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Research Article

THE ROLE OF LIGHTING IN INTERIOR DESIGN

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Salah Mahdi Saleh Al-Adilee
Institute of Najaf Technical, Al-Furat Al-Awsat Technical University, Al-Najaf 31001, Iraq

ABSTRACT

In interior design, lighting is crucial because it affects a room's mood, practicality, and beauty. This article delves into the complexities of lighting and its effects on interior spaces, looking at how various lighting methods and technologies can complement or detract from the design. The study highlights the particular contributions of ambient, task, accent, and decorative lighting to creating visually and emotionally engaging spaces by evaluating these types of lighting.

The study explores lighting design principles, such as the significance of color temperature, distribution, intensity, and light quality. It demonstrates how well-planned lighting can change how people see a room, draw attention to specific architectural details, and serve the room's function. Natural light and sustainable lighting options, including intelligent lighting systems and LED technology, are also considered potential avenues for enhancing energy efficiency and minimizing environmental impact.

The paper shows how lighting may improve spatial experiences and fulfill various functional needs through case studies of homes, businesses, and public areas. The results show that good lighting is more than just a technical factor; it's a crucial part of interior design that significantly impacts people's health and happiness.

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The article finishes with some recommendations for interior designers on illuminating a space in a way that is both aesthetically pleasing and environmentally friendly. It promotes the idea that designers, architects, and lighting experts should work together in an ever-evolving fashion to make interior spaces that are aesthetically pleasing and functionally sound for their inhabitants.

KEYWORDS

Practicality, color temperature, distribution.

INTRODUCTION

Our primary objective was a unified, easily retrievable, and very effective system that caters to all user needs. To meet these requirements, our product begins with comprehensive light management to minimize the undesirable effects of light. After that, we adjusted the light to suit the situation. Only in this way could we be sure that the enhancements to light pleasure would have an immediate impact.

Optimizing goals is one of the primary aims of computer-aided lighting design. The restricted design flexibility is a frequent constraint of related efforts that use various optimization approaches (e.g., integer programming, genetic algorithms, etc.). While room-based black-box optimizations are the most popular method, they have certain drawbacks, such as solving for the optimal global quantity of light without considering its retrievability, uniformity, maximum index value, visibility of the source, or number of sources. As a result, these issues are often overlooked by main optimization tools, which only fix a few norms and quantities.

The way lights are arranged in a room significantly impacts how we feel and what we notice there (Kim et al., 2022). According to Nakayama et al. (2023), it significantly affects a given area's ambiance, productivity, privacy, and visual comfort. Professionals in planning, architecture, and interior design have the technical ability to alter a space's aesthetic and emotional impact through the strategic use of lighting. Professional lighting design software is now available but has limitations (Walch et al., 2019). Because the system needs to consider all necessary limitations (e.g., legislation) and user

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preferences (e.g., atmosphere or aesthetics), developing automated methods for lighting design takes much work.

Importance of Lighting in Interior Design

In addition, light significantly affects human health and happiness. People nowadays are subjected to inadequate lighting because they spend over 90% of their time indoors. Humans need consistent exposure to robust and artificial light throughout the day for optimal health to set up a 24-hour rest-activity rhythm that works with their circadian system and the sleep-wake cycle. On the flip side, recovery records are better aided by low light. It is difficult to make out all these illumination patterns without artificial light.

Consequently, interior lighting substantially impacts human performance since it is a crucial component of building infrastructure. An individual's ability to effectively perceive electric light and its effects on electro-photonic objects is characterized by their acceptance of light. In addition to suggesting human-guided dimensional tolerances for various light stimuli in built environments, these criteria have practical consequences for lighting and architectural design.

The building and real estate sectors rely heavily on well-planned lighting (Xu & Yu, 2022). Lighting is essential in any building, but it plays a huge role in interior design for practical and aesthetic reasons. Mood, focal points, and functionality are all shaped by the lighting in an interior design environment (Ru et al., 2022). Light from a light source can influence the human eye in various ways, such as how comfortable it is to look at, how much depth and volume it perceives, and how the eye reacts physiologically and psychologically to different colors (Xie et al., 2022). Room size, ambiance, and function, in addition to the activities and tasks performed therein, play a substantial role in determining the best lighting scheme. Lighting has a significant role in the entire look and functionality of the interior, which is why it is just as important as furniture, fixtures, and finishes.

Types of Lighting

Light-emitting diode systems As LED illumination technology has advanced rapidly, it has become increasingly common to utilize LED lights indoors. The energy savings and pollution reductions made possible by the new green and eco-friendly light source, LED lighting technology, are remarkable. Additionally, LED light source lighting technology may be regulated in brightness and reach a brighter, steady brightness after being turned on. It is a green,

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renewable, and energy-efficient light source (Walch et al., 2019). Additionally, it may be turned on or off at any time, and LED lights eliminate the flickering and high-frequency flashing that can cause headaches, migraines, and other eye problems. Traditional indoor lighting fixtures, including incandescent lamps, metal halide lamps, and fluorescent lamps, provide high-quality light while reducing energy consumption, posing no threat to human health or the environment. Not only does the lighting system make efficient use of energy-saving equipment, but using the LED light source guarantees good illumination in the space.

Recent shifts in architectural lighting styles have driven by a greater awareness of the function of light in our everyday lives and the significance of the interior effect. To showcase a space's qualities and aesthetic worth, lights work in tandem with it (E. Crews, 2022). Several new forms of professional indoor luminaires have emerged to meet the needs of contemporary architectural designs. On the other hand, this raises the bar for interior luminaire research and usage. There are several subsets of interior lighting, including ambient, general, surrounding, emergency, scenery, back-lit uplight, and uplight effects. According to Lipp et al. (2023), a natural, comfortable, and multi-level interior functional atmosphere can be achieved by the subtle use of indoor lighting, which is well-matched with functional requirements.

