



# Why Natural Light Matters



## Supports circadian rhythm and overall health

Daylight is the strongest environmental cue for the body's internal clock, influencing sleep timing, alertness, mood, and overall well-being. Studies show that increased daytime daylight exposure improves circadian alignment, sleep regularity, and morning vitality.<sup>1</sup>

## Improves sleep quality and consistency

Higher daytime circadian-effective light exposure was associated with earlier sleep onset (by ~22 minutes) and more consistent sleep patterns compared to environments with limited daylight.<sup>3</sup>

## Supports cognitive performance and daily function

Access to daylight and views has been linked to longer sleep duration and significantly improved cognitive performance. While often studied in workplaces, environments, these benefits are driven by circadian biology that applies across all building types.<sup>5</sup>

## Enhances mood and mental well-being

Research shows that lighting has physiological - not just visual - effects. Well-lit spaces can positively influence mood, emotional health, and overall quality of life.<sup>2</sup>

## Reduces negative health impacts of low-light environments

Environments with limited or no daylight are linked to poorer sleep quality, reduced vitality, and shorter sleep duration.<sup>4</sup>

## Recognized as a design priority by AIA

The AIA identifies access to natural light as a fundamental component of design excellence, noting that lack of daylight can negatively impact both mental and physical health.<sup>6</sup>

1. Boubekri, M., et al. "Daylight Exposure and Circadian Rhythm Outcomes." International Journal of Environmental Research and Public Health, 2021.  
2. Figueiro, M.G., et al. "Lighting and Physiological Health Impacts." International Journal of Environmental Research and Public Health, 2021.  
3. Figueiro, M.G., et al. "Daytime Light Exposure and Sleep Patterns." International Journal of Environmental Research and Public Health, 2021.  
4. Boubekri, M., et al. "Window Access and Health Outcomes." Journal of Clinical Sleep Medicine, 2014.  
5. Boubekri, M., et al. "Daylight, Sleep, and Cognitive Performance." International Journal of Environmental Research and Public Health, 2020.  
6. American Institute of Architects. "Framework for Design Excellence: Design for Well-being."