

# The Daysimeter—Measuring Light that Affects the Human Circadian System

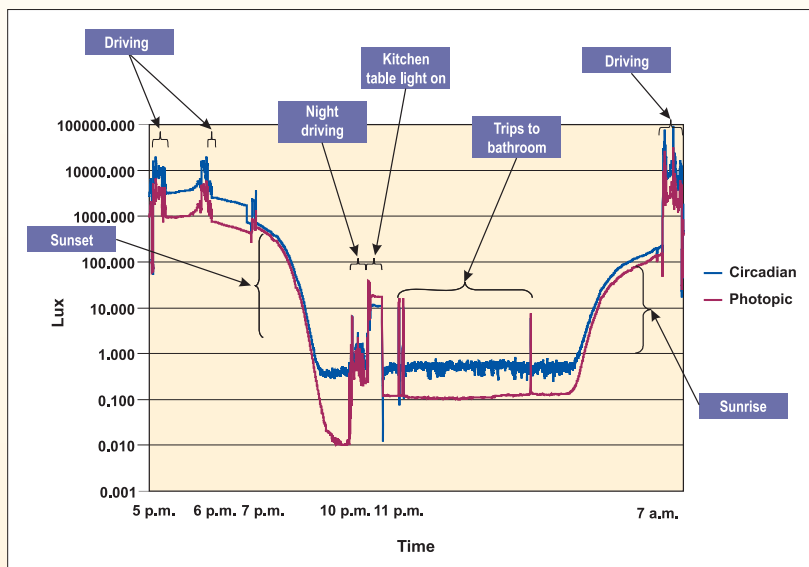
Today's light measurement devices are calibrated to represent the sensitivity of the human visual system. However, the human circadian system (every rhythm in our body that repeats approximately 24 hours) responds to light in a dramatically different manner than the visual system.

The Daysimeter is the first device to accurately measure and characterize light (intensity, spectrum, timing, and duration) entering the eye that affects the human body's clock.

The Daysimeter also measures conventional light levels and records head movements to differentiate between rest/sleep and active/awake periods.



Newer, compact model of original Daysimeter prototype (see 2004 project sheet with same title)



Measurements taken with the Daysimeter

Use of the Daysimeter will enable better design of light sources, luminaires, lighting techniques, and lighting applications that will help maintain regular circadian functions.

## Sponsors

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