



Light O'Clock (Season 1) – Episode 1: Light exposure – why should we care?

Guidolin, C., & Spitschan, M. (Hosts). (2024). *Light O'Clock (Season 1) – Episode 1: Light exposure – why should we care?* [Audio podcast episode]. Translational Sensory & Circadian Neuroscience Unit (MPS/TUM/TUMCREATE). <https://www.tscnlab.org/podcast/s01e01> DOI: <https://doi.org/10.17617/1.n378-5b97>

Current recommendations for light exposure in daily life

Scientific publication: Brown, T. M., Brainard, G. C., Cajochen, C., Czeisler, C. A., Hanifin, J. P., Lockley, S. W., ... & Wright Jr, K. P. (2022). Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. *PLoS Biology*, 20(3). <https://journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.3001571>

Blog post written by two of the authors: Lucas, R. & Brown, T. (2022, June 7). Making light work: Recommendations for healthy lighting. *Policy@Manchester Articles: Cities and Environment*. <https://blog.policy.manchester.ac.uk/sci-tech/2022/06/making-light-work-recommendations-for-healthy-lighting/>

The visible spectrum

Reprinted from “Light Spectrum”, by BioRender.com (2023). Retrieved from <https://app.biorender.com/biorender-templates>.

