

Event:
Date:
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ENERGY in BUILDINGS 2018
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Title:	Adjunct Professor Hellenic Open University	
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Presentation title:	Lighting and Well-Being of Employees in Healthcare Buildings	
<p>Light plays an important role for our well-being since it regulates our internal clocks. Especially caregivers who have one of the most stressful and demanding jobs are affected from light which is essential for their vision but also important for their well-being. This study is researching the relationship between lighting and well-being and is focusing on employees in healthcare buildings. In order to analyze this relationship, the survey firstly examines the lighting conditions in health care buildings that have changed over the years. Several studies have highlighted the connection between artificial light and psychosomatic symptoms such as depression, circadian cycle deregulation, feeling of tiredness, fatigue and more. On the other hand, natural light stimulates the basic biological functions of the brain and it has been associated with improved mood, increased happiness and lower fatigue. Not enough lighting is common in old facilities and that plays important role on a variety of diseases like vision problems, but even cancer, most importantly drives caregivers to call sick and make mistakes.</p> <p>The study concludes with some generic trends, on how lighting design could help healthcare practitioners on their work. Light should by all means help the hospital personnel practice their work without any distraction, such as poor ergonomics or bad lighting. Lighting demands on a healthcare facility should follow the light requirements for optimum visual comfort complying with appropriate standards. Also, a feeling of well-being which can contribute to a high productivity level. This helps caregivers to perform their visual tasks with safety in order to avoid injuries and mistakes. Furthermore, lighting design should follow the human centric lighting design to help healthcare workers, especially those who work on nightshifts to regulate their circadian cycle and their endocrine system.</p>		
CV:		
<p>Hara Sigala is a freelance lighting designer based in Greece with graduation degree from NTUA – department of Architecture (2006) and a master degree in Lighting Design from University College London (2008).</p> <p>She has obtained an academic teaching position as an adjunct Professor in Lighting Design MA, School of Applied Arts in Hellenic Open University since 2014. She has participated in writing the academic books for this course as a reviewer in 2012. She is also a supervisor in dissertations about architectural lighting focusing on history, architecture and wellbeing. She has engaged in seminars, workshops and other academic events regarding lighting design as an organizer and a tutor.</p> <p>Holding an architectural background, she has more than ten years' experience in public, commercial, cultural and private lighting projects enhancing architecture and promoting visual comfort. She has enjoyed the challenge of managing projects from the inception to completion in numerous buildings in Greece and worldwide. She has also evolved many of the concepts behind mainstream lighting approaches as a design software literate with expertise in graphic visualization of lighting scenarios.</p> <p>She is a member of Technical Chamber of Greece and a founding member of Hellenic Lighting Association.</p>		