



International Commission on Illumination
Commission Internationale de l'Eclairage
Internationale Beleuchtungskommission



Background Reading for CIE Expert Tutorial on CIE International Standard 026:2018

CIE S 026/E:2018 CIE System for Metrology of Optical Radiation for ipRGC-Influenced Responses to Light. This CIE international standard has been approved by the National Committees of the International Commission on Illumination (CIE).

[CIE 218:2016 Research Roadmap for Healthful Interior Lighting Applications](#). This CIE Technical Report notes the five principles of healthy lighting, as established during the CIE Symposia held in [2002](#) and [2004](#):

1. The daily light dose received by people in Western (industrialized) countries might be too low.
2. Healthy light is inextricably linked to healthy darkness.
3. Light for biological action should be rich in the regions of the spectrum to which the non-visual system is most sensitive.
4. The important consideration in determining light dose is the light received at the eye, both directly from the light source and reflected off surrounding surfaces.
5. The timing of light exposure influences the effects of dose.