



Daylighting the workplace

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Working in a poorly lit space has long been considered depressing and unproductive. To improve this condition, Architects employ the concept of Daylighting which is the illumination of a building's interior with natural sunlight. Studies have shown that natural light has many benefits including better worker productivity, faster patient recovery and higher student grades as well as keeping our biological clocks in sync with nature.

To flood interiors with extra light requires larger windows, skylights and at times light shelves. Light shelves are made with a reflective material and are installed along the upper portion of the glazing to catch and bounce the incident sun rays and direct them further into the space.

This harvesting of sunlight does have its downside because of increased heat through the glass and glare upon the workplace. These issues are managed with effective window coverings. The choice of most architects to address these challenges are solar shades. Solar shades absorb heat and reduce glare while still preserving the view due to its mesh construction. The results are that in today's workplace, healthcare facilities and schools, Daylighting can be successfully achieved with manual or motorized solar shades.

Neil Gordon is the owner of Decorating with Fabric, a Drapery and Upholstery Workroom serving Architects and Designers in the New York Metro area. He can be reached at neil@dwfcontract.com.
Website: www.dwfcontract.com