

Invitation to Participate in a Study on Lighting Effects on Health and Wellbeing



About the project

As lighting technology evolves, technology has moved from fluorescent and incandescent lighting to LED lighting for both indoor and outdoor use. While this change brings energy-saving benefits, we know little about how different types of lighting, particularly those with high blue-light content, may affect your health and wellbeing.

The Blu-RAY study, a project approved by TU Dublin Research Ethics Committee, is designed to help us understand the effects of artificial light with a focus on public health and wellbeing.

The project aims to establish a baseline dataset about blue light phototoxicity focusing on the impact of light pollution of LED lighting on:

- indoors on human health and wellbeing
- outdoors on environment and biodiversity.

The team will use a multidisciplinary approach with collaboration in physics, optometry, psychology, engineering and environmental sciences.

Why To Participate?

By participating you will contribute to important research that will help inform future lighting guidelines that will improve your health and wellbeing.

What Participation involves?

- Register and answer an on-line survey
- Wear a small button light sensor for a week
- Keep a light exposure diary

ARE YOU INTERESTED?

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