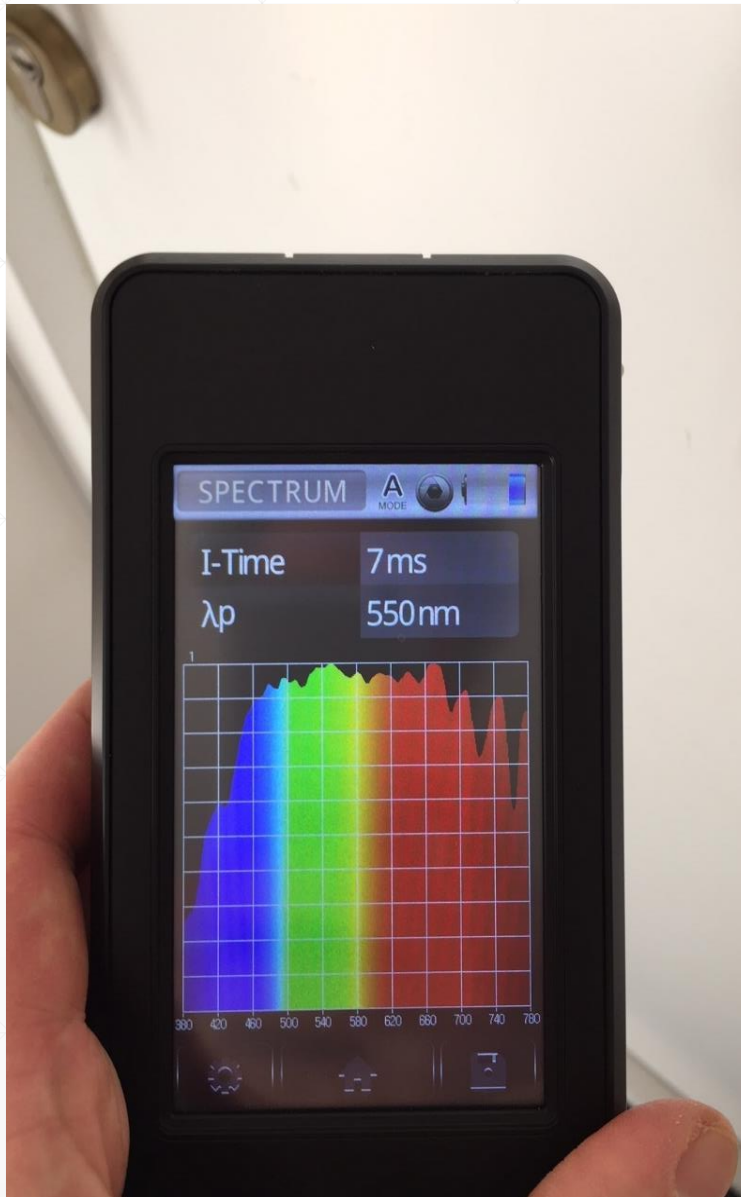
**Bio-dynamic light**  
4000 K / PC amber

