

## Daylighting for Health and Well Being Information Links

### [Promote Health and Well-Being | Whole Building Design Guide](#)

Promote Health and Well Being by the WBDG Productive Committee ... Use a daylighting analysis tool to help guide the design process. ...

[http://www.wbdg.org/design/promote\\_health.php](http://www.wbdg.org/design/promote_health.php)

### [Daylighting Health & Well Being](#)

Daylighting information (Health & Well Being of The Code for Sustainable Homes)

<http://www.theconstructioncentre.co.uk/sustainable-homes/health/daylighting.html>

### [All about SAD - SAD Article: Daylight - You Need It \(and It's Free\)](#)

Whether we have SAD (Seasonal Affective Disorder) or not we can't do without natural daylight - it's vital to our health and well being.

[http://www.allaboutsad.com/SAD\\_Article\\_Daylight.html](http://www.allaboutsad.com/SAD_Article_Daylight.html)

### [BREEAM Daylighting](#)

The BREEAM Health & Well Being Credit HW1 states that at least 80% of the net lettable floor area is adequately daylighted. An average daylight factor of 2% must ...

<http://www.iesve.com/ConsultancyUK/Daylight/BREEAM-Daylighting>

### [Health | Daylighting Resources | Daylight Dividends](#)

Psychological well being and job satisfaction as predictors of job performance. Journal of Occupational Health ..... Daylighting Resources - Health ...

[http://lightingresearch.net/programs/daylighting/dr\\_health.asp](http://lightingresearch.net/programs/daylighting/dr_health.asp)

### [Guest Articles: Daylighting and Productivity: A study of the ...](#)

"The Effect of Plants and Artificial Daylight on the Well-Being and Health of Office Workers, School Children and Health Care Personnel," Floriade, Norway, ...

<http://www.thespaceplace.net/articles/hobstetter200703.php>