Natural Lighting

You may lessen your reliance on power, ventilation, and cooling by making the most of the sun's rays. There are ways to save costs in the new building, such as adding more windows with wide panes and keeping the rooms compact and short. Existing homes and other buildings have a more challenging time using natural light when there are tall walls and little space. On the other hand, solar-squeezed rooms can enhance a building's energy efficiency and environmental friendliness. Use it in places withoutis a limited amount of natural light, like downtown business districts or corridors without windows. According to Walch et al. (2019), harnessing solar energy involves using a light tube and a skylight to direct sunlight from one portion of a building to another.

Electric lighting accounts for 38% of commercial building energy consumption in the US and 42% of residential building energy consumption, according to previous studies conducted by the US Department of Energy (Kubba, 2015). Improving microclimate conditions and achieving

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energy savings objectives have dominated research on natural illumination in indoor areas. Tunable white Indoor lighting for spaces like offices, conference rooms, and cafeterias on large construction sites in many countries has made use of LED luminaires and other devices with adjustable color temperature and intensity, which allow artificial lighting to mimic the changing patterns of natural light throughout the day. Research has shown that changes in lighting's color temperature significantly impact people's moods and emotions.

Daylight, or the luminous flux emitted by the sun and blue sky, is a crucial part of architectural interior lighting since it greatly influences how a room looks, feels, and is perceived (Manuel Fernández-Ahumada et al., 2022). Because it affects the pre-construction phase space arrangement and building style, lighting design incorporating natural light sources (sunlight and diffuse skylight) is crucial in the conceptual design stage. Lumens per square meter (lux) is a standard unit of measurement for the intensity of natural illumination at the work surface. The ideal illumination level for a living room typically ranges from 300 to 500 lux, though this can vary depending on the activity.

Ambient Lighting

The goal is to minimize stark contrasts in the space while also achieving an ideal level of dominating illumination over the entire room. Observing the direction of the light source is crucial, particularly in large, open spaces or rooms that receive much natural light. To achieve good lighting, create a good impression, and ensure visibility throughout the room, it is necessary to arrange the light sources according to the ceiling (Xu & Wu, 2022). It is advised to follow this setup: For the first option, you may arrange the lighting fixtures directly on the ceiling; for the second, you can distribute them indirectly across the room. The third option is to use sidewalls. Another option is to install semi-direct lighting as a recessed beam within the ceiling. A solution to ceiling treatment is that treated cavity sources closer to the wall illuminate the vertical surface (reveal, niche, molded ceiling) and generate much light in a quasi-indirect way instead of a direct downward highlight, opening up the room and making it feel taller—the first word. Modern urban interior design dynamics are more noticeable than in the past. An integral part of the building's form that defines consistent environmental components is how light shapes the inside. LightLight has been a defining feature of constructivist aesthetics and

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an integral part of space composition. It is not uncommon for architects to boldly represent their material, which is evident inside the original form concept that can dominate the architectural exterior. The pavilion of the outside mass, street furniture, promenade, and articulated pavement are all shaped by the new room concept, which in turn is influenced by the configuration of the idea of urban interior possibilities and is in alignment with the on-site consistent object. The outer surface immediately impacts the inside ambient design through the pavilion park, where the space is centered.

The ambient lighting project will use various fundamental light sources, including indirect, directional, symmetrical, semi-direct, asymmetric, and wall washers. This is because the lighting needs of a place vary according to its layout and intended use. Light paints the walls with wall washers mounted on a ceiling or in a row. The ceiling is painted using indirect illumination so that there is no glare. When using indirect lighting, creating the right balance with a semi-direct setup is straightforward. The deep, uniform beams of light produced by symmetrical directional lighting are ideal for large, open areas. The room's architecture and interior design should be emphasized while creating an atmosphere.

Lighting Techniques

Second, and most importantly, there is indirect illumination, which starts with natural light. Directing the light away from yourself and toward an elevated surface, such as a wall, ceiling, or open shelf, is critical. From soft, enticing vibrancy, this method imparts an immediate feeling of charmingness to the space. Ambient lighting often uses fluorescent bulbs, pendant lights, and LED rope lights. Lighting options for general illumination include spotlights, ceiling-mounted fixtures, freestanding, and wall-mounted lights (Drugarin & Victoria, 2014). When done correctly, this method is also known to reduce eye irritation and provide a soothing, rational environment.

Layering is an initial fundamental approach. Layering refers to combining different types and styles of luminaires to achieve different types of lighting. For example, you can use ambient lighting to gently guide you through your daily routines (or just enough light overall); general lighting for things like lounging, working, or perusing the paper; task lighting for things like reading, writing, cooking, applying makeup, etc.; and accent lighting to draw attention to

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architectural details, highlight specific materials or artifacts, or set the mood.

Interior design and home decor rely heavily on lighting, both an influential and essential component. An area's ambiance, coziness, spaciousness, beauty, and air of refinement can all be affected by the quality of its lighting. Poor illumination can make any space seem dark, cramped, and stifling, making people feel depressed and uninterested (Xu & Yu, 2022). Lighting, however, should be addressed by both homeowners and designers. Optimal window placement is a game-changer when designing a room that lets in plenty of natural light. Natural light, on the one hand, is one of the most effective ways to improve the aesthetics of any given area by making it seem more alive, fresh, healthy, and upbeat. Along with this, carefully considered placement of natural light is essential for a well-balanced environment, as it can alter the room's temperature, cast harsh shadows, and harm artwork, fabrics, and other delicate items from the sun's ultraviolet rays. Therefore, various lighting approaches can provide the desired effect in a given setting.