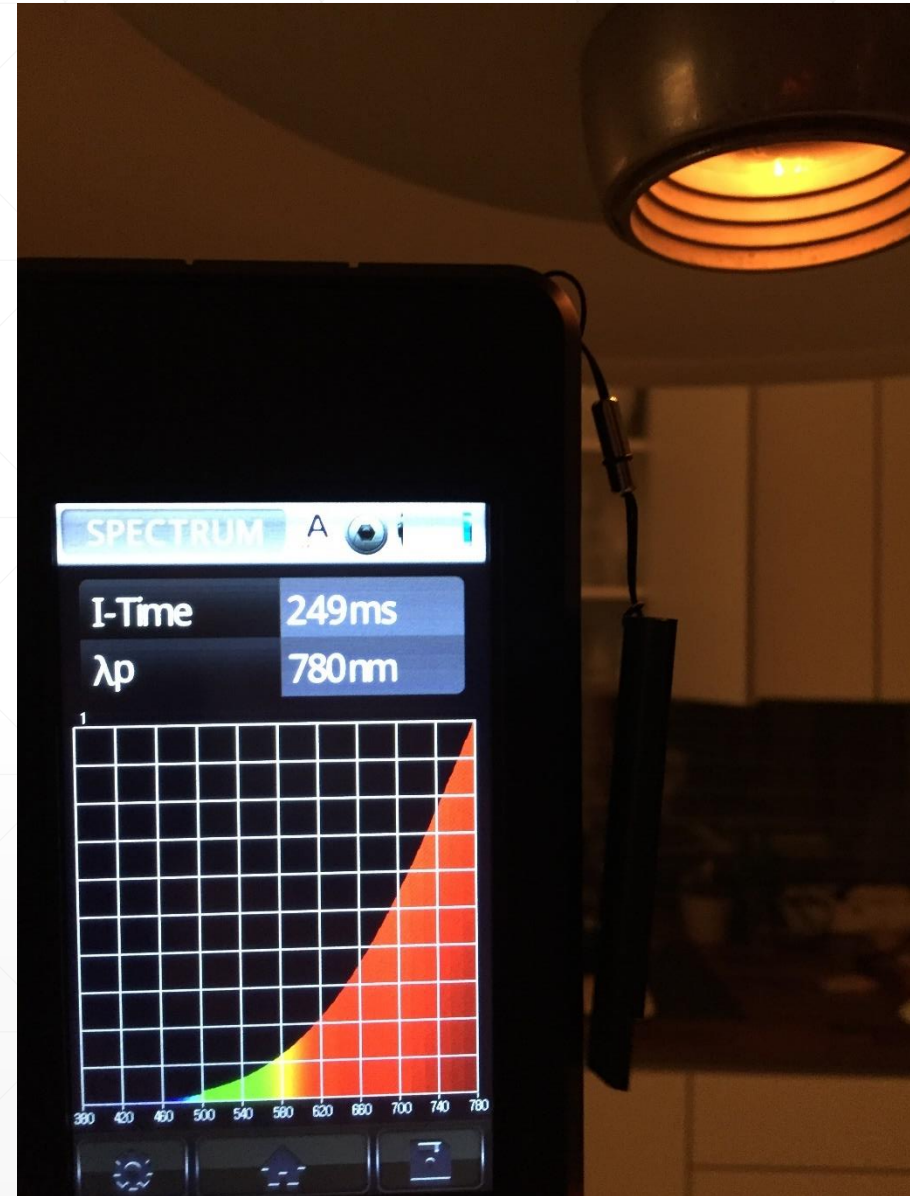
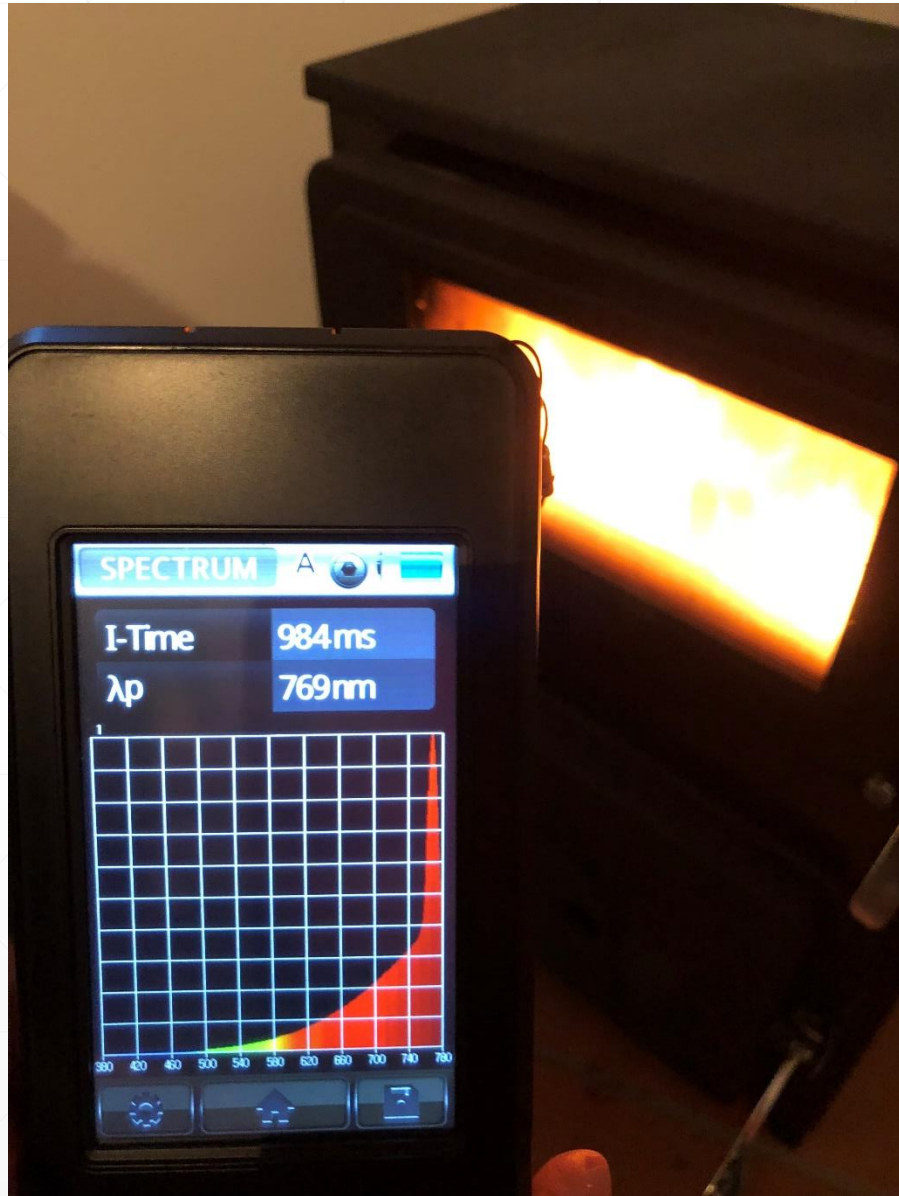
Řevnice, 01/2018

