



## Light, Sleep and Human Health

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### Message from the Guest Editor

The advent of electric lighting has permitted humans to live apart from the natural, 24-hour pattern of light and dark, providing numerous social and economic benefits that have come at a cost of mounting health risks. Our “light at any time” world has opened the way for chronic disruption of the circadian system and a host of associated problems with sleep, metabolic and emotional health, and general well-being. The aim of this Special Issue is to explore the many facets of circadian disruption in the built environment and how light can be used to counter its deleterious effects.