Layering Lighting

Using wall-washing lights is another method of accent lighting that consists of several levels of illumination. Said wall wash lighting is a method of illuminating a wall to make it look nice and tidy. A room's aesthetic is transformed when a wall wash is applied. You may use it to light up a wall, whether adorned with artwork or photos or to light up a wall. The primary objective is to wash the wall and make it the room's focal point. Because of their faint effect and lack of efficacy as a general light source, wall-wash fixtures are best reserved for decorative purposes. However, washing the longest wall in the room would alter the room's color scheme and shape while also making the walls appear lighted and detracting from the area, which is otherwise subdued decor, according to a 2019 study by Tsesmelis et al.

Accent lighting is the last layer of lighting utilized inside a place. Its primary goal is to draw the eye or pique one's interest in a given area. Accent lighting has many potential applications; some examples include showcasing architectural details, displaying picture frames or textural walls, or drawing attention to one's own artwork or collection. A different dynamic may exist in the accent lighting layer compared to the general and task lighting layers. The date is 2019 (Walch et al., 2019).

Creating many tiers of illumination in a room is what "layering lighting" is all about. This

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approach can accomplish various functional and aesthetic objectives in interior areas. In order to accomplish this, a variety of luminaires or fixtures must be used. The three levels of lighting are as follows: ambient, accent, and task. General lighting is often called ambient lighting because it casts a uniform and uniformly distributed light over the room. The purpose of task lighting is to provide focused illumination to a workstation, as the name implies. (Kubba, 2016

Lighting Fixtures

By comparing the effects of various ambient illuminances (i.e., 25 lx vs. 80 lx vs. 600 lx vs. 1200 lx) on humans' altruistic behaviors, this study adds to the existing literature on interior lighting design that discusses social behavior. Phubbing and smartphone addiction are two forms of altruistic behaviors examined in this study; however, previous research has shown that there is no clear association between ambient light levels and either of these activities. An individual's sense of anonymity and happiness with light instead moderates the associations between diurnal illuminates and acts of kindness. Moreover, there is a high subjective risk of injury in poorly lit, unplanned pedestrian zones, suggesting that the illumination is intentionally designed to make people feel vulnerable. Depending on the light levels experienced, this suggests a sense of exposure and vulnerability.

It is indisputable that within the realm of interior lighting design, interior lighting not only fulfills fundamental visual needs (such as distributing brightness, controlling glare, and flickering) but also plays an essential role in conveying psychological and social well-being. Previous research has shown that the lighting in a room affects people's mood, emotional responses, communication habits, and ability to reason inductively and deductively, check written text for grammar and spelling, perform math and cognitive tasks, and more. Ambient light helps regulate crowding and privacy, two important social factors. In addition, there has been an effort to highlight the impact of interior lighting design on social behavior and well-being in homes, architectural interiors, and offices, specifically looking at factors like perceived restorativeness, anonymity, safety, vulnerability, exposure, and comfort.

Our study examined the effects of lighting on participants' altruistic behaviors. They were exposed to four distinct ambient light conditions: 25 lx, 80 lx, 600 lx, and 1200 lx (Ru et al., 2022). In this study, we looked at how participants' perceptions of anonymity and happiness with

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light might moderate the links between various levels of ambient illumination and their explicit and implicit acts of altruism. Interior lighting can have an impact on social behavior and well-being in general, according to the study (Kyoung Kim, 2023), which means that hygiene-lighting needs, like functional performances (such as visual needs and safety), are just the tip of the iceberg when it comes to interior lighting design.

Chandeliers

Chandeliers are recommended as essential lighting fixtures for numerous rooms in the most popular styles. It is a focal point in many different settings and creates an eye-catching visual impression. A magnificent chandelier in the dining room serves as the room's centerpiece. From understated, elegant light fixtures to a crystal chandelier that embodies modern, contemporary flair, dining room chandeliers come in all shapes and sizes. In addition, foyer chandeliers serve as a warm welcome symbol and provide an immediate impression to visitors. To make a place guests cannot get enough of, hang a chandelier showcasing your unique taste. Miniature or floor-length chandeliers are a great way to add a touch of elegance to a bedroom while still creating a warm and inviting ambiance. The soft light from the chandelier makes the room feel more welcoming.

Modern chandeliers are available in a wide range of designs, styles, and sizes, with crystal chandeliers being among the most well-known options; all are suitable for usage in large, tall spaces with ceilings that reach at least twelve feet. Crystal chandeliers are classic, elegant, and sure to be the center of attention wherever they are placed. There is a wide variety of sizes, forms, light sources, designs, and models of stylish crystal chandeliers that can add glitz to any interior while creating a warm and lively atmosphere. Versatile chandeliers are breathtaking when placed in the dining or living room. A drum-style chandelier would truly grace a foyer or entryway. According to Lipp et al. (2023), a modern crystal chandelier may bring a sense of opulence to both classic and modern kitchens.

Chandeliers exude an air of refined elegance when used as interior lighting fixtures. Chandeliers originally designed for mansions with very high ceilings are now available in various styles. They may be placed anywhere in the house, from the bedroom to the bathroom to the dining room table. The light from most chandeliers is reflected off an assortment of

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crystal or glass, creating a stunning and brilliant light show. Hanging from the ceiling on a metal rod, chain, or drop is the standard method of hanging a chandelier—the combination of low ceiling lighting and a chandelier (Xu & Wu, 2022).