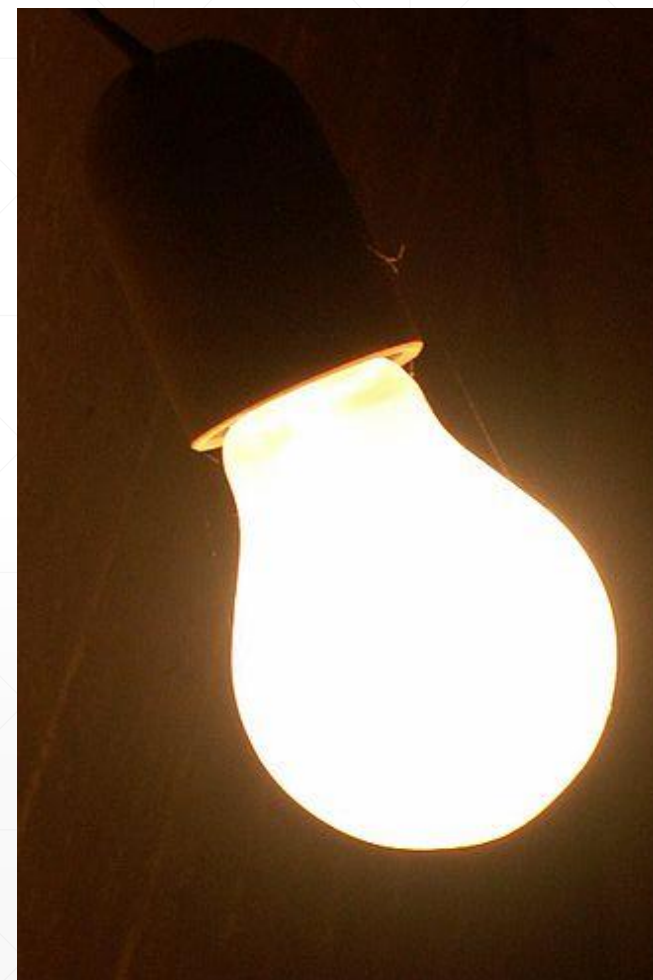
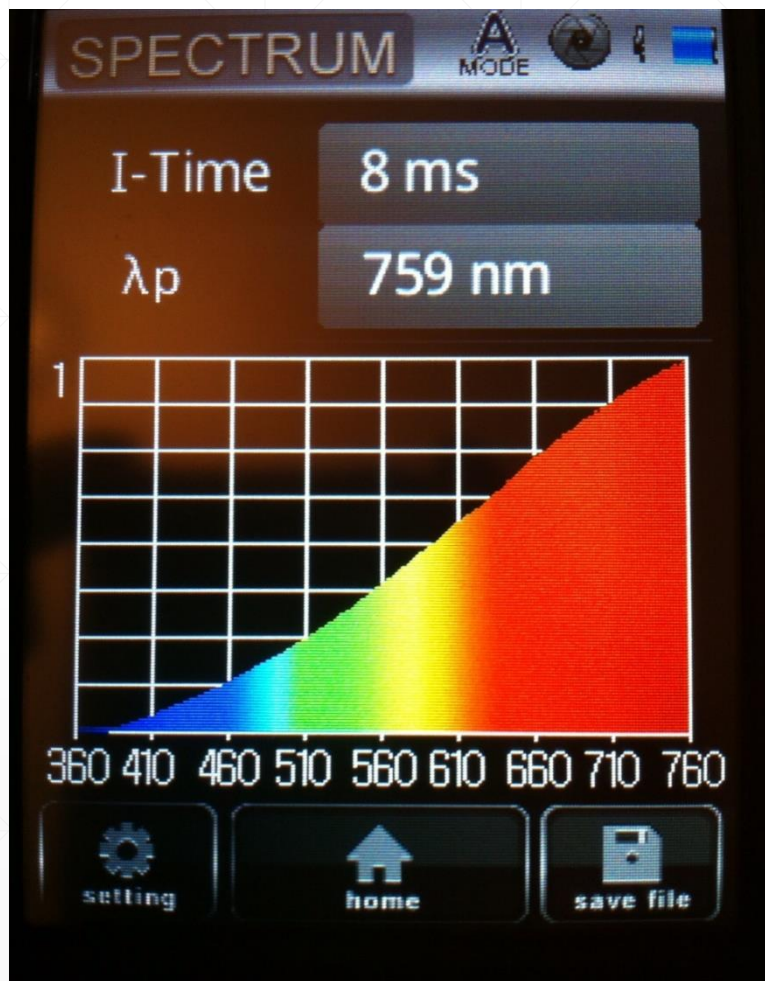
## SYSTÉM OSVĚTLENÍ VEŘEJNÉHO PROSTORU

