



Daylighting, Architecture and Health

Mohamed Boubekri

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Daylighting, Architecture and Health examines the relationship between natural light in buildings and human health, considering both psychological and physiological issues and bringing together a range of research in the field.

As we are becoming increasingly conscious of global warming and pushing towards energy efficiency in buildings, the book examines the question of daylighting from the perspective of the health of building occupants. It gathers and reviews all the latest and pertinent medical and architectural research related to natural light, or lack thereof, and its effect on people.

- * Documents medical research findings which establish a link between light quality and health
- * Considers design strategies for increasing daylight in buildings
- * Develops understanding and awareness of the importance of natural light in buildings

Daylighting, Architecture and Health: Building Design Strategies is a timely and essential text for professional architects and all others concerned with the effects of daylighting on health, architecture and building design.

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