Pendant Lights

Pendant lights come in many styles; combining them can provide visual contrast, interest, and a focal point in any room. You can create a whimsical look by combining lighting designs inspired by Botanics, for instance, or using copper and dark wood pendants to enhance contrast. Even if your home features a variety of metals other than brass, you can still hang all of your pieces in one room. Choosing various lighting styles might need to be clarified and coordinated when working with many other kinds of lighting. Regarding interior lighting, pendant lights are often the most efficient (E. Crews, 2022). One pendant light over the kitchen sink or island, for instance, can do a great job of illuminating specific tasks. For a broader illumination, try stringing pendant lights above a bar. The same holds for dining rooms: a cluster of pendant lights can provide functional and decorative lighting. While certain pendant lights are more task-oriented than others, their design allows them to illuminate a larger area than other lighting options like sconces or spotlights. This makes them ideal for rooms requiring much coverage, like kitchens, dining rooms, and living rooms.

Pendant lights are essential when planning an interior space's illumination. According to Lipp et al. (2023), they enhance a room's overall ambiance and functionality. On their own, they can serve as decorative elements. Therefore, there are many ways in which the installation or winding of pendant lights and the lights themselves can impact a room's design (Tsesmelis et al., 2019). Pendant lights come in many forms and styles, making them quite adaptable. You can get them in modern, coiled, quirky, rustic, or weathered varieties. Pendant lights can be incorporated into a room's decor in several ways.

Wall Sconces

Wall sconces are a quick way to make a style statement and set the mood in any room. The strategic arrangement of sconces allows them to cast light upwards and even produce the illusion of multiple layers of ceiling illumination. Because of their portability, wall sconces can be effortlessly relocated to different rooms to illuminate specific areas. You can utilize them in common areas like bathrooms, living rooms, kitchen staff lounges, and unique spots near

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elevations with wall sconces or even on the ceiling (Drugarin & Victoria, 2014). Wall sconces will save energy consumption by up to 90% while simultaneously providing soft, rich, warm light from LEDs. A single wall sconce is an excellent method of creating general illumination. These miniature lamps can be utilized as ornaments, even by those with very artistic tastes.

The role of direct glare is determined by the most generally used light control, which emerged as doctors reduced their reliance on intense illumination. Glare from overhead lights can be mitigated by installing wall sconces, which also even out the light distribution on the wall and any nearby surfaces (Jiang, 2022). The most common kinds of sconces are the ones with a weighted top section, also known as flush mount sconces. The majority of the wall sconces that are used are LED bulbs. However, wall pendants are a more versatile option when it comes to providing light for a candle or sconce-style fixture. Typical fixtures are sconces for the closet, the bathroom's limiting wall, and the hallway walls.

The placement of the light source relative to the light base or top part distinguishes sconces from pendants. The Latin term sublicius signifies wall, and the Anglo-French word sconce indicates shield or cover; together, they form the word wall sconce. The decorative bracket or corner piece is known as a sconce for wall-mounted lighting sources like candles, oil lamps, or gas lights (Arakistain & Barrado, 2013). Usually, an indoor sconce is a wall-mounted fixture with a caste design. Typically, a framed hanging portrait or painting will have two wall sconces, one on each side of the artwork. In contrast to wall pendants, wall sconces are designed with left and right-directional lighting and do not require any ceiling support. The ones on the right and left side of the room are perfect for confined areas.

Light Bulbs and Color Temperature

Here are the most fundamental guidelines for logically categorizing colors: Colors with a color temperature lower than 3300 K are considered warm, whereas colors higher than 5300 K are considered excellent. Namely, color names fall into three categories: warm, cold, and daylight. Lights with a color temperature range of 2700-3300 K are considered warm lights. They profoundly affect the hues of their surroundings, particularly in warmer tones. The color temperature range for "cool lights" is 5000 to 7000 Kelvin. There has been no control over the testing environment's color temperature, luminance features, or brightness within the context of color theories. The effects of gradually

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adjusting the applied illumination and environmental colors were investigated in a separate study after they were either partially or automatically altered. The light and color distances in the high-impact zone were deemed equivalent (1 m.). It is more accurate to state that the high impact zone, which extends from half a meter to one meter, is equally important.

Choosing the right light color is an integral part of considering the color temperature of light when designing interiors for houses, buildings, offices, and public spaces. Humans prefer high, medium, or low color temperatures in various living or working settings, influencing their moods, performances, and overall well-being. The subject of how different color temperatures of lighting affect the use of warm and cool colors in interior design is so crucial (Shahidi et al., 2021). According to Lin et al. (2024), people's visual perception and mood can be influenced by the lighting quality of their working and residential settings, particularly Correlated Color Temperature (CCT). It is well-known that, compared to low CCT (warm light), high CCT (cold light) facilitates giving out a negative mood extensively. Varshney et al. (2020) found that changes in Color Temperature (CT) can impact how we perceive our surroundings visually.

Additionally, our present work in preparation for publication focuses on the possibility that perceiving high or low light levels likely uniquely impacts the brain. Good meta-analyses and meta-regression analyses, including hundreds or thousands of people in many research, provide clear evidence in the literature. This study will examine the impact of color and illumination on people's visual perception and mood when working in environments with warm or cold color temperatures of lighting. The following is a synopsis of the research highlighting its significance and originality: the effect of color temperature on the interior design of buildings, whether used for work or living, will be covered. Also, environmental design and architecture professionals will choose natural materials for this study since their colors are the most similar to the standard hues.