# D.E.N. / D.V.N.

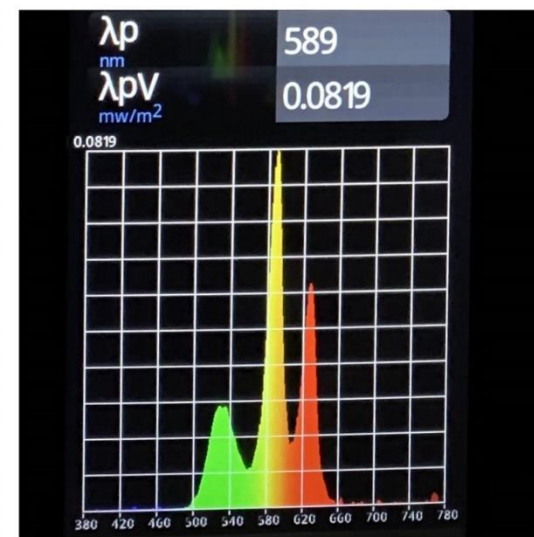
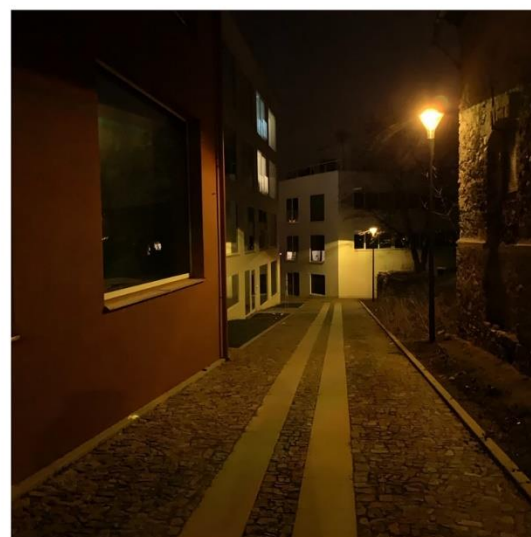
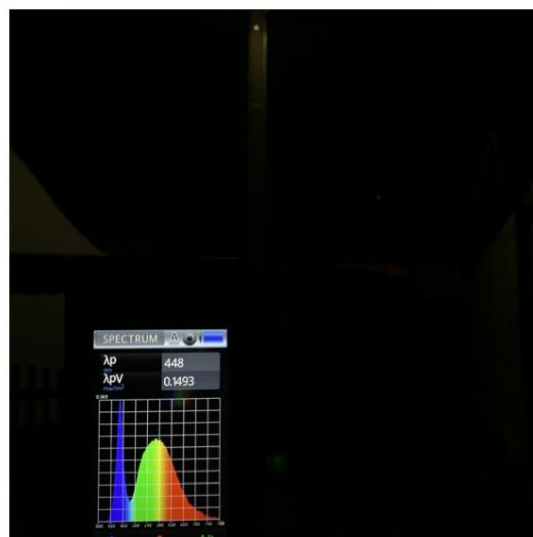
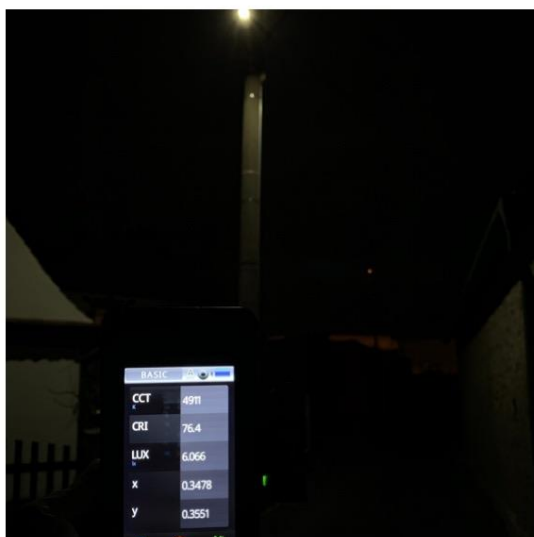
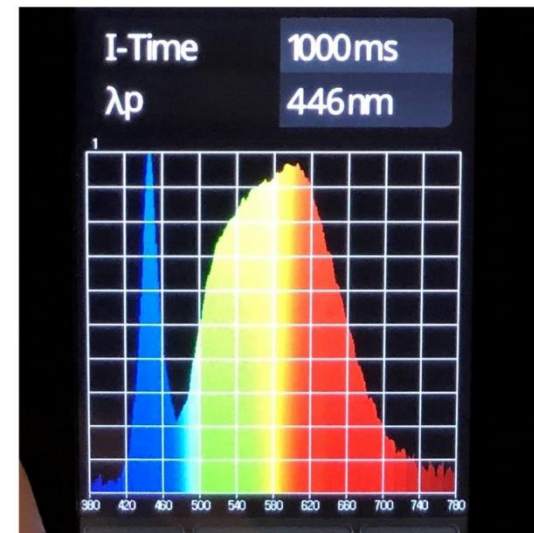
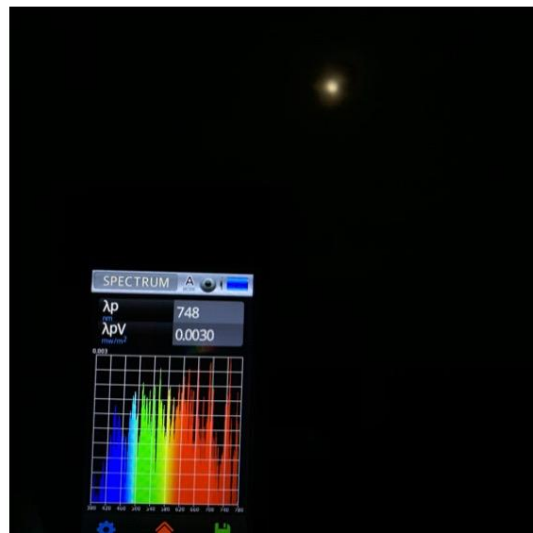
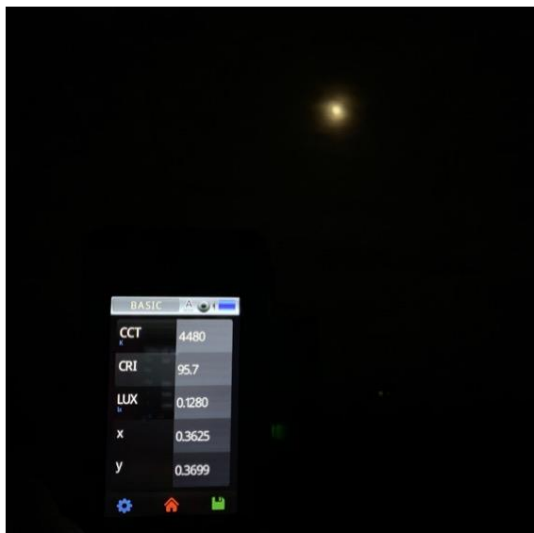






