

Designers Light Forum

Guidelines for Specifying Light Fixtures in WELL projects; What to Consider and What to Avoid

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March 13th 2018





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Questions related to specific materials, methods, and services will be addressed at the conclusion of this presentation.





LE: ucation

Learning Objectives

At the end of the this course, participants will be able to:

- 1. Attendees will be able to evaluate intent of lighting features in the WELL building standard.
- 2. Attendees will be able to understand lighting credits and how to achieve them.
- 3. Attendees will be able to identify key factors contributing to visual comfort and circadian lighting.
- 4. Attendees will learn about critical factors needs to be considered, before specifying lighting fixtures.





What is WELL V2?







WELL Concepts



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Scoring and Certification Levels

Projects must achieve all preconditions, as well as a certain number of points to earn different levels of certification:

•WELL Core Certification: 40 points.
•WELL Certification Silver: 50 points.
•WELL Certification Gold: 60 points.
•WELL Certification Platinum: 80 points.

Projects must earn a minimum of two points per concept. Projects may earn no more than 12 points per concept.





WELL Certification Process





Why Light matters?



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WELL aims to provide a lighting environment that reduces circadian phase disruption, improves sleep quality and positively impacts mood and productivity.



Circadian Rhythm

Internal clock that keeps the body's hormones and bodily processes on a roughly 24-hour cycle, even in continuous darkness.

Humans are diurnal, meaning they are innately prone to wakefulness during the day and sleepiness at night. Light exposure stimulates the circadian system, which starts in the brain and regulates physiological rhythms throughout the body's tissues and organs, such as hormone levels and the sleep-wake cycle.



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IPRGCs and Circadian Clock



Graphics borrowed from: https://www.pointsdevue.com/

WELL V2 and Lighting features









What is sDA?



sDA_{300,50} 48.2%



















What is EML?

Equivalent Melanopic Lux = Photopic Lux x Melanopic Ratio







https://lightinganalysts.com/entraining-circadian-rhythms/

Limit ucation How to Calculate Melanopic Ratio?

USE IWBI spreadsheet published by IWBI (Appendix L1)