Lighting Control Systems

While there are many ways to detect occupancy, the most economical ones involve using passive infrared radiation (PIR) sensors, which work well in primary and small rooms, or ultrasonic sensors, which work better in bigger spaces; both kinds of sensors were tested for their functionality, efficiency, and energy consumption over the long run in this study. The PIR sensor is

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suitable for closets and bathrooms due to its lower response time (usually 0.5-0.3 seconds). With a response time of 3 to 9 seconds, ultrasonic sensors will notare be limited in most homes. A passive infrared radiation sensor works well as a trigger. A layer of automation is added to the intelligent lighting system by combining the relay board with the passive infrared radiation sensor. Most home control systems are either too complicated for the typical homeowner or renter to understand or too expensive compared to what is required for commercial or university lighting (Wang & Wang, 2022). Nevertheless, according to Anand et al. (2021), the Chezso intelligent lighting system is created to be user-friendly and accessible to the typical household, eliminating the necessity for expertise in electrical engineering or integrative computing. The Chezhso lighting system is designed to be installed with minimal technical knowledge and requires no changes to current lighting devices. Home control system developers may need socio-psychological or sociological expertise to conduct primarily qualitative surveys to ascertain occupant needs. This project aims to design a house lighting control system that can automatically adjust the light levels, color temperature, and color rendering index (CRI) to promote the health and happiness of the occupants. According to Li et al. (2018), the occupancy-based fuzzy logic algorithm effectively balances artificial light with natural light, resulting in a more pleasant and energy-efficient environment.

Dimmers

Control devices, not scientific instruments, are dimmers. There are three types of dimmers: analog, digital, and spatial. Changing the direct current (DC) voltage or current input to light sources is the basis of analog dimming. The light turns on and emits at its maximum power capacity as soon as the dimming signal reaches its whole level. The digital dimming system allows for controlling light sources through a digital signal. When contrasted with analog dimmers, digital dimmer precision is noticeably higher. By utilizing spatial diversity, we can alter the channel's dimming level, known as spatial dimming. At the same level, all light sources associated with a specific channel are dimmed.

It has been revised. People can choose the amount of light they want, thanks to lighting control (Yang et al., 2021). Adjusting the ambient light level can save energy and get more use out of your lamp. Another option for controlling the amount of natural light entering a room is to use blind

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systems. Strategies for controlling artificial and natural light lead to energy efficiency (Chandan, 2021). Daylight regulation can enhance human health, productivity, and energy consumption (Bellia & Fragliasso, 2021).

Consequently, lighting control finds several uses in various settings, including homes, schools, hospitals, offices, and retail centers. It is possible to achieve energy efficiency with the lighting control system in any building, regardless of occupancy type. Users need to be trained and comfortable with the lighting control system, and the control system needs to be correctly programmed.

Timers

An additional investment can be made to optimize lighting and thermal environment by integrating an automated system for motorized blinds and shades with an electrical lighting system that automatically adjusts the spectral composition to the time of day for indoor and daylit spaces. The possibility of designing smaller, more energy-efficient HVAC systems is an economic incentive to bring electric lighting and motorized shading together (Sambandam Raju et al., 2019).

Investigating methods to entrain the circadian system with electric light is one area where the algorithmic models outlined in the suggestions could be helpful. By simulating the lighting systems, it is possible to study the potential for creating a tailored circadian stimulus for patients with diseases that worsen the impact on the circadian system. The investigation of producing steady illuminances of different spectrums using electric lighting systems that mimic daylight is another area where the models have found use. In this investigation, the corresponding color temperature is a crucial simulated component. An example of an application for Equation 11 is in computer screen lighting systems that attempt to mimic outdoor lighting by manipulating the spectral characteristics of the light (Li et al., 2018).

Another tactic for lessening sleep disturbances is to employ timed cybereye technology in electronic devices with screens. This includes things like using a smartphone in bed before sleep, watching TV late at night, generating an alarm to wake up late, etc. Using this timer cybereye technology, displays may emit the right kind of light, which reduces their suppressive influence on melatonin production and, in turn, sleep issues. Considering the time frame, this approach is now being put into play and has the best possible possibility of success (Bellia & Fragliasso, 2021).

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Motion Sensors

Architectural lighting systems are directed not just by the presence of people in a given space but also by their demeanor and actions during daylight interventions. Age, gender, look, and body language can impact situations. In our previous study, we found that people of different ages and genders were more responsive to changes in light patterns as a function of daylight. Occupancy sensors are the backbone of Power over Ethernet (PoE) intelligent lighting systems. Algorithms executed at the light switch optimize these systems. The control and monitoring API allows for the definition and notification of alarms and events about the building's safety, security, and status through any system.

Intelligent lighting solutions rely heavily on motion sensors (Safaei et al., 2023). Using them in intelligent lighting systems allows for automated lighting adjustments in response to detected human movement (Li et al., 2018). A person's movement pattern might differ depending on their body maturity, profession, gender, mental health, lifestyle choices, and cultural background, among other things. Ultrasonic detectors require only two to four seconds to pick up on the presence of people, whereas PIR sensors need eight to ten seconds when using only white light LEDs, the same kind of lights used in our earlier studies. This trigger will activate a device that illuminates the lighting system in less than ten seconds after detecting human presence. Tsesmelis et al. (2019) also highlight the psychological perspective.

Smart Lighting Systems

When considering uninterrupted access to light, energy-efficient bright lighting is more important than saving money. Implementations that are both practical and energy-intensive but lack intelligent technology management that hurt fire control are complex to maintain and quickly become ingrained in people's culture because of the required treatments. Intelligent lighting that uses less energy is a necessary investment. Affordable renovations that separate economic savings from efficiency's fundamental benefits are still a part of the budget. Additional energy-saving installations, such as innovative high-voltage air conditioning systems, air handling equipment, and fasteners, are also available. Intelligent lighting systems offer a wide range of benefits, including the ability to regulate colors, reduce the light, and even turn them off based on the user's preferences (Anand et al., 2021).

