

SYNOPSIS



The Effects of Light

Wie Licht wirkt

Light does more than meets the eye. Light has a positive effect on the psyche; sensitive people need sun or light for their well-being. Our circadian clock is set by light and darkness. The right lighting at the workplace is becoming increasingly important, the research on the effects of light more thorough. Overall, Europeans are surrounded by too much rather than too little light. The fight against light pollution has begun, a light pollution that affects insects and migratory birds. And finally buildings can be heated by light.

Year: 2015

Run-Time: 1 x 25 min.

Directed by Marion Flatz-Mäser

ORF

Languages: German (ORIGINAL)

Format: 16:9

HD

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