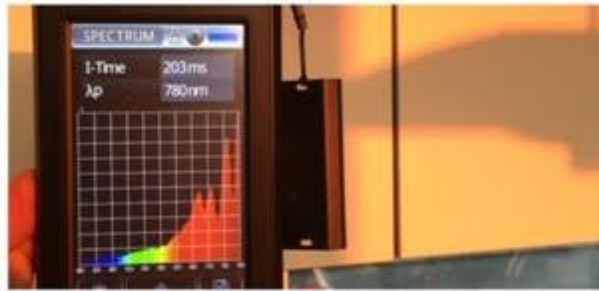




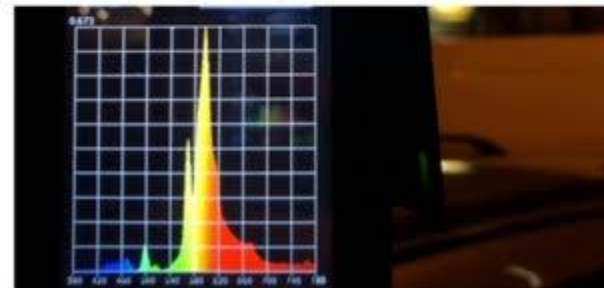
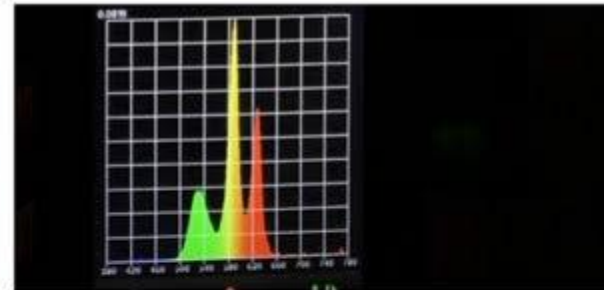
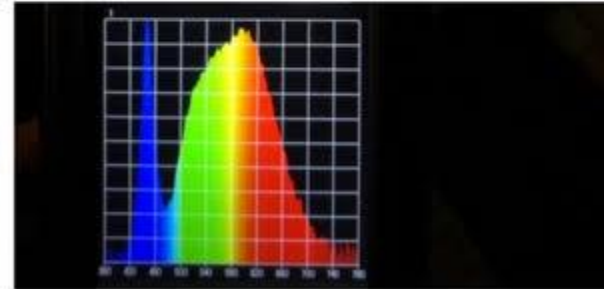