| λ (nm) 🔽 Lam | ip data 💌 | circadian 🔻 | visual 💌 | lamp*c 📃 💌 lam | np*v 💌 | Source | Melanopic Ratio |
|--------------|-----------|-------------|----------|----------------|--------|--|---|
| 380 | 0.089 | 0.0009 | 0.0000 | 0.0001 3.5 | 56E-06 | Sample Fluorescent 4000 K | 0.588 |
| 385 | 0.088 | 0.0017 | 0.0001 | 0.0001 5.2 | 27E-06 | | Click here for data input |
| 390 | 0.087 | 0.0031 | 0.0001 | 0.0003 1.0 | 04E-05 | Instructions | |
| 395 | 0.809 | 0.0059 | 0.0002 | 0.0048 0.0 | 000176 | 1. Select built-in sample source, or use | er-entered source (above). |
| 400 | 2.477 | 0.0114 | 0.0004 | 0.0283 0.0 | 000991 | 2. For user data, paste lamp spectral p | ower distribution (5 nm increments) into Data sheet. |
| 405 | 1.068 | 0.0228 | 0.0006 | 0.0244 0.0 | 000684 | 3. To add more user sources, insert co | lumns to the left of User 2 on the Data sheet. |
| 410 | 0.848 | 0.0462 | 0.0012 | 0.0391 0.0 | 001026 | 4. Multiply the Melanopic Ratio by meas | sured or modeled lux to calculate equivalent melanopic lux. |
| 415 | 1.449 | 0.0795 | 0.0022 | 0.1151 0.0 | 003158 | | |
| 420 | 2.377 | 0.1372 | 0.0040 | 0.3262 0.0 | 009509 | | |
| 425 | 11.754 | 0.1871 | 0.0073 | 2.1991 0.0 | 085804 | | |
| 430 | 22.863 | 0.2539 | 0.0116 | 5.8042 0.2 | 265214 | | |
| 435 | 6.404 | 0.3207 | 0.0168 | 2.0538 0.1 | 107851 | | |
| 440 | 4.287 | 0.4016 | 0.0230 | 1.7215 0.0 | 098595 | | |
| 445 | 4.122 | 0.4740 | 0.0298 | 1.9537 0.1 | 122826 | | |
| 450 | 4.230 | 0.5537 | 0.0380 | 2.3422 0. | .16074 | | |
| 455 | 3.901 | 0.6297 | 0.0480 | 2.4562 0.1 | 187239 | | |
| 460 | 3.572 | 0.7080 | 0.0600 | 2.5289 0.2 | 214299 | | |
| 465 | 3.188 | 0.7852 | 0.0739 | 2.5031 0.2 | 235579 | | |
| 470 | 3.132 | 0.8603 | 0.0910 | 2.6945 0.2 | 284952 | | |
| 475 | 6.117 | 0.9177 | 0.1126 | 5.6133 0.6 | 688722 | | |
| 480 | 10.727 | 0.9656 | 0.1390 | 10.3576 1.4 | 491204 | | |
| 485 | 9.566 | 0.9906 | 0.1693 | 9.4766 1.6 | 619582 | 380 400 420 440 460 480 500 | 520 540 560 580 600 620 640 660 680 700 720 |
| 490 | 6.190 | 1.0000 | 0.2080 | 6.1900 1.2 | 287635 | Lamp | data —— circadian —— visual |
| 495 | 3.318 | 0.9920 | 0.2586 | 3.2917 0.8 | 858087 | | |
| 500 | 1.540 | 0.9660 | 0.3230 | 1.4875 0.4 | 497402 | | |
| 505 | 1.211 | 0.9223 | 0.4073 | 1.1167 0.4 | 493141 | INTERNATIONAL | |
| 510 | 0.827 | 0.8629 | 0.5030 | 0.7135 0.4 | 415938 | BUILDING | |
| 515 | 0.826 | 0.7852 | 0.6082 | 0.6484 0.5 | 502252 | INSTITUTE™ | |
| 520 | 0.934 | 0.6996 | 0.7100 | 0.6535 0.6 | 663221 | | |
| 525 | 5.608 | 0.6094 | 0.7932 | 3.4177 4.4 | 448349 | $\overline{}$ | |
| 530 | 29.531 | 0.5193 | 0.8620 | 15.3355 25. | .45544 | | |
| 535 | 75.415 | 0.4325 | 0.9149 | 32.6196 68. | .99355 | | |
| 540 | 61.275 | 0.3517 | 0.9540 | 21.5509 58. | .45637 | | |
| 545 | 13.643 | 0.2791 | 0.9803 | 3.8081 13. | .37375 | | |
| 550 | 3.533 | 0.2157 | 0.9950 | 0.7621 3.5 | 514914 | | |
| 555 | 1.392 | 0.1621 | 1.0000 | 0.2255 1.3 | 391525 | | |
| 560 | 1.199 | 0.1185 | 0.9950 | 0.1421 1.1 | 193033 | | |
| 565 | 6.378 | 0.0843 | 0.9786 | 0.5380 6.2 | 241446 | | |

Paste lamp spectral power distribution (5 nm increments into Data sheet)

Multiply the melanopic ratio by measured or modeled lux to calculate melanopic lux

Limit ucation How to Calculate Melanopic Ratio?

USE IWBI spreadsheet published by IWBI (Appendix L1)



- 1. Select built-in sample source, or user-entered source (above).
- 2. For user data, paste lamp spectral power distribution (5 nm increments) into Data sheet.
- 3. To add more user sources, insert columns to the left of User 2 on the Data sheet.
- 4. Multiply the Melanopic Ratio by measured or modeled lux to calculate equivalent melanopic lux.



Source User 2 6000K LED



Instructions

- 1. Select built-in sample source, or user-entered source (above).
- 2. For user data, paste lamp spectral power distribution (5 nm increments) into Data sheet.
- 3. To add more user sources, insert columns to the left of User 2 on the Data sheet.
- 4. Multiply the Melanopic Ratio by measured or modeled lux to calculate equivalent melanopic lux.



EML assuming getting 350 Lux = 350 x 0.469 = 316 EML

leducation.org

EML assuming getting 350 Lux = 350 x 0.469 = 164 EML

Limit ucation How to Calculate Melanopic Ratio?

USE IWBI spreadsheet published by IWBI (Appendix L1)

| 2700K LED | |
|-----------|-----------|
| | 2700K LED |



Instructions

- 1. Select built-in sample source, or user-entered source (above).
- 2. For user data, paste lamp spectral power distribution (5 nm increments) into Data sheet.
- 3. To add more user sources, insert columns to the left of User 2 on the Data sheet.
- 4. Multiply the Melanopic Ratio by measured or modeled lux to calculate equivalent melanopic lux.



| Source | | Melanopic Ratio |
|--------|-----------|---------------------------|
| User 2 | 6000K LED | 0.903 |
| | | Click here for data input |

- 1. Select built-in sample source, or user-entered source (above).
- 2. For user data, paste lamp spectral power distribution (5 nm increments) into Data sheet.
- 3. To add more user sources, insert columns to the left of User 2 on the Data sheet.
- 4. Multiply the Melanopic Ratio by measured or modeled lux to calculate equivalent melanopic lux.