Using Zigbee technology, intelligent light control systems can enhance power management and

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offer more untapped potential for growth and development. The future of the system design is bright, thanks to low-power wireless technologies like Zigbee, which allow for more exact management of each light. Various buildings, including shopping complexes, offices, smart homes, etc., can automate their lighting systems in various ways to save energy use. Nevertheless, in order to choose the right system, it is essential to think about the unique needs and design of each building. From a sustainability perspective, it is essential to examine CC development while keeping the needs and perspectives of building occupants in mind while deciding on a course of action (Wang & Wang, 2022).

Because lighting is fundamental to human health and comfort, intelligent lighting systems can significantly reduce energy usage by turning off unnecessary lights when they are not in use. To save energy when not needed, "smart" lighting systems can be programmed to turn off lights automatically or respond to user commands (Laidi et al., 2019). A key component of smart buildings is lighting automation systems, which incorporate sensors, actuators, intelligent lighting controls, and gateways. The intelligent lighting system may detect occupancy, dim or switch lights, or adjust climate control system settings to provide a comfortable environment based on inputs such as ambient light, temperature, or human commands. Occupancy sensors, also called presence or motion detectors, use various technologies, each with pros and cons, such as microwaves, ultrasonics, Passive Infrared sensors (PIRs), or cameras.

Lighting Design Principles

The principle of design is that the job Lights are an essential component of every workspace; where you do your job can significantly impact the colors you see. Research has shown that the light required for certain activities depends on their precise placement. "Cold color and atmosphere, but warm color emotion" describes the emotional climate in a particular area. Remember that lighting can affect how you feel in this area (Kim et al., 2022). The main reason why shadow reflections occur is because of an uneven distribution of light. Multiple layers of semi-direct or direct illumination from wall-mounted lamps spaced at 25% of the room's height will produce the best impact.

Reducing the amount of shadows cast in a potentially dangerous region requires good vision and direction. Lights on the wall opposite the mirror, at or near eye level and at least 36–40

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inches apart, provide the most flattering illumination for a vanity. A typical bedroom will have a mix of general, task, and accent lighting to suit the needs of its occupants and their unique hobbies and interests. The concepts in this user-centered approach were organized into two groups: one for a fully working room where all the activities occur and another for an empty room to gradually develop and evaluate all the lighting-related elements. The choice of title was made as a group effort (Bellia & Fragliasso, 2021).

Building or assessing lighting systems using lighting design concepts is standard practice. Because lighting design usually entails the logical integration of several facts and assumptions, principles do not offer a step-by-step procedure. Naz et al. (2017) conducted a series of experiments in a room with warm and cool colors to research lighting principles that can be used for design. The goal of the studies was to determine whether the favorable appraisal of existing lighting atmospheres would increase or decrease. Based on the lighting principle that states "warm" color light makes a room feel warmer and "cool" color light makes a room feel colder, this study assumes that adding warm color light sources to an already fantastic atmosphere makes people feel better.

Balance

Weather, time of day, and geographical location all affect the amount and quality of natural light that can be used for inherently different purposes. The capacity to concentrate and assess is improved by selecting the right kind of lighting and arranging it in the room about the available space in a serene manner. One way to achieve this is to gradually raise the light level in some areas while gradually lowering it in others. In addition to providing light, architectural luminaires serve other purposes, such as elongating the listener's perception of size, distributing the room's illumination evenly, and enhancing the room's color scheme and spatial organization. The likely role of artificial lighting in interior design is to provide illumination for various systems and to generate a subtle lighting effect to enhance the room's three-dimensional perception. However, other and rounded Lamberts in the surface light should limit the luminous output of the lighting units in the framing structure. A pleasant solar environment with few light flashes, few shadows, and little glare results from several factors. According to Walch et al. (2019), lighting authority should aim for a comfortable, see-through, and practical result.

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Making money with artificial lighting requires skill and technology, whether trying to mimic a relaxing atmosphere in a business center or creating a natural setting essential in an outdoor area with 24 hours of natural illumination. Here, we take a holistic, multidisciplinary look at the topic and offer some interactive guidance on light and space balance, which has a substantial (though frequently unacknowledged) impact on consumers' psyches and may be used to boost profits and happiness. The most commonly employed for human convenience and safety is lighting. When it comes to the desired level of discretion that a lighting environment can achieve, the visual effect of the lighting plays a pivotal role in both the distribution of luminaire output within an area and the user's visual reaction. To ensure adequate visibility and user comfort, artificial lighting shapes and volumes of space must be in perfect harmony to accomplish precise compliance with the lighting efficacy required for the tasks at hand (Nakayama et al., 2023).

A texture can serve as both a direction and a location in interior design. They dangle from the ceiling most of the time. The luminaire's luminosity, sometimes called its effective luminous intensity, is the quantity of light it emits in a given direction on a grid level. They dangle from the ceiling most of the time. The luminaire's luminosity, sometimes called its effective luminous intensity, is the quantity of light it emits in a given direction on a grid level. Space lighting, overlighting, and underlighting are a few examples of lighting styles (Xu & Yu, 2022).

Lighting for Different Spaces

Landscape symbols and areas with good lighting should be the primary emphasis. Meeting the local content criteria in open spaces is crucial. Accent and task lighting systems were installed to highlight specific areas inside specialized interiors. Built lighting systems show attempts to enhance the functionality of certain spaces. Analyzing various lighting systems has addressed the base lighting conditions and the creation of appropriate global and localized environments.

Light a room not too brightly or too dimly. On the other hand, letting people adjust the brightness is crucial. It is essential to assess the room's requirements concerning its architectural elements to implement a practical lighting strategy. Nevertheless, lighting systems are influenced by open vs. enclosed environments when designing and using them. It is essential to be aware of lighting needs and to manage design

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while considering vision care and successfully considering it (Walch et al., 2019).

