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Presentation of a new research platform to explore the impact of daylight on humans

In 2021 an innovative new research platform to explore the basics, applied and clinical aspects of daylight on humans has been created. The "integrative Human Circadian Daylight Platform"(iHCDP) has the vision to improve general health, quality of life and living conditions across the live span by using daylight. For this purpose, the impact of daylight will be systematically assessed, and new tools, applications will be validated and implemented in the fields of vision science and ophthalmology, healthy ageing, and clinical practice. The platform aims to bring together researcher, light designers, architects, clinicians, and educators in the fields of daylight research, ophthalmology, vision science, and sleep- and circadian medicine to 1) explore basic research aspects of daylight; 2) explore circadian daylight solutions at the workplace and at home; 3) explore circadian health in the clinic. During the funding period (4 years), new tools for innovative daylight research will be developed and applied. A Circadian Data Hub will be created, and sustainable education and knowledge generation will be fostered. Finally, guidelines for evaluation and treating patients with circadian disorders and engagement in outreach for health professionals and the public at large will be developed. The iHCDP is directed by Prof. C. Cajochen and includes three research modules: Circadian Visual Neuroscience (led by Prof. Manuel Spitschan; Environmental Circadian Lighting (led by Dr Mirjam Münch); Circadian Health Clinic (led by Dr med. Corrado Garbazza).

Keyword 1

daylight

Keyword 2

non-visual effects

Keyword 3

well-being

Keyword 4

circadian

Keyword 5

physiology

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