

The light is source of life

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Light is one of the main source of life. Users can experience both happiness and sadness by different usage of lighting. The amount, intensity, type, source, Color, Side and the way of light which spread in different spaces of human activities, influence behavior, mood, output, efficiency of them. Increasing the natural light in human activity places during the day, not only has impact on the visual quality but also on emotion, behavior and body hormones.

The studies and researches show that our life and activities are totally influenced by the lighting conditions, quantity and quality in different two mentioned impacts. Natural light and visual connection with outside environment on human living spaces will increase efficiency, improve behavior, health, comfort and decline anxiety.

The natural or artificial light sources play a central role in the life of the mankind, so the operators must consider the different aspects of the light and its characteristics, which help us to better understand and act in the world where we live.

Even though there are other factors that has a great impact on our life, but in this article we focused on the light effects and the parameters that we must consider to obtain the best results.