

HUMAN CLINICAL STUDIES ON LIGHT'S USE IN CIRCADIAN RHYTHM ENTRAINMENT

(MLA Citations)

1. Osibona, Oluwapelumi et al. "Lighting in the Home and Health: A Systematic Review." *International journal of environmental research and public health* vol. 18,2 609. 12 Jan. 2021, doi:10.3390/ijerph18020609. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7828303/>>.
 - a. Table extracted for individual review: <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7828303/table/ijerph-18-00609-t001/?report=objectonly>>.
2. Blume, Christine, and Corrado Garbazza, and Manuel Spitschan. "Effects of light on human circadian rhythms, sleep and mood." *Somnologie (Berl)*. (2019): 23(3): 147–156. doi: 10.1007/s11818-019-00215-x. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6751071/>>.
3. Duffy, Jeanne F, and Charles A Czeisler. "Effect of Light on Human Circadian Physiology." *Sleep medicine clinics* vol. 4,2 (2009): 165-177. doi:10.1016/j.jsmc.2009.01.004. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2717723/>>.
4. Charles, John B, and Jancy C McPhee. "Human Health and Performance Risks of Space Exploration Missions: Evidence reviewed by the NASA Human Research Program". *NASA Human Research Roadmap* Johnson Space Center, (2009). NASA SP-2009-3405: 98-106. <<https://humanresearchroadmap.nasa.gov/evidence/reports/EvidenceBook.pdf>>.
 - a. Additional research to follow: <https://taskbook.nasaprs.com/tbp/index.cfm?action=public_query_taskbook_content&TASKID=8082>.
5. Campbell, Philip D et al. "Bright Light Therapy: Seasonal Affective Disorder and Beyond." *The Einstein journal of biology and medicine : EJBM* vol. 32 (2017): E13-E25. <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6746555/>>.
 - a. Study compares Bright Light Therapy (BLT) and placebo intervention.
6. Maruani Julia, and Geoffroy Pierre Alexis. "Bright Light as a Personalized Precision Treatment of Mood Disorders". *Frontiers in Psychiatry*: vol. 10 (2019): 85. doi: 10.3389/fpsy.2019.00085 <<https://www.frontiersin.org/article/10.3389/fpsy.2019.00085>>.
7. Lam RW, Levitt AJ, Levitan RD, et al. "Efficacy of Bright Light Treatment, Fluoxetine, and the Combination in Patients With Nonseasonal Major Depressive Disorder: A Randomized Clinical Trial". *JAMA Psychiatry*. (2016): 73(1):56–63. doi:10.1001/jamapsychiatry.2015.2235. <<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2470681>>.

LIGHTING RESEARCH CENTER (LRC): OFFICE LIGHTING STUDIES

1. Figueiro MG, Steverson B, Heerwagen J, et al. (2019) Light, Entrainment And Alertness: A Case Study In Offices. *Lighting Research & Technology*: In press. <https://www.lrc.rpi.edu/programs/lightHealth/pdf/GSA_Office_alertness.pdf>.
2. Results Report: Facility Lighting - Summer Wayne N. Aspinall Federal Building Grand Junction, Colorado. <https://www.lrc.rpi.edu/programs/lightHealth/pdf/gsa/gj_bldg_summer.pdf>.
3. Results Report: Facility Lighting - Summer General Services Administration Central Office Building 1800 F Street NW Washington, D.C. <https://www.lrc.rpi.edu/programs/lightHealth/pdf/gsa/cob_bldg_summer.pdf>.
4. Technical Report: Increasing Circadian Light Exposure in Office Spaces Harry S. Truman Building 2210 C Street NW, Washington, DC U.S. Department of State Building Sa-1 2401 E Street NW, Washington, DC U.S. Department of State Building Sa-17 600 19th Street NW, Washington, DC. <https://www.lrc.rpi.edu/programs/lightHealth/pdf/gsa/dos_2018.pdf>.

ADDITIONAL HUMAN-BASED STUDIES MAY BE FOUND HERE:

<<https://www.lrc.rpi.edu/programs/lightHealth/publications.asp>>.