

POSITIVE AND NEGATIVE ASPECTS OF THE INFLUENCE OF LIGHT ON HUMANS

Summary

Visible light plays a crucial role in people's life. Visual stimuli provide humans (through the organ of vision) with more than 80% of information concerning the surrounding environment.. Thanks to the ability of seeing, every person can move, work, observe the world and encounter aesthetic experiences. Besides visual experiences, the influence of light on the physiology of human organism is very important. 24-hour changes of the sunlight create mental sensations and shape the rhythm of humans life functions. The way how the light determines the these human reactions depends on the qualitative and quantitative characteristics of light stimuli. This is why the appropriate supply of light (both natural and artificial) is so crucial for illumination of the places where humans spend their time – such as flats, workplaces, the areas outside the buildings and so on. Both the deficiency and surfeit of the light stimuli may negatively affect people. The paper focuses on such phenomena as the underexposure of flats to light, too long use of the artificial lighting sources without any exposure to the natural light, the glare at the workplace, the “light pollution” of the cities and towns, in the context of relaxation and sleeping disturbances of the citizens.