

Designing With Light

Chapter 16 Self-Evaluation

1. What is the normal time frame of circadian rhythms?
 - a. Less than one day
 - b. One day
 - c. More than one day
2. What aspects of exposure to light support circadian rhythm entrainment? (select all that apply)
 - a. Time of day
 - b. Duration
 - c. Light source SPD
 - d. Natural vs artificial light
3. Full-Spectrum Lighting is a phrase used to describe the most natural light sources.
 - a. True
 - b. False
4. Light therapy is an effective treatment for SAD for some people.
 - a. True
 - b. False
5. How much more light does the average 60 year old need when compared to an average 20 year old?
 - a. 50% more
 - b. Twice as much
 - c. Three times as much
 - d. Four times as much

Answers are on the next page

Answers:

- 1) B
- 2) A, B, C
- 3) B
- 4) A
- 5) B