

Special Issue

Light, Sleep and Human Health

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.

Guest Editor

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the second half of 2025).