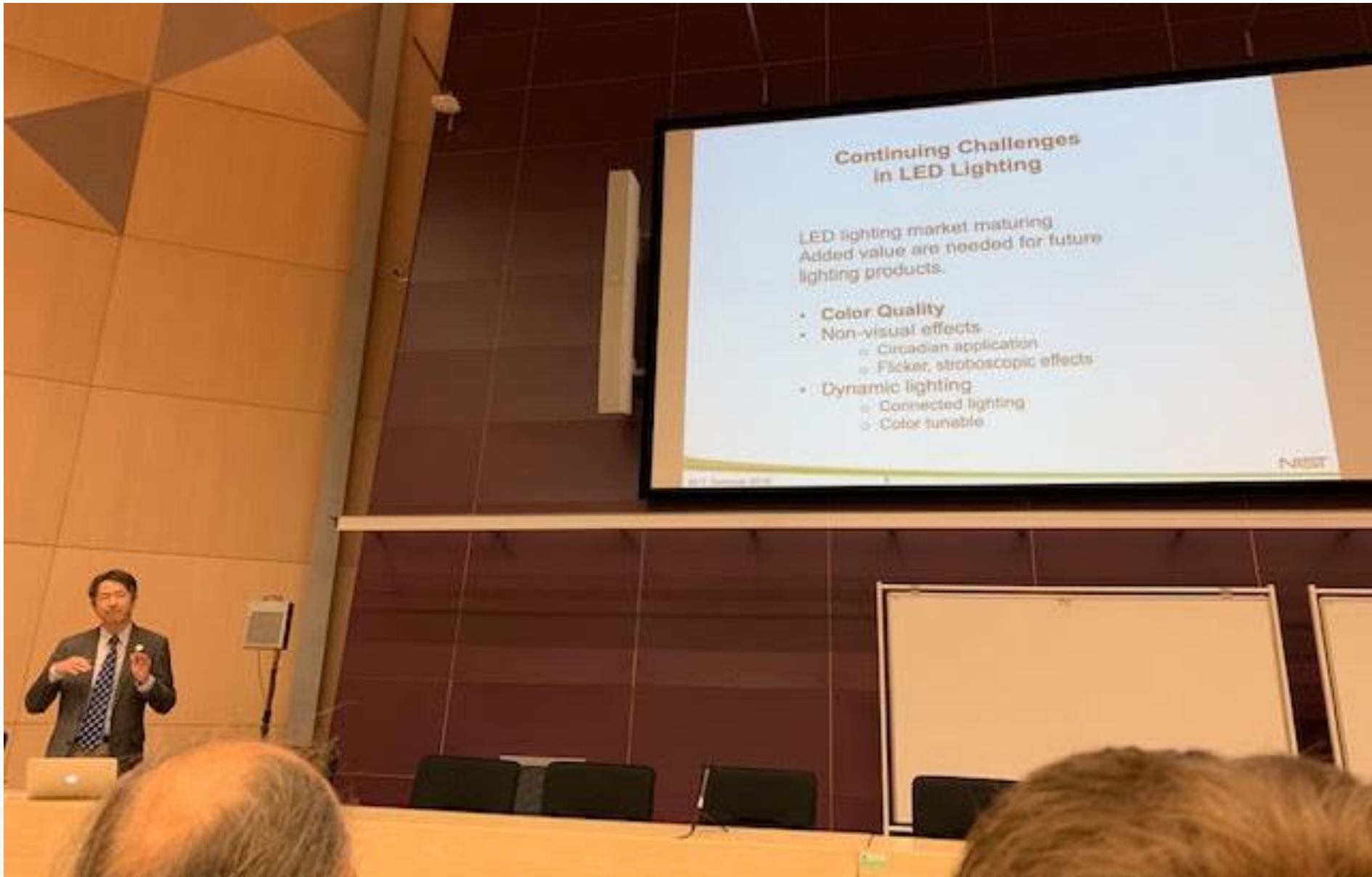


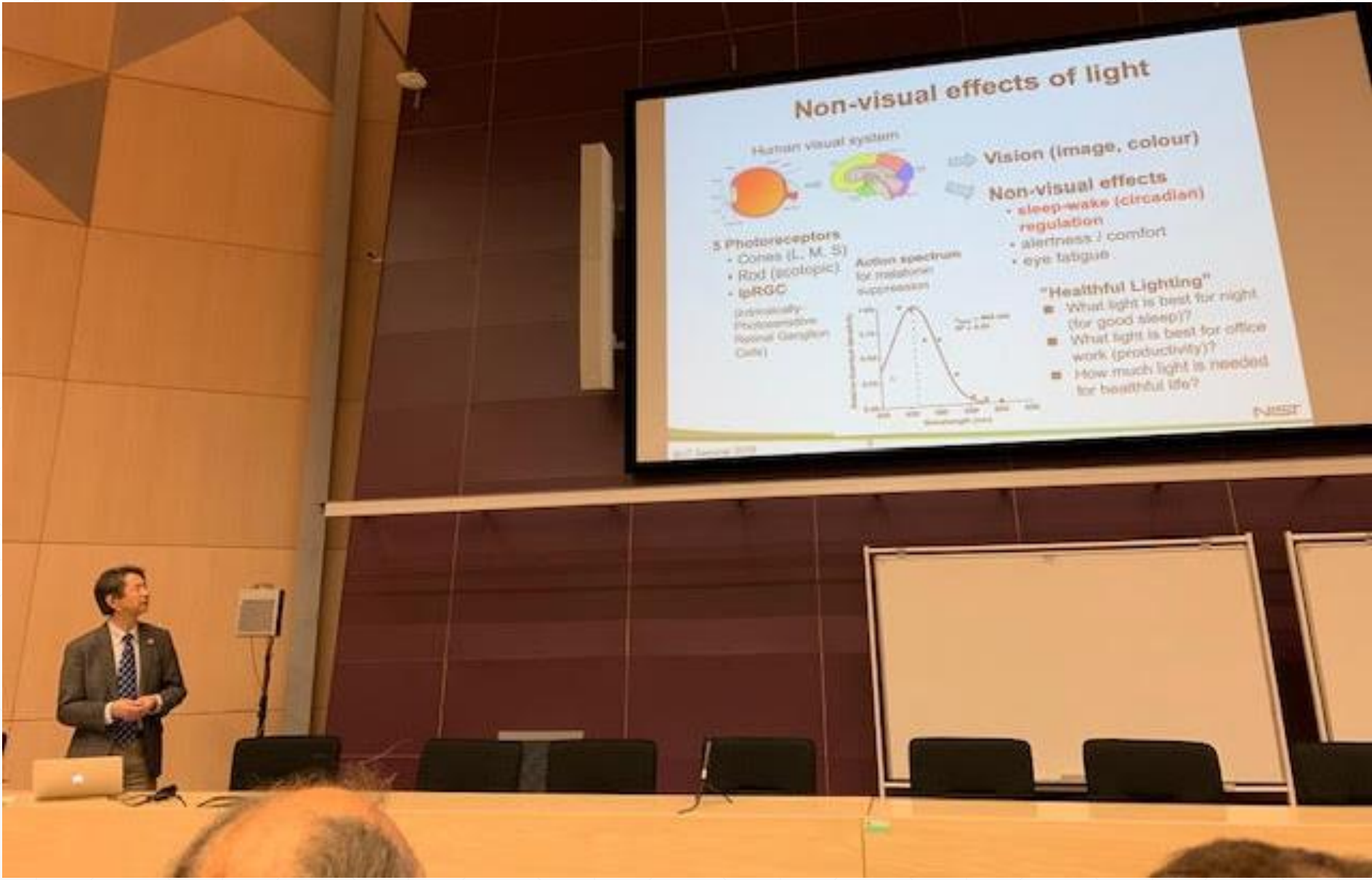
19:39, April 7



19:51, April 7







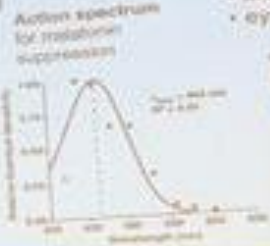
# Non-visual effects of light



Vision (image, colour)