When designing lighting, it is important to consider people's requirements and routines. According to the research on the topic (Tsesmelis et al., 2019), lighting designers and architects should thoughtfully create systems that address these demands and can change to accommodate how people perceive things. Interior designers have paid more attention to well-designed light systems in recent years (Borgestrand, 2022) due to their essential role in enhancing architectural surroundings. Since lighting can affect user circumstances and comfort in addition to psychological demands and perceptions, its correct application necessitates skill and knowledge, just like any other design element.

Living Room

Lin et al. (2024) used a biological, cultural, and psychological method to determine the visual and non-visual effects of interior lighting on human comfort. Negative attitudes and a lack of visual appeal directly correlate with the significant factors' levels and quality. Emotional disruptions enhance users' living room experiences. We chose interior lighting as our stimulus because it is a multi-sensory aspect of interior environments. In addition, there is a wide range of lighting requirements since interior lighting serves multiple purposes, such as displaying things within the room, creating visual atmospheric conditions, and satisfying psychological needs. Compared to other senses, AIK illumination directly affects the individual's mental health, indirectly affects other senses (such as emotions), and influences any interpretation of the surrounding environment. Lighting intensity, color variety (both light and dark), and the size of the illuminated area are also observable parameters associated with one another. The ideal illumination should consider various factors, the most important of which is the wearer's eye comfort.

The living room is a must-have in any home since it serves as the gathering spot for family and friends. In order to ensure that the living room is a place of relaxation for its inhabitants, it is crucial to incorporate suitable lighting, architectural, and environmental design elements (Xu & Wu, 2022; Drugarin & Victoria, 2014). Indoor architectural design and the surrounding physical environment directly or indirectly impact how people perceive and use space, as well as their physiological processes. The physical layout, furniture placement, flooring, color scheme, and temperature regulation are the primary

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architectural features of a living room. Whether a person is physically or mentally comfortable in a contemporary living room depends on the design of the space. A variety of interior environmental factors influence the consequences. Indoor lighting, including ambient and task lighting, is a component of interior design that deals with electric sources or windows.

Lighting Trends and Innovations

A more inclusive and inventive option for commercial clients could be to create a specialty space where shoppers, employees, or other services can connect; this would be a win-win for the company and its employees and the consumer's personal use. Light structures and designs could increasingly impact occupant preferences for private usability. People who want to attach their lights and take them with them from the house or the office can choose from various rechargeable lamps with long battery lives sold by various organizations. Some of the topics that experts may expect to learn more about this year include payout lights, inverted bell lanterns, directly mounted guards, and diffused light patterns.

Several current and prospective lighting trends and advances influence the methods used in commercial and residential architectures. Lighting techniques such as up-lighting, full-wall lighting, suspended lighting, upcycling, sustainable lighting, and substantial custom illumination have the potential to gain popularity for their enhanced brightness, sustainability, and capacity to create various dramatic settings. Controlling and monitoring devices, settings, installation angles, daylight lighting levels, energy direction, exposure type, light color, and design types are all being made more accessible with the expert collaboration of lighting designers, architects, electrical engineers, and healthcare professionals (Bellia & Fragliasso, 2021).

An essential part of every home design is the lighting. Well-designed lighting is a creative, technical, and financially rewarding aspect of most design projects. There are several ways in which lighting influences interior design, including the language of the space, its practicality, the production of mood, and the expression of art and aesthetics (Xu & Yu, 2022). Manufacturers and designers have experimented with various lighting trends to meet the worldwide demand for more personalization, control, outstanding experiences, reduced energy costs, and environmental friendliness. According to Lipp et al. (2023), the lighting industry is about to undergo a paradigm shift due to technological

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and design advancements that will turn lights into brilliant furniture rather than just ordinary light sources.

Energy-Efficient Lighting

Energy consumption is a crucial metric for sustainable lighting solutions. The energy-saving potential becomes readily apparent when the total quantity of watts used by various lamp sources is compared for the same degree of illumination (in Lumes). Ten would be needed for a conventional incandescent lamp with 40 W lights to achieve a particular plane's nominal illuminance of 400 lumens. Nevertheless, the lamp can be operated with a single energy-efficient T4-T5 bulb of 40 W capacity to achieve the same illumination level. To get a feel for the lamp's proportions, we can see that T represents the bulb's diameter in eighths of an inch. A lighting device's lifetime-total time is operational, and the operating period is the time a user utilizes a lighting device like a lamp or luminaire for lighting, which are other vital parameters. The lifetime is the primary determinant of the operational period. The operational lifetime of LED lighting solutions is very lengthy. The extended operational time of LEDs is directly proportional to their lifetime. So, whereas an incandescent bulb used for 8 hours a day lasts for about a year, an LED bulb used for the same amount of time lasts for approximately 20 years until it dies.

Due to the high energy consumption of lighting systems, energy-efficient lighting has become an essential component of contemporary interior design. Because of this, incorporating energy-efficient lighting solutions is a significant focus in interior design. Modern, energy-saving light bulbs have helped reduce power usage, reducing our impact on the environment and keeping pollution levels low (Arakistain & Barrado, 2013). As a result, people and companies have begun to see the value of switching to lighting options that use less energy. Governments and professional organizations have taken numerous strict actions in response to the critical need to reduce the environmental effects of lighting goods. Traditional lighting products that use much energy are subject to taxes and regulations. Substantial reductions in energy usage and a transition to better lighting devices in the market have resulted from the progressive phasing out of older, more energy-intensive lighting options. The demand for LED lighting systems has increased due to their improved optical performance, longer lifespan, and enhanced illumination quality (Lin et al., 2024).