EML assuming getting 350 Lux = $350 \times 0.469 = 316 \text{ EM}_{-}$

EML assuming getting 350 Lux = 350 x 0.469 = 164 EML



FIXTURE SPECIFICATION ALERT!

- Look for the melanopic ratio on the cut sheet (Rarely found!)
- Specify fixtures from manufactures willing to provide their SPD in Excel format in 5nm increments.























What is ASE?



ASE_{1000,250} 42.7%











What is UGR?

The UGR value is a dimensionless parameter which provides information about the degree of psychological glare of a lighting installation in an indoor space. UGR values are defined in steps within a scale of 10 to 30.

UGR = 8 log
$$\left[\frac{0.25}{L_b}\sum_{b}\left(\frac{L^2\omega}{p^2}\right)\right]$$



FIXTURE SPECIFICATION ALERT!

• Look for the UGR on the cut sheet (Mostly found on European manufacturer!)



WELL recommendation:

Unified Glare Rating (UGR) values are met as per the below conditions:

Luminaires installed at a height of 5 m [16 ft] or lower meet UGR of 19 or lower.

Luminaires installed at a height greater than 5 m [16 ft] meet UGR of 22 or lower.







Shielding recommendation by WELL V2



Limit ucation Shielding recommendation by WELL V2



PHOTOMETRIC CURVE



| LUMINANCE DATA (cd/m ²) | | | | | | | | | | | |
|-------------------------------------|-------------------|-------|-------|--|--|--|--|--|--|--|--|
| - | Horizontal Angles | | | | | | | | | | |
| Vertical Angle | 0 | 45 | 90 | | | | | | | | |
| 45 | 21381 | 19243 | 17399 | | | | | | | | |
| 55 | 18360 | 16087 | 14179 | | | | | | | | |
| 65 | 15173 | 13199 | 11472 | | | | | | | | |
| 75 | 11683 | 10273 | 8863 | | | | | | | | |
| 85 | 7776 | 7178 | 6580 | | | | | | | | |



PHOTOMETRIC CURVE



LUMINANCE DATA (cd/m²) Horizontal Angles Vertical 0 45 90 Angle 14432 45 16035 13050 55 13770 12066 10634 65 11380 9899 8604

8762

5832

75

85



7704

5383

6647

4935

Luminaire Lumens: 1000 lm/ft Input Watts: 10.4 W/ft Efficacy: 96 lm/W

IES FILE: BRLED-1000-80-40-FL.IES TESTED ACCORDING TO IES LM-79-2008 15 Deg Shielding required

Luminaire Lumens: 750 lm/ft Input Watts: 7.5 W/ft Efficacy: 100 lm/W

IES FILE: BRLED-750-80-40-FL.IES TESTED ACCORDING TO IES LM-79-2008









Photometrics

High Efficiency Lens

| Test # | ITL86985 |
|-----------|-------------|
| Catalog # | EX1HE-840-4 |
| umens | 1726 Lm |
| Watts | 19.9 W |
| Efficacy | 87 LPW |



Luminance Data (cd/sq.m)

| Angle In | Average | Average | Average |
|----------|---------|---------|---------|
| Degrees | 0-Deg | 45-Deg | 90-Deg |
| 45 | 14181 | 11775 | 10034 |
| 55 | 12136 | 9795 | 8273 |
| 65 | 10063 | 8103 | 6991 |
| 75 | 8216 | 6745 | 5967 |
| 85 | 6677 | 5393 | 5136 |

450 Lm/ft





450 Lm/ft



Luminance Data (cd/sq.m)

| Angle In | Average | Average | Average | | |
|----------|---------|---------|---------|--|--|
| Degrees | 0-Deg | 45-Deg | 90-Deg | | |
| 45 | 7804 | 6836 | 6053 | | |
| 55 | 6951 | 5928 | 5151 | | |
| 65 | 6066 | 5064 | 4344 | | |
| 75 | 4911 | 4071 | 3568 | | |
| 85 | 3490 | 2867 | 2742 | | |



FIXTURE SPECIFICATION ALERT!