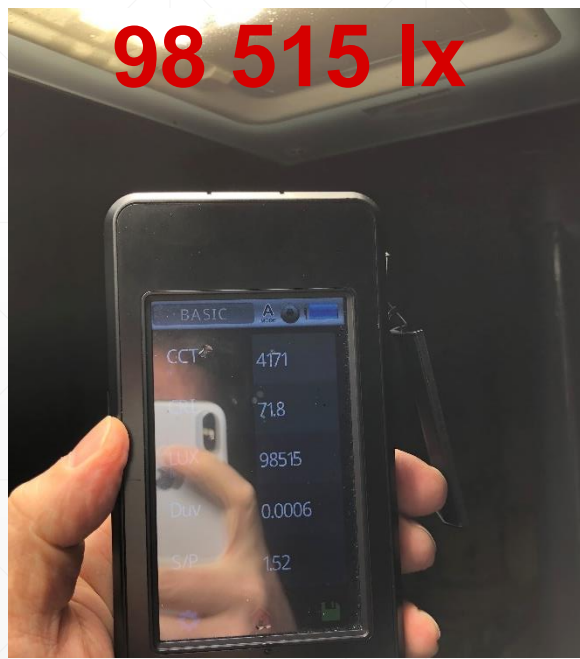
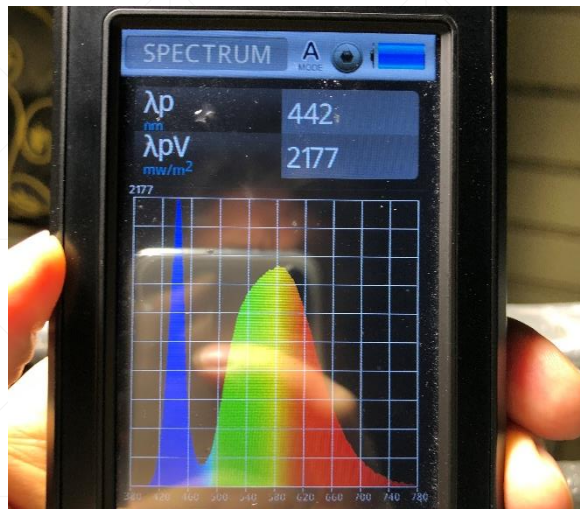
- Non-visual effects
- sleep-wake (circadian) regulation
  - alertness / comfort
  - eye fatigue

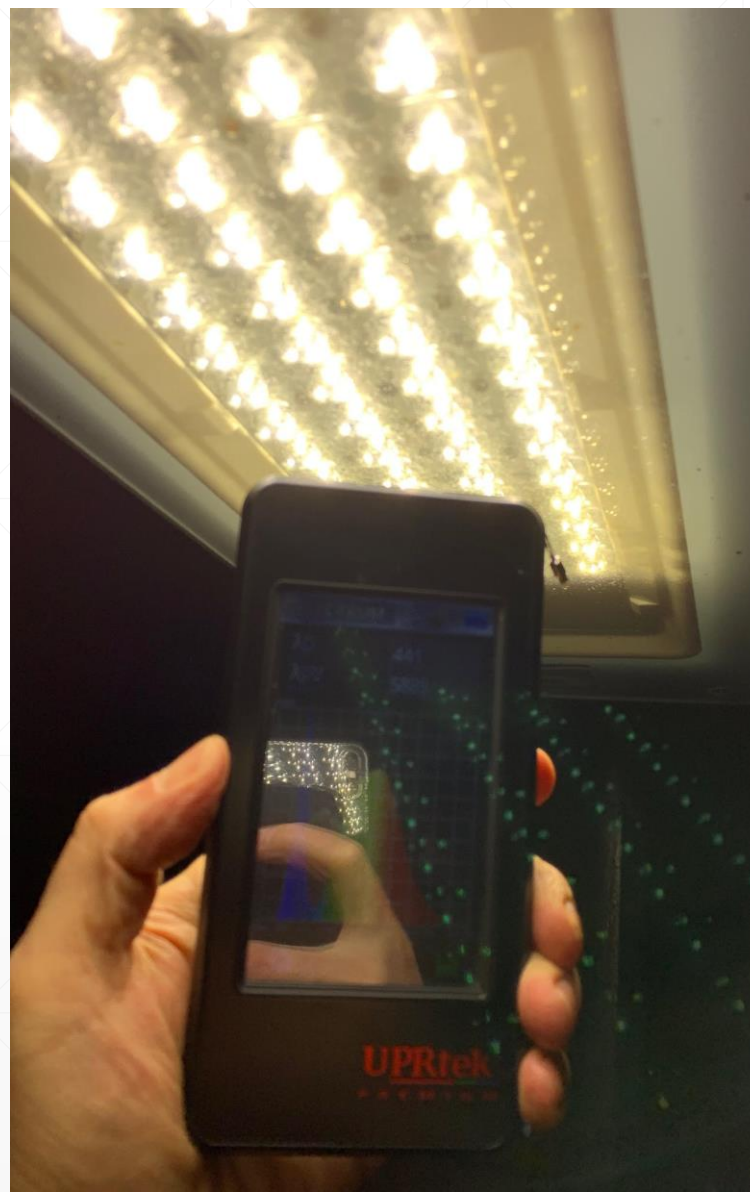
- 5 Photoreceptors
- Cones (L, M, S)
  - Rod (scotopic)
  - ipRGC (intrinsically Photosensitive Retinal Ganglion Cells)