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Integrated Lighting Systems

Lighting simulation aims to mimic real-world lighting conditions, including the generation, distribution, and absorption of light. The LED industry is experiencing a new renaissance with a renewed emphasis on consumer needs. A few things could have been improved with the commercial lighting design tools. People must adjust them by hand to match the 3D geometry and space constraints. The issue above affects the majority of designs because different lights necessitate distinct tools and setups. Several adaptive algorithms, even for large sceneries, have been described in studies and are very fast and efficient. Last, the user influences the accordion because these algorithms provide individualized visual optimization. This work demonstrated how it was used to build view-independent light adjoints, which are more user-friendly than regular adjoints.

Designing a structure that lets natural light flood its interior spaces is known as daylighting. To accomplish daylighting design, it is necessary to balance several elements, such as lighting quality, energy efficiency, visual comfort, and daylight utilization. Goal-based design simulation techniques can automatically generate optimal designs that accomplish numerous performance goals. For windowed systems, DaySim incorporates yearly daylight and energy use models; it is a proven daylight simulation tool. This makes it a good fit for integrated lighting systems, which rely on these outputs (Lin et al., 2024).

Human-Centric Lighting

Limited time Daytime light that is useful for the circadian rhythm should have a high enough melanotic illuminance, a long enough duration (anything from 30 minutes to 4 hours spread out throughout the day will increase the chances of being successful), and a sufficiently intense melanotic band. You should aim for greater biologically effective intensities during the day and consider the relative intensity throughout the 24-hour day when determining the optimal time to administer exposure for the intended purpose. HCL units utilize a dynamic light profile throughout the day based on pre-set biological indices to support circadian entrainment and adjust alertness and performance. The units are equipped with deep-red, lime, blue, and green LEDs, and they can be controlled in terms of illuminance levels, Correlated Color Temperature, and light intensity. They also provide realistic Circadian Stimulus (rCSP) values for the light intensity threshold.

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Intensity and control techniques are crucial to guarantee that the light is "effectively received and responded to" by the human eye's receptors (Mostafavi et al., 2023). The desired effect dictates the optimal exposure time. To help the circadian system work, daytime light should be bright and follow the natural light curve, which means it should have a high Daytime Melanopic Ratio (DMR). According to recent scientific literature reviews, one way to regulate daytime alertness and sleep is to use illumination with a spectral distribution, focusing on shorter wavelengths (mainly in the blue portion of the spectrum).

Good visual performance and comfort within an enclosed environment are the primary roles of lighting (Stefani & Cajochen, 2021). In addition to this norm, the primary objective of lighting is human-centric lighting (HCL), which is a component of circadian design and aims to address people's physiological and psychological needs. Throughout history, lighting methods have evolved to enhance the built environment and human well-being. The installation of healthy lighting systems necessitates the development of an efficient system to support visual work adequately. The three main elements of HCL are light practical at different times of the day, duration, and circadian rhythms. Light must be intense enough for short bursts to be adequate throughout the circadian cycle but have a higher melanotic illuminance.

Wireless Lighting Controls

Thanks to the system's automatic adjustment capabilities and the ability of centralized control, these systems also result in substantial energy savings. It is also possible to program the systems' lights and lamps to turn on and off at certain times according to the organization's or company's policy. Installed rooms, buildings, or areas may only sometimes be up-to-date due to definition and programming issues that arise from substantial changes in occupancy or use. Typically, in wireless lighting control systems, the configuration of IR sensors and the linger time are used to determine the occupancy status of a room or region. To avoid erroneous on and off signals, the linger duration is typically adjusted based on the worst-case scenario (mean + 1σ) (Anand et al., 2021). While clustering can potentially reduce signal leakage outside the coverage area—particularly during node-to-node communication—it also causes the system to undergo time-consuming handshaking.

Wireless lighting controls are becoming more common in newly built residential and

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commercial buildings and in commercial spaces where it would be impractical to retrofit an existing hardwired system (Laidi et al., 2019). It may be challenging, costly, and time-consuming to carry out such refit procedures. The labor required to remove any artificial ceilings or walls from the building will determine this. It is difficult, if possible, to precisely foresee the necessary investments and modifications. Installation expenses could be significantly reduced using a wireless lighting control system instead of the alternatives. Rapid advancements in wireless technology over the last decade have made it possible to eliminate the need for labor-intensive wire installations and establish more dependable connections between devices.

Sustainable Lighting Solutions

Interior design solutions that meet the needs of building occupants while minimizing the adverse effects of buildings on the environment became more critical as the interdependence of humans and their natural surroundings became more apparent, particularly towards the latter half of the twentieth century. These standards are met in designing interiors that have access to sustainable lighting solutions (Ru et al., 2022). Arakistain and Barrado (2013) state that we may create energy-efficient lighting environments by integrating light sources into furniture using sustainable lighting solutions like LED bulbs. By integrating lighting control with other building systems like HVAC and shading, a sustainable light management system may lower operating energy consumption and ensure that the appropriate amount of light is applied when and where it is needed. It also helps to prevent light wastage caused by inefficient or misused fixtures. For a more eco-friendly and pleasant interior space, sustainable lighting options should be considered during the design process (Xu & Yu, 2022). In order to incorporate environmental responsibility into interior design, Dong and Li investigated how current techniques and approaches could be modified. They discovered that by improving the color transfer accuracy of spaces, color transfer algorithms could improve the visual effects of interior design, making them more harmonious and comfortable. By aligning the interior design education model with the principles of environmental sustainability, action research has shown that environmental responsibility may be effectively fostered. Using some cutting-edge interior design as an example, it aims to enhance the ambiance of sustainable design while providing comfort and a wealth of information.

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