

Ecosense AIA Course: ESL105

Designing Interior Space with Indirect Lighting

50 Minutes + Q&A / (1) HSW Learning Unit

Course Description

Humans have evolved to prefer certain characteristics of interior spaces – we naturally gravitate towards and feel more comfortable in spaces that are coherent, that provide a clear view of how to move through them, that are well lit, with the correct balance of different types of light, and where the things that are most important about the space are easily visible.

Indirect lighting makes use of the building's interior envelope and volume to modulate, amplify, and balance lighting from various sources. A layered approach to the design and lighting of interior spaces, which incorporates a balance of direct and indirect lighting improves visual coherence and wayfinding; articulates and highlights architectural elements; and positively impacts health and productivity.

This course explores how indirect lighting can be used to improve the comfort level of a space and allow it to be used in multiple ways. Participants will learn lighting design techniques for optimizing the design of interior spaces by illuminating ceilings and walls, and by backlighting through translucent materials.

Learning Objectives:

1. Identify basic characteristics of light and how to specify them for interior spaces:
2. Apply examples from nature and basic behavioral principles to the design and lighting of interior spaces to improve the occupants' experience
3. Recognize the four layers of light and their different functions
4. Understand basic indirect lighting techniques for reflecting light off walls, ceilings and backlighting surfaces.

HSW Justification:

Health: Over 75% of this presentation focuses on how to specify indirect lighting in ways which improve the comfort level of spaces, positively affecting occupants emotional and social well-being.

Safety: Proper light levels are reviews to ensure occupants can safely move through the spaces with enough light to perform all tasks.

Welfare: How to specify highly efficient LED light sources which are environmentally friendly and how to incorporate them into the built environment to elevate the human experience.