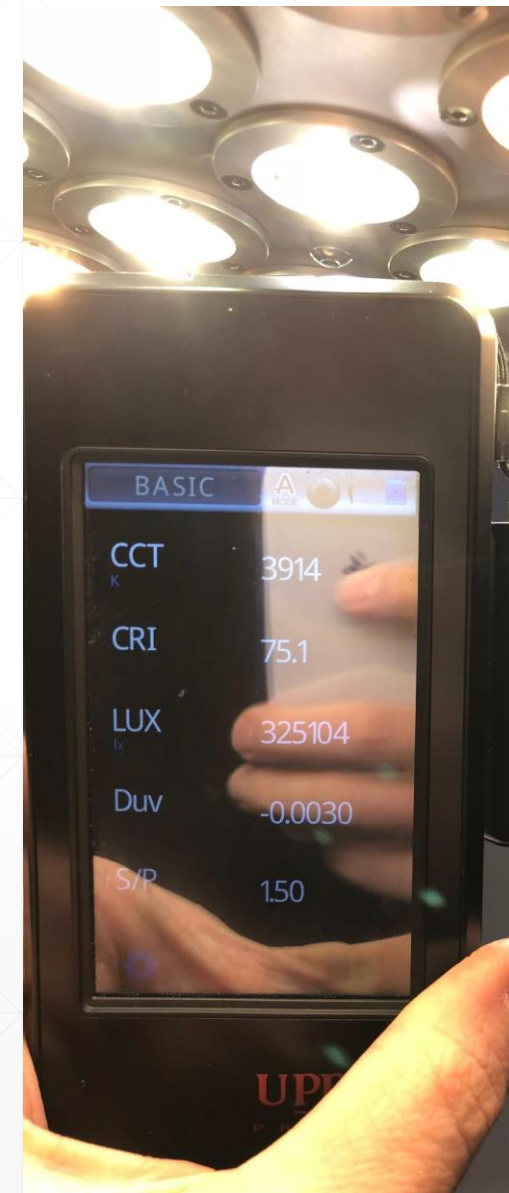
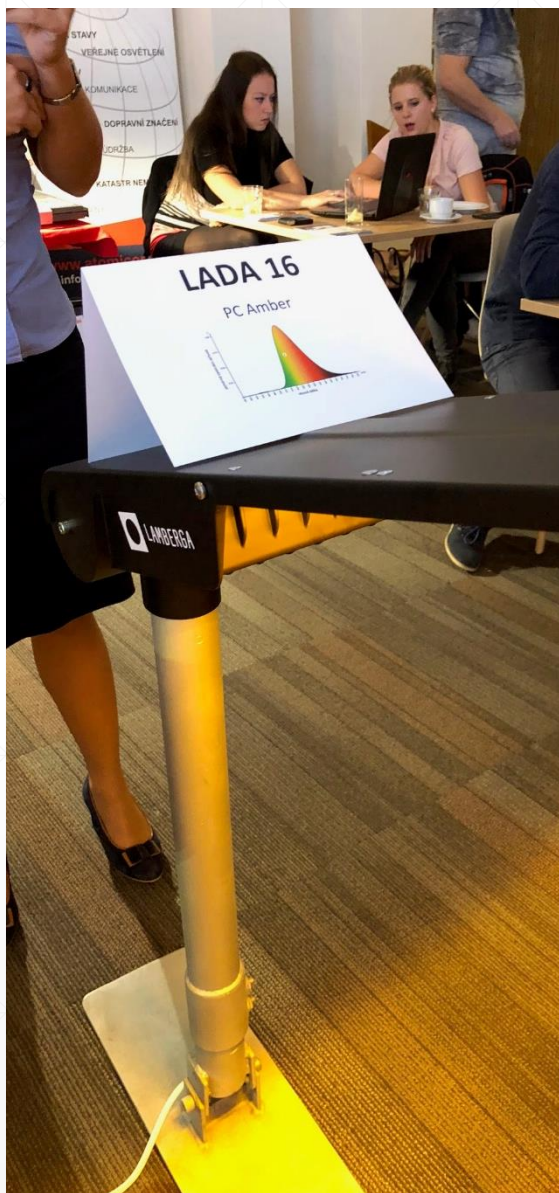


- "Healthful Lighting"
- What light is best for night (for good sleep)?
  - What light is best for office work (productivity)?
  - How much light is needed for healthful life?











Děkuji za pozornost

[www.vnocispete.cz](http://www.vnocispete.cz)