- Look for the fixtures with luminance data report on the cut sheet
- Ask for the luminance data from manufacturer

Photometrics

Satine Wet Lens

| Test # | ITL86499 |
|-----------|-----------------|
| Catalog # | EV3-WET-N-840-4 |
| Lumens | 1338 lm |
| Watts | 18.8 W |
| Efficacy | 71 LPW |



Candela Distribution

| Vert | Horizontal Angle | | | | | | | | |
|-------|------------------|------|-----|------|-----|--|--|--|--|
| Angle | | | | | | | | | |
| | 0 | 22.5 | 45 | 67.5 | 90 | | | | |
| 0 | 562 | 562 | 562 | 562 | 562 | | | | |
| 5 | 559 | 558 | 558 | 557 | 557 | | | | |
| 10 | 547 | 545 | 544 | 541 | 540 | | | | |
| 15 | 529 | 525 | 522 | 518 | 514 | | | | |
| 20 | 504 | 495 | 491 | 484 | 479 | | | | |
| 25 | 471 | 461 | 453 | 444 | 438 | | | | |
| 30 | 432 | 423 | 414 | 401 | 395 | | | | |
| 35 | 391 | 382 | 371 | 357 | 351 | | | | |
| 40 | 347 | 339 | 327 | 313 | 307 | | | | |
| 45 | 303 | 296 | 284 | 271 | 265 | | | | |
| 50 | 259 | 254 | 243 | 231 | 225 | | | | |
| 55 | 216 | 212 | 204 | 194 | 190 | | | | |
| 60 | 175 | 173 | 166 | 159 | 156 | | | | |
| 65 | 137 | 137 | 132 | 127 | 125 | | | | |
| 70 | 101 | 103 | 101 | 98 | 97 | | | | |
| 75 | 68 | 72 | 72 | 72 | 73 | | | | |
| 80 | 41 | 45 | 49 | 51 | 52 | | | | |
| 85 | 18 | 24 | 30 | 34 | 35 | | | | |
| 90 | 2 | 8 | 15 | 19 | 21 | | | | |

Luminance Data (cd/sq.m)

| Angle In Degrees | Average 0-Deg | Average 45-Deg | Average 90-Deg |
|---------------------|------------------|-------------------|-------------------|
| 45 | 3516 | 3122 | 2855 |
| 55 | 3086 | 2690 | 2436 |
| 65 | 2635 | 2277 | 2074 |
| 75 | 2131 | 1863 | 1780 |
| 85 | 1625 | 1615 | 1669 |







L06- Visual Balance

Manage Brightness





FIXTURE SPECIFICATION ALERT!

- Look for the fixtures with published CRI or TM-30 report
- Ask for the R9 value from the manufacture if you are planning to specify CRI 80





CRI: 96.7 (R1-R8)

| RIR | (I R values, only R1-R8 are used to calculate final CRI value | | | | | | | | | | | | | |
|------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|
| R1 | R2 | R3 | R4 | R5 | R6 | R7 | R8 | R9 | R10 | R11 | R12 | R13 | R14 | R15 |
| 96.9 | 99.4 | 93.7 | 93.3 | 97.1 | 98.7 | 97.1 | 97.3 | 98.5 | 97.4 | 90.4 | 93.7 | 97.7 | 95.5 | 98.2 |

TM30 C values, 16 binned values out of total of 99 C values

| C1 | C2 | C3 | C4 | C5 | C6 | C7 | C8 | C9 | C10 | C11 | C12 | C13 | C14 | C15 | C16 |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 96.2 | 97.1 | 96.8 | 96.7 | 95.3 | 93.2 | 94.5 | 94.0 | 95.5 | 96.9 | 95.5 | 93.3 | 95.8 | 93.9 | 94.2 | 90.8 |

| CQS Q values | | | | | | | | | | | | | | | |
|--------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | Q11 | Q12 | Q13 | Q14 | Q15 |
| | 96.3 | 97.8 | 94.5 | 97.1 | 93.0 | 90.6 | 94.7 | 97.6 | 96.5 | 97.2 | 96.7 | 95.5 | 95.5 | 97.6 | 97.7 |



Color parameters

| Color temperature | Color rendering index | Red component | Color fidelity | Color gamut | Color quality scale | Color coordinate cie 1931 | Color coordinate cie 1931 | Color coordinate | Color coordinate | Color diviation from black body |
|-------------------|--------------------------|---------------|----------------|-------------|------------------------|------------------------------|------------------------------|------------------|------------------|------------------------------------|
| сст | CRI | CRI R9 | TM30 Rf | TM30 Rg | CQS | х | У | u | v | Δuv |
| 3001 K | 96.7 | 98.5 | 95.3 | 103.5 | 95.2 | 0.437 | 0.405 | 0.251 | 0.348 | 0.0003 |







Conclusion







QUESTIONS?



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This concludes The American Institute of Architects Continuing Education Systems Course



