



*Aspen Mountain Residence,
Lighting Design by Robert Singer & Associates*

A sensible man will remember that the eyes may be confused in two ways - by a change from light to darkness or from darkness to light; and he will recognize that the same thing happens to the soul. ~Plato

In an environmentally conscious world we now have a few ways to create brilliant lighting design that is energy efficient, environmentally friendly, and in rhythm with our daily lives. Careful planning by an accredited lighting designer can not only increase visual acuity, but can benefit our earth, body, and soul.

Green Building designs are emerging with the goal of energy efficiency combined with earth friendly materials. Leadership in Energy and Environmental Design (LEED) Certification is designed to inspire innovative solutions that are better for our environment

and for our communities. Projects are planned, constructed, maintained and operated to be resource-efficient, high performing, healthy, and cost-effective.

Advancements in knowledge of the effects of light on the human eye has created human centric lighting design. Based on circadian rhythm, lighting is designed to adapt to the needs of the end user offering levels of light throughout the day that mimic sunlight. LED technology and control systems are the solution to personalized lighting that benefits the biological health and well-being of the individual.

Wasted and excessive use of artificial light has been addressed in neighborhoods with codes aimed at controlling light pollution. Lighting designers are trained to add light where you need it and when you need it. Energy efficient light bulbs and warm colors also are important factors in reducing light pollu-

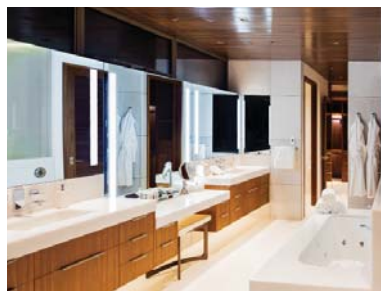
tion. It is important to protect our natural darkness for wildlife habitation and to enjoy our starry night skies.

These methods of lighting design benefit us with better sleep, increased vision and safety, energy efficient cost savings, and protect our natural wildlife habitats. With advancements in technology we can light our lives smarter and live better! Designing in harmony with the earth, body, and mind allows us to protect and sustain a healthy environment for future generations.

By Robert Singer, IALD, IES, President RSA



*Scottsdale Airport Operations Center, Arizona
LEED Certified*



*Aspen Mountain Residence, Colorado
Human Centric Lighting Design*



*Orinda Residence, California
Light Pollution Reduction*